Patient Information
C21

NHS Golden Jubilee

Depression and Implantable Cardiac Devices

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Version 1

About this leaflet

This purpose of this leaflet is to provide patients with information about depression and the way it may make you feel.

What is depression?

Depression is more than feeling sad or going through a tough time. It is a common mental health condition that causes persistent low mood, loss of interest in everyday activities, and can affect how you think, feel, and behave. Unlike normal emotional ups and downs, depression lasts for weeks or longer and can make daily life difficult. This can happen to anyone, especially those who have been through stressful events such as heart surgery. Depression is treatable, and support is available.

Depression can effect:

The way you feel:

sad, hopeless, numb, guilty, alone



The way you think:

self-critical, negative, low confidence



The way your body works:

fatigue, tearfulness, poor sleep, poor concentration



The way you behave:

avoiding certain activities, withdrawing socially, lack of interest in things



How common is depression for people who have Implantable Cardiac Devices (ICDs)?

Experiencing low mood related to your device is normal and most people find this reduces over time.

The stress of managing a heart condition, adjusting to life with a device and concerns about the future can contribute to feelings of sadness and emotional distress.

It is important for both your physical and mental health to address symptoms of depression.

What can I do to help manage depression or low mood related to my device?

There are a number of things you can do to help manage depression or low mood:

- Stay connected with family, friends or support groups
- Engage in regular physical activity, as approved by your cardiology team
- Maintain a structured daily routine
- Practice self-care activities such as hobbies, relaxation exercises or mindfulness techniques. The Daylight app is free for NHS patients in Scotland and provides guidance on these techniques.
- Talk with your doctor about your emotions and seek professional support if needed.

Download the Daylight app on your smart phone or scan the QR code to get started online.

What treatments are available?

There are a number of treatment options available to help manage depression and low mood:



Computerised Cognitive Psychological Therapy (cCBT):

Online, self-directed cCBT helps manage negative thoughts and change behaviours. There is no waiting list for this and after being referred you can access it in your own time. There is also the option to include support from a psychologist alongside this so you can check in, discuss progress and ask questions.



Psychological therapy:

Psychological therapies have been shown to be effective in helping people overcome depression. These treatments are available through the West of Scotland Implantable Cardiac Device Psychology Service. You can contact the service directly by telephone on 0141 951 5652 or email gjnh.psychology@gjnh.scot.nhs.uk.



Medication:

There are medications that can help reduce symptoms of depression. Speak to your GP about what options are available to you.



Urgent and out of hours support:

If you require help urgently out of hours, contact your GP in the first instance or call NHS24 on 111.



Breathing space:

Support is available which provides a free, confidential telephone service for anyone in Scotland experiencing low mood, depression or anxiety. Telephone: 0800 83 85 87 or visit the website by scanning the QR code on your smart device..

Notes

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reviewed for plain English

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