NATIONAL REGISTER

OF HEALTH SERVICE PSYCHOLOGISTS

Cardiovascular Disease

Biopsychosocial Assessment and Treatment

in Integrated Primary Care Settings

JEFFREY L. GOODIE, PhD, ABPP

Cardiovascular Disease

- CVD broadly refers to **diseases of the heart and blood vessels**

- A person dies **every 40 seconds** from CVD

- **Over one-third of the U.S. population** has some form of CVD

- Contributes to **$320.1 billion** in direct and indirect costs

Mozaffarian et al. 2015

Biopsychosocial factors and treatments
related to cardiovascular disease

Behaviors
- Smoking
- Weight
- Diet
- Physical activity
- Alcohol
- Medication Adherence
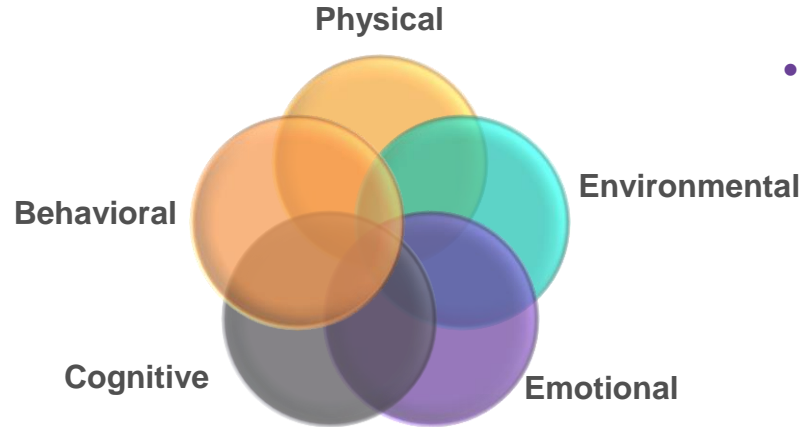
Physical
- Increased age, Race, Genetics
- Atherosclerosis
- Hypertension
- Hypercholesterolemia
- Diabetes

Cognitive/Emotions/Environment
- Depression
- Social Support

Impact of Behavioral Changes

Mortality reduction potential of lifestyle and dietary changes

Recommendation	CAD patients	General population
Smoking Cessation	35%	50%
Physical activity	25%	20%-30%
Moderate alcohol	20%	15%
Combined dietary changes	45%	15%-40%

Iestra, J.A., et al. (2005).

Using the 5 A's
to Target Cardiovascular Disease in
Integrated Primary Care Settings

Assess

- **Knowledge**

- **Impact**

- **Weight**

- **Eating habits**

- **Physical Activity**

- **Alcohol**

- **Tobacco**

- **Medication Use**

- **Medical interventions**

- **Surgeries**

- **Emotional Response**

  - Depressive symptoms

- **Social Support**

Advise/Agree

- Importance of **changing risk factors/behaviors**

- Educate about **possible changes**

- Collaborate on **what patient wants to change**

Assist

- **Tobacco cessation**

- **Weight loss**

- **Diet/Eating plan**

  - Mediterranean Diet

- **Alcohol**

  - Limited use

    - **Men <2 drink/day; Women <1 drinks/day**

- **Medication Adherence**

Assist

- **Emotional factors**

  - Depression

  - Anxiety

  - Reduction may not reduce risk

- **Promote Social Support**

Arrange

- **Follow-up**
  - Frequency dependent on **target behaviors**
- **Care manager** involvement
- Consider **vertical integration** methods
  - Classes targeting health behaviors
  - Shared Medical Appointments
- **Referrals**
  - Dietician
  - Wellness Center/physical trainer

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