Cardiovascular Disease

Biopsychosocial Assessment and Treatment

in Integrated Primary Care Settings

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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

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>CAD patients</th>
<th>General population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking Cessation</td>
<td>35%</td>
<td>50%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>25%</td>
<td>20%-30%</td>
</tr>
<tr>
<td>Moderate alcohol</td>
<td>20%</td>
<td>15%</td>
</tr>
<tr>
<td>Combined dietary changes</td>
<td>45%</td>
<td>15%-40%</td>
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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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