

MANAGING THE EMOTIONAL IMPACT OF CHD

Dr Michelle O'Keeffe
Specialist Clinical Psychologist
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Dr Joanna Latham
Clinical Psychologist

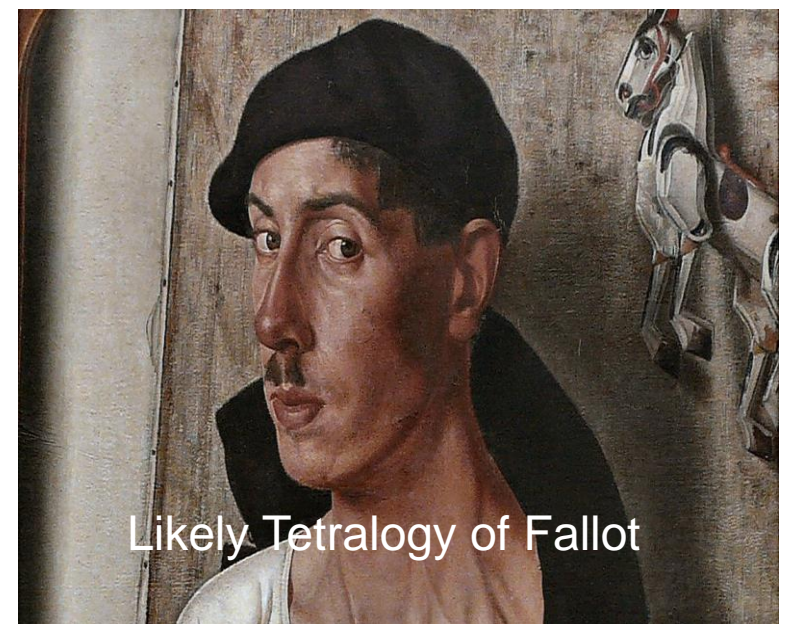
**Psychological
Health Services**



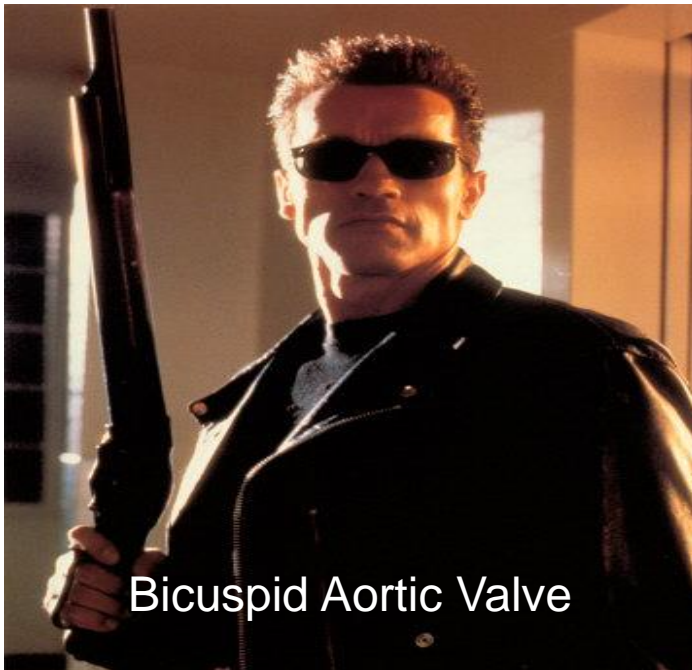
Wolf-Parkinson-White
Syndrome



ASD



Likely Tetralogy of Fallot



Bicuspid Aortic Valve



Wolf-Parkinson-White
Syndrome



Tetralogy of Fallot

Presentation Outline

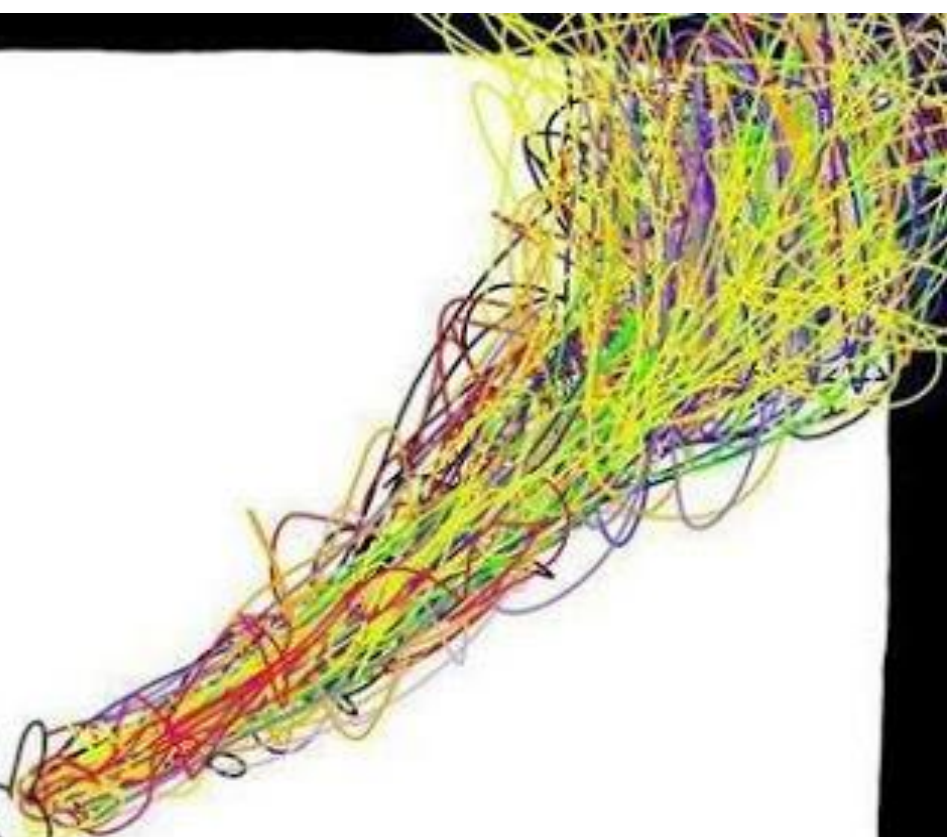
- **Social and emotional impact of CHD**
- **Discussion questions**
- **Resources**
- **ACHD Psychology Service**



what is that?



oh,
just my mind



Question 1

- What are some of the emotional and social challenges of living with CHD?
- As a group write your top three on post it notes

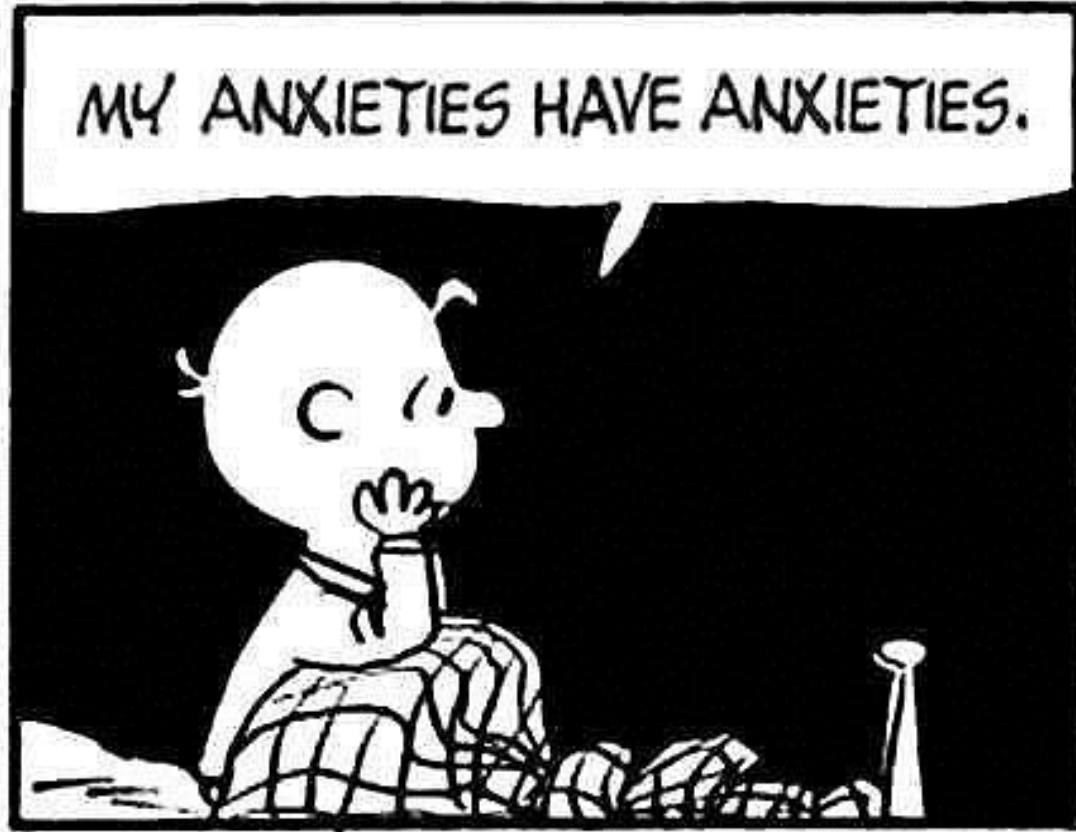
Question 2

- What are the things that have helped you cope with the emotional and social challenges of living with CHD?
- As a group write your top three on post it notes

Question 3

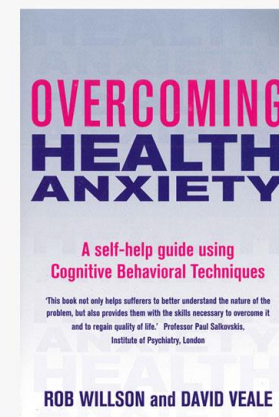
- Knowing what you know now what advice would you give your younger self about how to manage the social and emotional challenges of living with CHD?
- As a group write your top three on post it notes

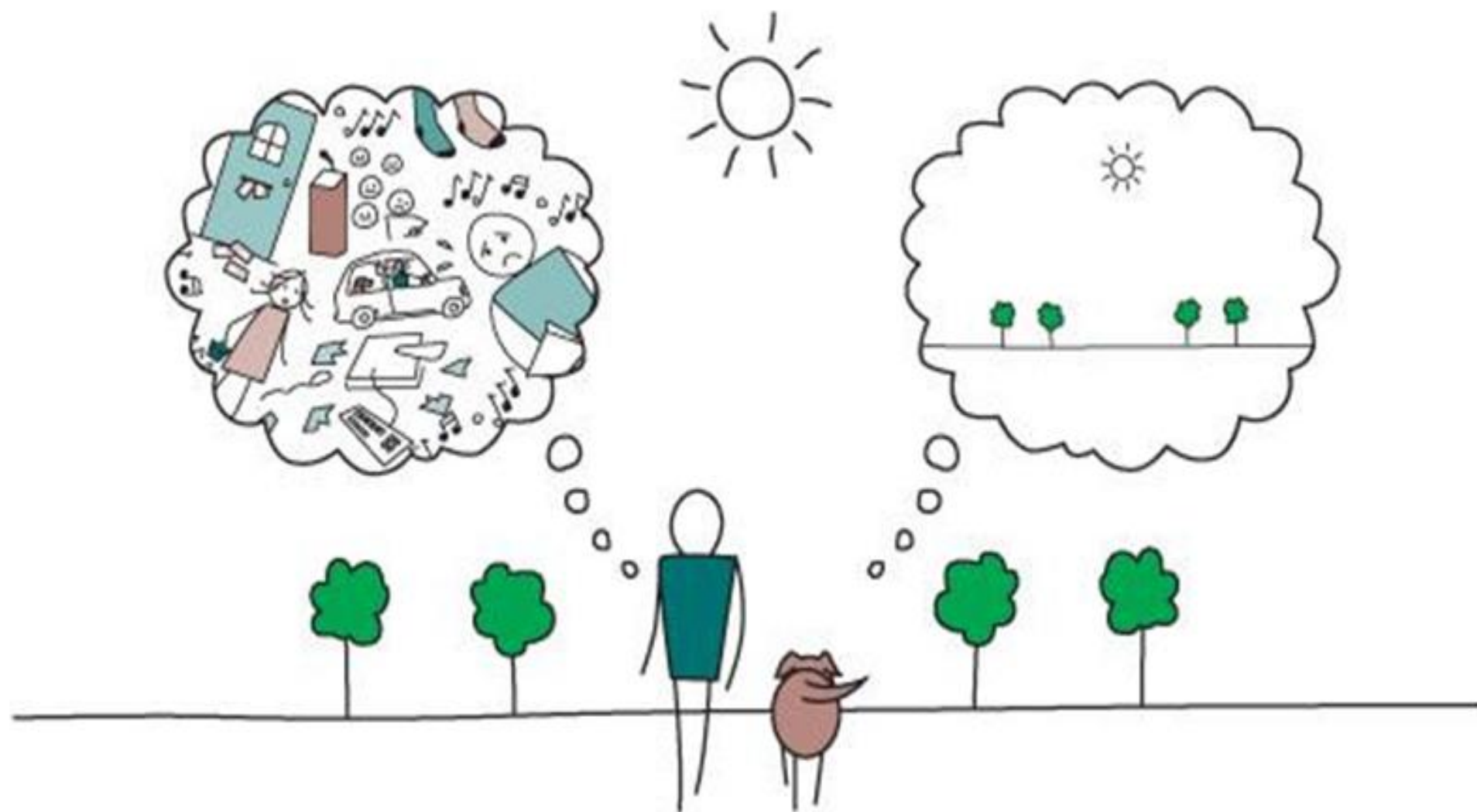
Approximately 1/3 adults with CHD will struggle with significant levels of anxiety and depression



Resources

- <https://moodgym.com.au/> - online interactive CBT program for anxiety and depression
- www.overcoming.co.uk – evidence based self-help books for a variety of MH issues
- Youtube for mindfulness and meditation exercises – Russ Harris or Jon Kabat Zinn
- Exercise –great for mental health, stress management, sleep and physical wellbeing
- Good sleep- the foundation of good mental health and weight management
- Improving Access to Psychological Therapies (IAPT)
- Anxious – Reduce caffeine and sugar
- Depressed – Reduce alcohol use
- Samaritans – 116 123
- Mind Helpline- 0300 123 3393 Text 86463
- Mood Juice self help resources- www.moodjuice.scot.nhs.uk/





Mind Full, or Mindful?

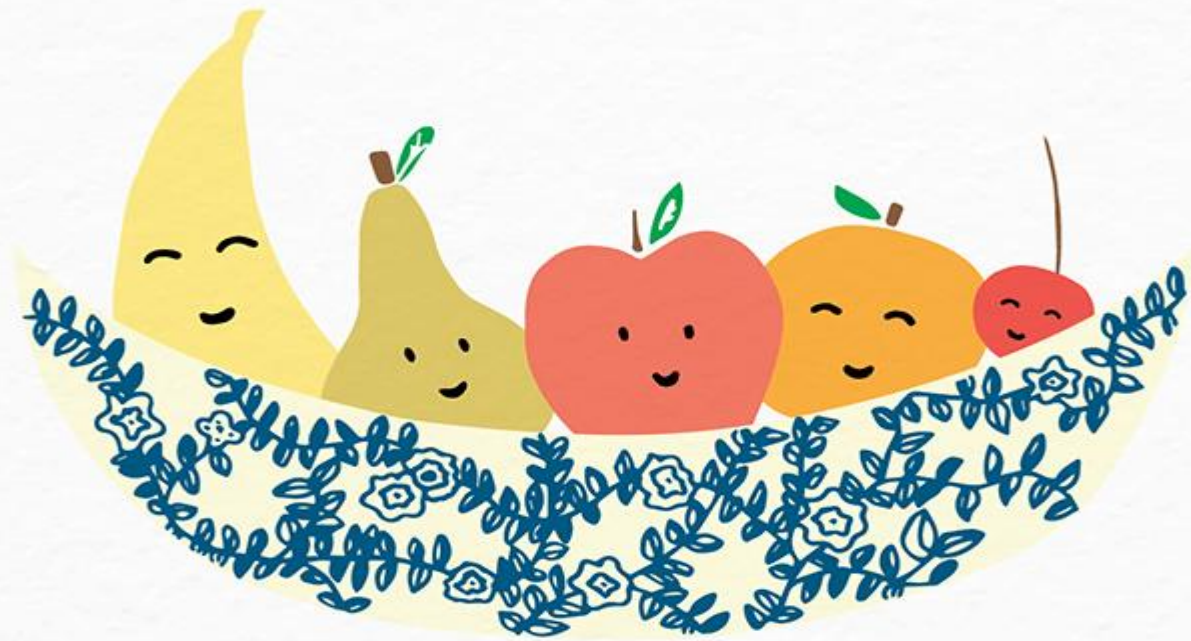
Grounding Exercise

- Simple exercise to centre yourself.
- Practice it any time you get caught up in your thoughts and feelings.
- Focus on 5 things you can see
- Focus on 4 things you can hear
- Focus on 3 things you can touch (and touch them)
- Focus on 2 things you can smell or like the smell of
- Take 1 slow deep breath.

ACHD Psychology Service

- It's me!
- Designed to support adults who across the South West who are struggling with the emotional impact of living with CHD
- Based at Bristol Heart Institute
- Initial session face to face and then subsequent appointments via telephone
- On average six sessions
- Tailored to your treatment goals
- Speak to Bethan or Sarah who can refer you –opt in letter- appointments within 2-4 weeks.





T H A N K Y O U