



XVIII IPOPI GLOBAL PATIENTS' MEETING

an **IPOPI** event

16-19 OCTOBER 2024
MARSEILLE, FRANCE

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Mental Health & PID

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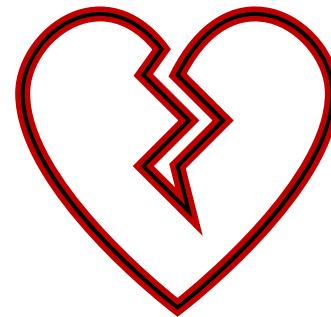
Disclosures

Honoraria: Takeda

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It is easier to say “my tooth is aching” than to say “my heart is broken”.

CS Lewis



Objectives

- Epidemiology of Mental Health
- Epidemiology of Chronic Disease and Mental Health
- Impact of Mental Health
- Nursing Role

Epidemiology of Mental Health

2012 Canadian Community Health Survey-Mental Health Focus (CCHS-MH):

- Depression: 12-month prevalence 4.7%, lifetime prevalence 11.2%¹
 - Females experience about 2x as more depression compared to males (OR 1.8)¹
- Anxiety: 12-month prevalence 2.6%, lifetime prevalence 8.7%²
 - Females experience almost 2x more anxiety compared to males (OR 1.6)²

One in seven 10-19 year-olds experiences a mental disorder globally³

- Depression, anxiety and behavioral disorders are among the leading causes of illness and disability in this age group³.

Over 1 billion people globally are living with mental, neurological and substance use disorders⁴

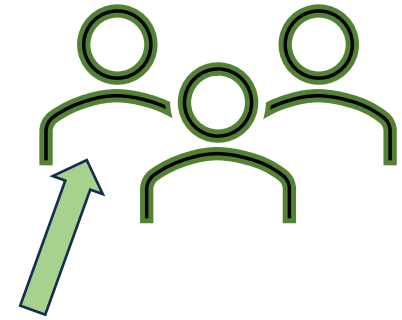
1. Knoll et al, 2017; 2. Watterson et al, 2017; 3. WHO, 2021; 4. WHO, 2023

Chronic Disease and Mental Health

- Individuals with chronic medical disorders have a higher risk of developing major depression vs those without medical disorders (4% [CI 3.3-4.7] vs 2.8% [CT 2.2-3.4])⁵
 - Patients tend to experience depression or anxiety as a consequence of being diagnosed⁶
- Patients with PID reported higher rates of depressive symptoms (18.9%) and anxiety symptoms (22.4%) compared to controls (5.7% depressive, 8.0% anxiety).⁷
 - Factors influencing mental health include delay in diagnosis, labels (abnormal), uncertainty⁸

5. Patten et al, 2001; 6. DeJean et al, 2013; 7. Manusama et al., 2022; 8. Similuk et al., 2016

Physical health problems significantly increase the risk of developing mental health problems.



Mental health problems significantly increase the risk of developing physical health problems.



IMPACT



9. Powell et al., 2016; 10. Tristiana et al., 2018

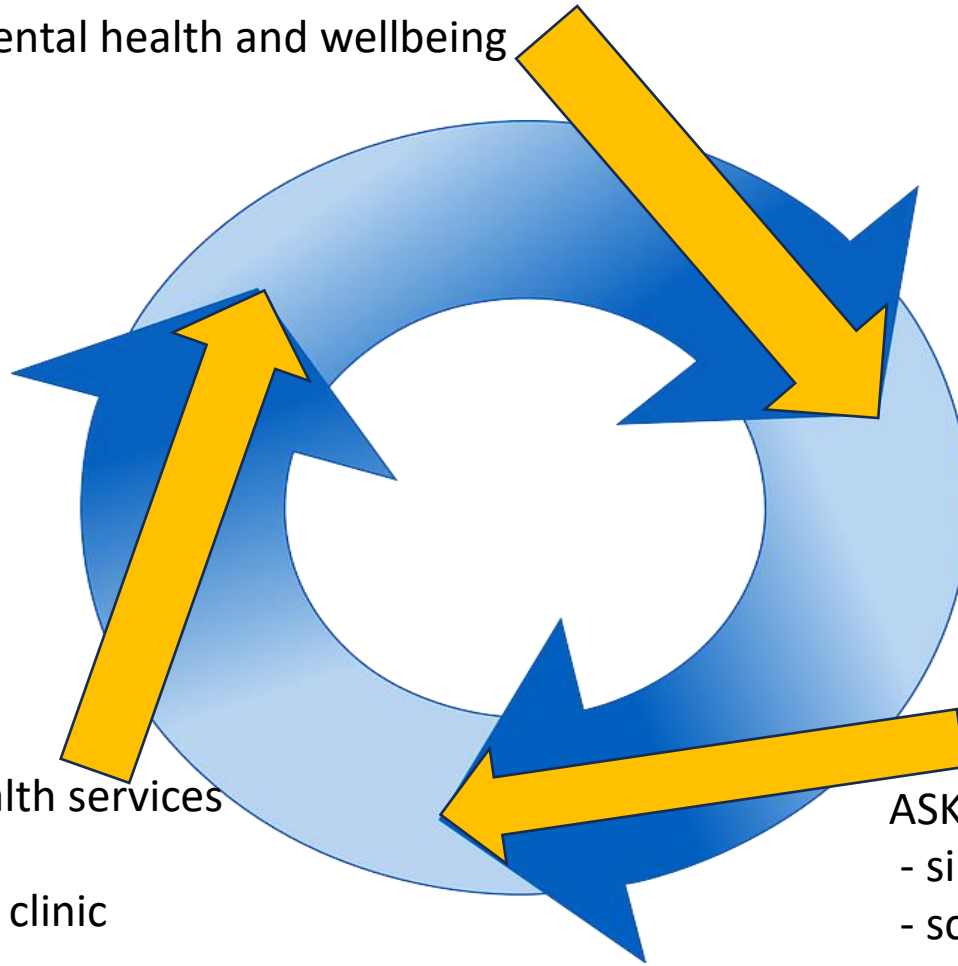
“I enter their private world, not because I want to, I become their confidant if you will, because we're going to deal with subjects... So, how's it going with your diabetes, your medication, the side effects, rest, stress? ... And spontaneously, sometimes they'll talk to me: Oh, my husband passed away.” (PCN_11)

Girard et al., 2016, pg. 1391

WHERE DOES NURSING FIT?

ASK AGAIN* about mental health and wellbeing

- follow up
- ask at every visit



REFER* to mental health services

- self-directed
- allied health staff in clinic
- external services

ADVOCATE

- Mental health assessment + physical health assessment
- Integration of allied health into clinic*
- Connection with other providers

BE AWARE

- Available resources
- Cultural norms/values
- Other contributors (SDH, gender etc)

ASK about mental health and wellbeing

- single question
- screening tool (quick)
- validated tool

Girard et al., 2016

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