

Recognising the psychological impact of VTE

Dr Rachael Hunter





**LIFE
CHANGING
EVENT**

Prevalence of the problem...

	1 month (n = 53)	6 months (n = 37)
Hospital Anxiety & Depression scale	36%	40%
IES (PTSD): Clinically relevant	28%	36%
Clinical diagnosis	19%	22%

Traumatic memories

*I can feel that feeling as though it was yesterday.
Especially that bit when I was on the floor and
everything was pitch black and I just wanted to
shout out or move and I just couldn't. I couldn't
[tearful]. Awful. But that to me is still like it is. Now
I'm talking about it now, it's like it happened*



Female, 43y

Missed or mis-diagnosis



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Female, 25y

“ It wasn’t that bad on the Friday when I first went into hospital. It wasn’t half as bad as it was on the Monday you know? It was a massive difference between them 3 days and if they had given me that klexane... I wouldn’t have gone through that. And I’m adamant my leg wouldn’t be like it was today. Because that’s the only reason I got this [PTS] is because the damage got so big. And it frustrates me cos they did that to me”.

Living with fears of recurrence



Male, 68y

*It does change you, and your outlook is different.
You've still got at the back of your mind, the fear
of 'that'.*

“Post thrombotic panic”

HYPERVIGILANCE TO...

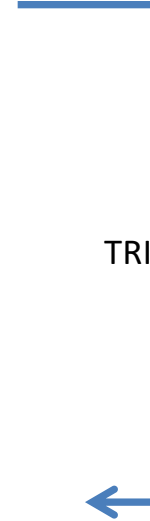


PHYSICAL REMINDERS	PHYSICAL SENSATIONS
Taking medication	Breathlessness
Symptoms	Tightness in chest
Post-thrombotic syndrome	Pain in leg /chest
Auditory / visual reminder (e.g. siren)	Fatigue

EMOTIONAL & PSYCHOLOGICAL DISTRESS

Panic
Fears of reoccurrence
Reminders of VTE
Fears for the future
Uncertainty
Health anxiety
Anger (missed diagnosis)
Reassurance seeking / avoidant coping
Loss (role, occupation)

TRIGGERS



“Post thrombotic panic”

PHYSICAL REMINDERS

Taking medication
Symptoms

PHYSICAL SENSATIONS

Breathlessness
Tightness in chest
Pain in leg /chest
Fatigue

***REGARDLESS OF ILLNESS
SEVERITY***

Reminders
Fears for the future
Uncertainty
Health anxiety
Anger (missed diagnosis)
Reassurance seeking / avoidant coping
Loss (role, occupation)

“Panic or PE?”

Symptoms of Anxiety



“Post thrombotic panic”

PHYSICAL REMINDERS

Taking medication
Symptoms
Post-thrombotic syndrome
Auditory / visual reminder (e.g. siren)

PHYSICAL SENSATIONS

Breathlessness
Tightness in chest
Pain in leg /chest
Fatigue

HYPERVIGILANCE TO...

Wider
generalized
worries

EMOTIONAL & PSYCHOLOGICAL DISTRESS

Panic
Fears of reoccurrence
Reminders of VTE
Fears for the future
Uncertainty
Health anxiety
Anger (missed diagnosis)
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TRIGGERS



- Worries about future health
- Thoughts about the VTE itself
- Don't want to be a burden
- Worries about medication
- Panic about symptoms
- Feeling angry

How can we unpack the bag

Know that this is normal!

Share (talk, **write**, online)

Exercise (within your means)

Use resources available to you

- MIND <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/#.Wul6dJfTWM8>

Take a step on the Road to well-being

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Stuck in a rut?

Activate Your Life classes are free lectures that we run in your community.

Everyone has emotional issues. Sometimes these just take the edge off life. But some can have devastating effects on our lives. Emotional issues can include anxiety, depression, stress, worry, lack of motivation, low self-confidence and more. Many people also suffer from physical health problems that can be painful and/or disabling.

ACTivate Your Life is new and exciting course designed by Consultant Clinical Psychologist Professor Neil Frude here in Wales. *ACTivate Your Life* is a four session taught course that aims to teach people about stress and suffering caused by emotional issues, like worry, or chronic pain. With messages such as "give yourself a break" and "feel the fear and do it anyway", *ACTivate Your Life* offers a slightly different approach to more conventional methods of dealing with emotional and physical problems.

Classes are based on Acceptance and Commitment Therapy, and Mindfulness based practices. These psychological approaches teach people how to reduce suffering by *accepting* the things in life we cannot control and *committing* ourselves to the things we really care about. Sessions run for approximately 2 hours, once a week, with a break half way through the session. The classes are supported by PowerPoint presentations, Home Activities and Handout sheets. To take a look at these, please visit our Resources page.



<http://www.wales.nhs.uk/sitesplus/866/page/80937>



Calm - Meditate, Sleep, Relax

Editors' Choice

Calm.com, Inc. Health & Fitness

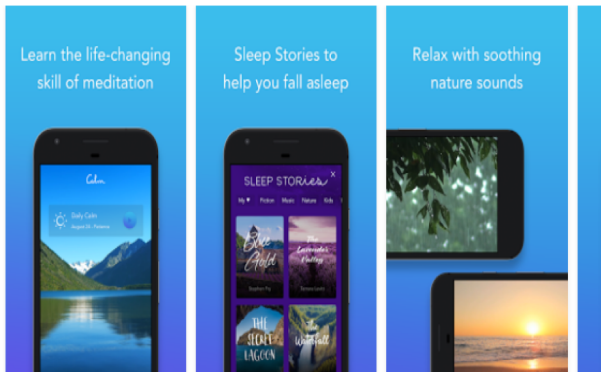
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PEGI 3

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Headspace: Guided Meditation & Mindfulness

Editors' Choice

Headspace, Inc. Health & Fitness

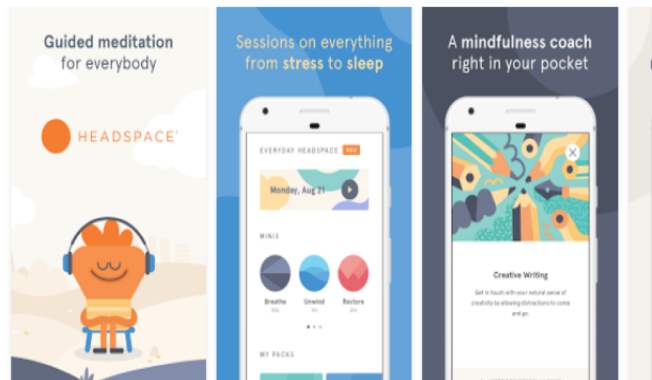
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Thankyou

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