

Study of depression among elderly with congestive heart failure

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This study aimed to assess the presence of depression among elderly suffering from congestive heart failure, and its impact on the quality of life. Sixty elderly with CHF were diagnosed by Framingham Criteria. Geriatric Depression Scale GDS-15 was applied for screening of depression. Forty-three out of 60 patients were found to be depressed. Then, GDS-30 was applied for those depressed patients to assess the severity of depression. Five out of 43 patients were not depressed according to GDS-30, 34 had mild depression and only 4 patients had severe depression. So, as regards the severity of depression, mild depression was the more prevalent form among the studied group. Depressed patients led poorer quality of life than non depressed. The lower the ejection fraction, the worse was the quality of life. Patient with mixed heart failure (systolic and diastolic) have worse quality of life than those with diastolic heart failure only. Lastly, it was found that the more the duration of heart failure the better the quality of life.