

PRIZE O2

Experience of Screening for Depressive Disorders among Patients with Diabetic Foot Ulcers

O. Gerasimenko¹, O. Udovichenko¹, S. Divisenko², D. Golovkov¹

¹South-Western district diabetic foot outpatient clinic, Moscow, Russia

²National Research Centre for Endocrinology, Moscow, Russia

Background and aims: It is well known that depressive and anxiety disorders are considerably more common in diabetic patients than in general population. Combination of diabetic foot ulcer and depression causes approximately 3-time increase of mortality. Our aim was to evaluate prevalence of depressive and anxiety disorders in patients with diabetic foot ulcers and assess results of psychiatrist participation in our diabetic foot care team. Research design and methods: 95 consecutive outpatients with diabetic foot ulcers who visited foot clinic between 15 Sep 2009 and 1 Mar 2010 were asked to complete questionnaires. 70 (74%) of patients completed them. Depressive and anxiety disorders were evaluated by Center for Epidemiologic Studies Depression Scale (CES-D) and by Hospital Anxiety and Depression Scale (HADS). Patients with positive results of testing were referred to a psychiatrist. Among patients who completed questionnaires, 4 (6%) had type 1 diabetes, 66 (94%) - type 2. Results: Questionnaires detected depressive disorders in 23 patients (33%), anxiety in 20 (29%), (including sub-clinical - in 10 patients (14%), clinical - in 10 (14%)). 18 patients (26%) with the depression had also anxiety (8 - subclinical, 10 - clinical). Although free of charge psychiatrist consultation within the same healthcare institution was recommended to all patients with depressive disorder, only 5 of them (22%) visited this specialist, remaining patients refused of consultation. Psychiatrist confirmed depressive disorder and prescribed antidepressants in all 5 patients. We consider lack of patients' beliefs in benefits of psychiatric aid and fear of «social stigmatization» (specific problem in Russia) as the main causes of refuse.

Conclusions: All patients with the diabetic foot ulcers require screening for depressive disorder due to its high prevalence in this group. Taking into account extremely low rate (less than one third!) of agreement to visit a psychiatrist, it is necessary to elaborate effective motivation programs to increase degree of patient's adherence in this field.