



Nephrology

COMPARATIVE STUDY OF THE INCIDENCE OF DEPRESSION AMONG ONCOLOGY AND HYPERTENSIVE PATIENTS

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KEYWORDS :

INTRODUCTION

Every individual born in this world has various needs which include physical, psychological, social, and existential needs. The human tendency is to strive to the best of his ability to gather resources to fulfill his needs.

In India cancer patients are often treated as social outcasts. The fear of death, morbidity and financial constraints further add to the increased prevalence of depressive disorders. Reported prevalence of depressive disorders is highly variable in India. Hence symptom oriented clinical studies are needed to detect, investigate and improve the treatment and end of life care of cancer patients with depressive disorders¹.

The treatment of cancer by Chemotherapy, Radiotherapy and surgery along with various medical co-morbidities invariably increases the prevalence of depressive disorders. Conservative management improves the lifespan, but alleviating symptoms also ignores the development of depressive disorders in an individual². Early detection and intervention of depressive disorders in cancer patients will improve their quality of life and also treatment compliance.

The incidence of cancer is rapidly increasing in India and around 555,000 people died of cancer in 2010 alone. There is a paucity of studies about prevalence of depressive disorders among cancer patients¹⁰. In view of this we undertook this study to see the various depressive disorders among oncology in- patients admitted in our institution.

MATERIALS AND METHODS

The clinical study was a prospective observational, analytical, case-control, cross sectional study conducted among the 50 patients with hypertension and 50 cases of cancer admitted in the department of general medicine at Mangalore. Procedure: After explaining the purpose, method and design of the study, a written informed consent was obtained from all cases and the controls recruited for the study. The socio-economic status of the patients was assessed using SESS (Socio - Economic Status Schedule) . The clinical variables were then recorded in a specific semi structured proforma . Every case and control was screened for depressive disorders using MINI PLUS¹³ and appropriate module was used wherever necessary and severity of depressive symptoms were also assessed using PHQ-9scale.

RESULTS AND OBSERVATIONS

in our study we found that most patients in both the cancer and hypertensive group were in the age group 56-60 years with 44% and 56 % respectively. males with 62 % and 60 % respectively. There was no statistically significant difference between the two groups as so the two groups were comparable . most cases of depression were of short duration ranging from 1-3 months as compared to hypertension which is a chronic disorder, the level of depression among the test cases in our study most patients had mild depression 16 cases with 32% of the study test population.

CONCLUSION : There is a high level of depression among cancer and in hypenise cases which needs to be identified and adequately treated so that the life span they have after the diagnosis of cancer is made will be a healthy one.

DISCUSSION

There is a high rate of depressive disorders in the general population as well as in patients suffering from chronic illnesses³. Depressive disorders add to the increase in mortality and morbidity in the general population as well as patients In **Novin Nikbakhsh**, study, anxiety and depression had higher frequencies in older ages P=0.004 suggesting that the levels of depression increase as the age advances **Bukberg and colleagues**⁽⁴⁾ found a 42% (24% severe, 18% moderate) prevalence among 62 adults (30 female, 32 male) hospitalized on oncology units, a study by **C. Reyes-Gibbyet al**⁵ the most common comorbid conditions were hypertension (34%)⁶osteoarthritis (30%), diabetes (10%), and rheumatoid arthritis (6%) with breast cancer victims with depressive symptoms.

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