

Personality Type Quiz

- Please take a few minutes to fill these out now

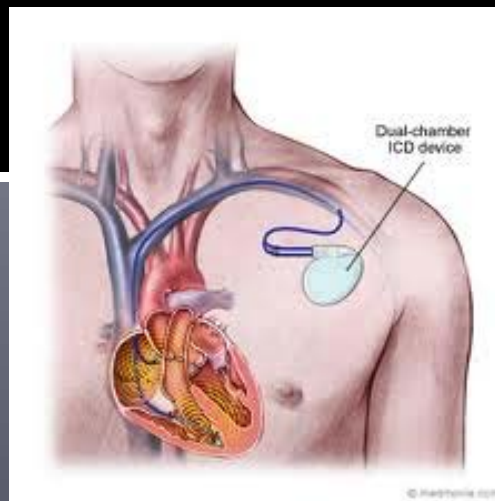
Yes, That Means You!





Managing Fear & Anxiety For Patients and
Their Loved Ones

Defibrillators: The Shocking Truth



Presented By

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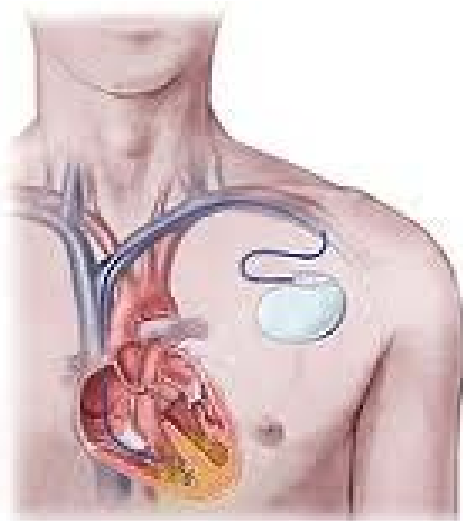
Definition

Biomedical Device that Monitors and Treats Abnormal Heartbeats

Device is Attached to the Heart with 1-3 Leads

Information from the heart is carried to the AICD to record, selectively provide pacing, and/or administer high energy shocks if serious heart rhythms are detected

Primary purpose: Prevent premature Sudden Cardiac Death



Common Questions

- Will an AICD Cure my Heart Rhythm Problem
- Do the Shocks Hurt
- If I Get Shocked, What Do I Do?
- Can I Exercise
- Can I Have Sex
- Will it Shock Anyone That Touches Me
- Is Depression and or Anxiety A Normal Feeling
- How Do I Cope



Shock



- Approximately one third of patients who receive an ICD may experience a shock during the first year
- Take Your Medications as prescribed
- If your Defibrillator Fires
 - Described by most as a jolt, kick from a horse

Action Plan



Event	Symptoms	Action
Received ICD shock	Feel fine immediately	Call heart doctor to discuss the event and arrange appropriate follow-up
Received ICD shock	Experiencing chest pain/pressure, shortness of breath, rapid heart action. Feel dizzy, confused, or not well	Seek medical attention immediately
Received two or more ICD shocks within 24 hours	Feel fine or ill	Seek medical attention immediately



Exercise & Sex



- Research Has Shown & Continues to Show
- Exercise and Sexual Practices Do Not Augment Shock

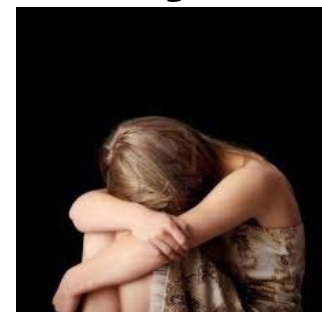
- Sexual concerns and practices after ICD implantation: findings of the COPE-ICD rehabilitation trial, Eur J Cardiovasc Nurs October 2013 12:468-474, first published on January 8, 2013
- Coping With My Partner's ICD and Cardiac Disease: April 2013
- [A. Garrett Hazelton](#), MA; [Samuel F. Sears](#), PhD; [Kari Kirian](#), MA; [Melissa Matchett](#), PsyD; [Julie Shea](#), MS, RNCS, FHRS



Depression and Anxiety



- *Nearly 1/2 of patients with AI CD experience Depression and Anxiety*
 - *Personality Type is an important factor in evaluation*
- *Partners experience similar levels of depression, and often higher levels of Anxiety*
- *Children of Parents with AI CD experience fear and anxiety*



How Did you Score on Your Quiz

- **Psychologist Johan Denollet**
- Identified 4 personality types with test DS₁₄



- Dr. Oz's test is a bit simpler than Dr. Johan Denollet

Personality Type 1 or A

- Most Answers are 4 & 5
- Impatient, Competitive & Ambition,
- Organized & Compulsive
- Act Quickly, Make Impulsive Decision
- Health Implications
 - Prone to Heart Attacks
 - Gastric Ulcers
 - Higher BMI
 - Neurotic: Less Effective at Coping with Stress
 - Prone to Asthma & Headaches



The Good News

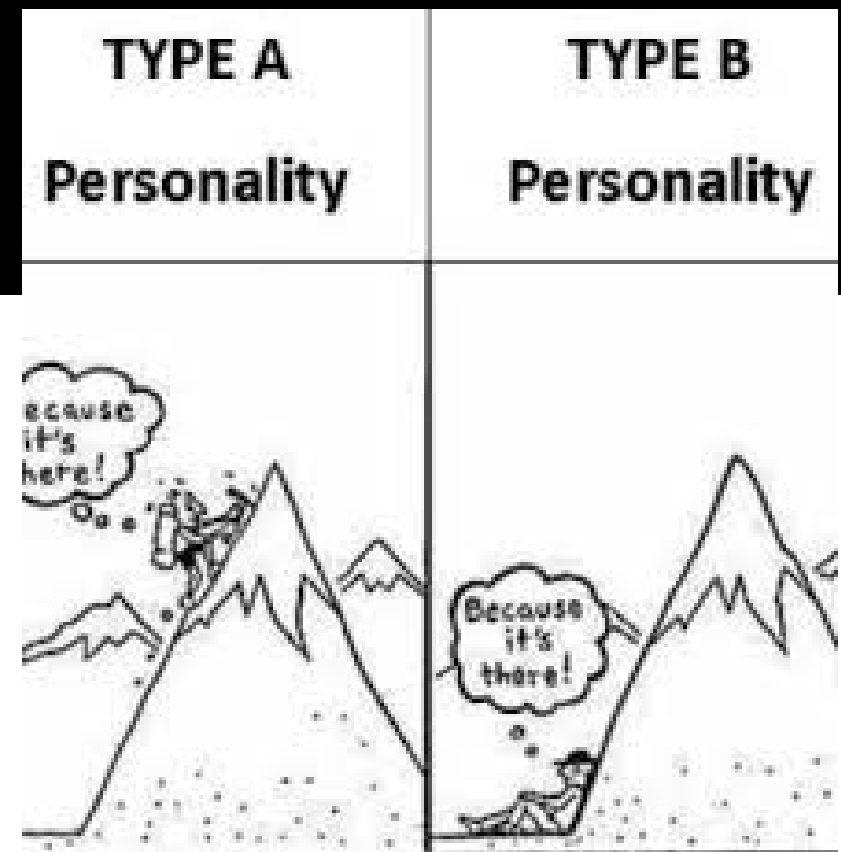
Despite these risks, this personality type also reaps the benefits of being conscientious, a trait associated with a long lifespan – they are likely to pay close attention to what's going on in their bodies.

Type B or 2

- Most Scores are 1s
- Relaxed, Non Competitive
- Take Life One Day at a Time
- Laid Back & Patient
- Attend Social Events
- Health Implications
 - Underestimate Health Risks
 - Overlook Precautions
 - More Likely to Engage in Smoking or Drinking

- **The Good News**

On the flip side, this personality type is also confident and tends to have strong social support systems, a trait connected with strong immune systems and lower risk for infections.



Type C or 3

- Answered a majority of 5s
- Outwardly Pleasant, Avoid Conflict
- Suppress their Feelings
- Passive & Accommodating
- Put Other People Before Themselves
- Not Inclined to Share Emotions or Feelings
- Often Do Not Recognize Their Own Needs
- Health Implications
 - Weakened Immune System: Vulnerable to Viral Infections
 - Cancer Prone
 - Anxiety
 - Searches for Comfort
 - May Have Addictive Tendencies
 -

The Good News

Because this type is also eager to please, it makes them more likely to follow their doctors' medical advice.



Type D or 4



- Answered mostly 1s or 2s
- Experiences Negative Distress But is Unlikely to Communicate those Emotions in Social Interactions
- Indecisive, Irritable, Poor Mood
- Avoid Social Interaction
- Anxiety, Stress, Loneliness, which they Do Not Express
- Health Implications
 - High Risk for Cardiovascular Problems: 3–4 x More likely to experience Heart Attack or Death
 - Emotions, Bad Moods, Anxiety Build Up without Release causing Inflammation
 - Leads to Hypertension, Heart Disease & Stroke



Type D or 4



- The Good News:
- Do Not Panic if you score at the high end of the scale. Type D personality itself is not a mental illness. It is a collection of normal human traits. You have the ability to change aspects of your personality.
- While many of your character traits are set by genetics and established in your early childhood and adolescence, with effort and cognizance, you can control your responses to certain situations.
- Personality consists of three major things: thoughts, emotions and behavior. As long as you are willing to change one of these elements, the other two will follow. Managing your perceptions and gaining self-awareness is half the battle. Luckily, the most important factor in deciding your personality type is something you can control: your attitude.
- Unsurprisingly, the healthiest kind of attitude is an optimistic one. One study found that, on average, optimists live about 7.5 years longer than pessimists.



Coping



- Acceptance and Adjustment
 - Learn As Much as Possible About your AICD
 - Acknowledge the Benefits
- Returning to Life
 - Be on The Same Team as Your Loved Ones
 - Follow Health Care Provider Instructions
 - Express Your Struggles
 - Discuss Your Role Changes In Life
 - Focus on Positive Aspects of Giving And/or Receiving Care



Anxiety

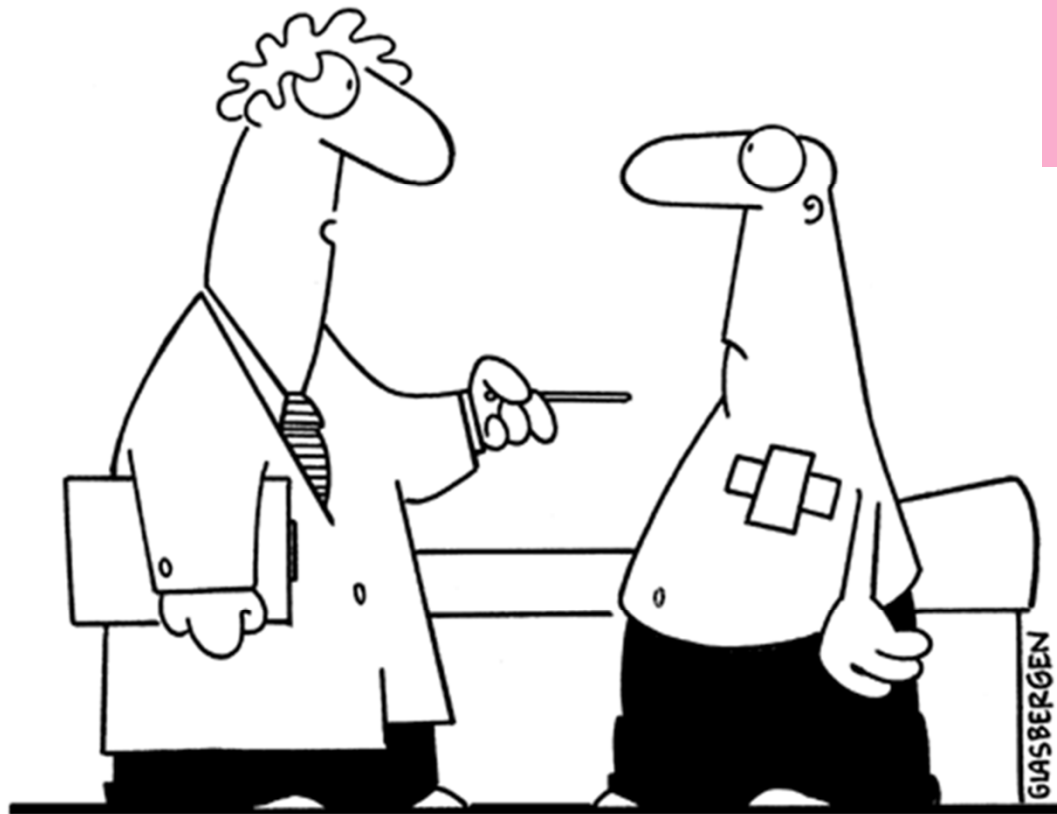


- Managing Anxiety
 - Learn & Practice Relaxation Techniques
 - Review Your Action Plan
 - Seek Support
 - Professional Support
 - Engage in Physical and Social Activities
- Relationships
 - Listen and Be Patient
 - Find Subtle Ways to Create Intimacy
 - Educate Children
 - Live Life to Its Fullest



Remember to Laugh

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**"It's a pacemaker for your heart,
plus you can download apps for your
liver, kidneys, lungs, and pancreas!"**

