The Cardiac Psychology Service
at the East Carolina Heart Institute

Services we provide:

- **Clinical Care.** The Cardiac Psychology Service offers psychosocial care that is fully integrated into the medical team to promote an interdisciplinary, comprehensive care approach to arrhythmia patients and their families.
  - Assessment of Current Concerns and Symptoms of Stress
  - Therapy (individual and group): Supportive therapy and Problem-Solving

- **Education.** Cardiac patients often request information and reassurance on their prognosis, treatment, and everyday functioning, such as occupational limitations, physical and sexual activity, and/or driving. Further, ICD patients may desire knowledge regarding the mechanics of their devices, events that trigger shock, and how to proceed once shock has occurred.

- **Research.** The Cardiac Psychology Service collaborates with multidisciplinary professionals to:
  - Evaluate the psychosocial and quality of life endpoints of patients who receive cutting edge care and technologies in cardiac disease management.
  - Establish the utility and effectiveness of a biopsychosocial model in the routine care of cardiac patients.
  - Examine the long-term impact of psychological and behavioral factors on health and cost outcomes.

Patients we serve

We will begin by seeing patients in Electrophysiology and other cardiovascular services at ECHI.

Who can refer patients?

- Physicians, nurses, patient self-referral, & other professionals who provide patient care.

Which patients need referral?

- Patients who require further education and/or reassurance about their condition.
- Patients who present with distress (worry, depressive symptoms, anger, etc.) or dysfunction in relation to their condition and/or device technology.
- Patients who present with stressors (i.e. financial, interpersonal, occupational, etc.).
- Patients who are non-adherent.

How to refer your patient:

- Referrals are made via the ECHI Referral Center at 252 744-4400.
- Dr. Sears and the Cardiac Psychology Service practices together with the ECU Cardiac Electrophysiology Clinic on Thursdays. Most appointments for patients will be made for Thursdays.

Contact Information:

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Director, Cardiac Psychology Service

Referrals: 252 744-4400