



Review

# Social Isolation and Social Support Influence Health Service Utilisation and Survival after a Cardiovascular Disease Event: A Systematic Review

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**Abstract:** Both cardiovascular disease (CVD) and social health carry high health and economic burdens. We undertook a systematic review to investigate the association between social isolation, low social support, and loneliness with health service utilisation and survival after a CVD event among people living in Australia and New Zealand. Four electronic databases were systematically searched for the period before June 2020. Two reviewers undertook the title/abstract screen. One reviewer undertook a full-text screen and data extraction. A second author checked data extraction. Of 756 records, 25 papers met our inclusion criteria. Included studies recruited 10–12,821 participants, aged 18–98 years, and the majority were males. Greater social support was consistently associated with better outcomes on four of the five themes (discharge destination, outpatient rehabilitation attendance, rehospitalisation and survival outcomes; no papers assessed the length of inpatient stay). Positive social health was consistently associated with better discharge designation to higher independent living. As partner status and living status did not align with social isolation and social support findings in this review, we recommend they not be used as social health proxies. Our systematic review demonstrates that social health is considered in cardiac care decisions and plays a role in how healthcare is being delivered (i.e., outpatient, rehabilitation, or nursing home). This likely contributes to our finding that lower social support is associated with high-intensity healthcare services, lower outpatient rehabilitation attendance, greater rehospitalisation and poorer survival. Given our evidence, the first step to improve cardiac outcomes is acknowledging that social health is part of the decision-making process. Incorporating a formal assessment of social support into healthcare management plans will likely improve cardiac outcomes and survival. Further research is required to assess if support person/s need to engage in the risk reduction behaviours themselves for outpatient rehabilitation to be effective. Further synthesis of the impact of social isolation and loneliness on health service utilisation and survival after a CVD event is required.

**Keywords:** social isolation; social support; loneliness; cardiac rehabilitation; cardiovascular diseases; rehabilitation; interpersonal relations



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## 1. Introduction

Cardiovascular disease (CVD) is the leading cause of death globally [1] and carries a high economic burden, which is driven largely by productivity and direct healthcare costs [2,3]. It is essential to identify factors that influence health service utilisation and subsequent CVD events, to mitigate the significant health and economic burden of CVD. Poor social health is a modifiable risk factor for CVD [4] and mortality [5] and also carries a high health and economic burden. Social health refers to a person's ability to form fulfilling, meaningful relationships; a person's ability to adapt in social situations; and support from other people, institutions, and services. The concepts of social isolation, loneliness, and social support are often discussed in relation to social health. How these concepts are defined

# Social Support And Cardiovascular Disease

**Sana Loue, Martha Sajatovic**



## **Social Support And Cardiovascular Disease:**

**Social Support and Cardiovascular Disease** Sally A. Shumaker, Susan M. Czajkowski, 2013-11-21 In this groundbreaking work distinguished contributors explore the myriad relationships between networks of social support and the development treatment and rehabilitation of individuals with cardiovascular disease Chapters span the range from conceptual to methodological issues and take into account gender environmental and cultural differences The book will provide a wealth of information for clinicians and students in the fields of behavioral medicine psychophysiology and cardiovascular disease

**Heart Disease** Gerdi Weidner, Mária Kopp, Margareta Kristenson, 2002 Annotation This book addresses one major question Why do men get more heart disease than women Recent global trends in heart disease show that traditional coronary risk factors such as elevated blood pressure and cholesterol are poor candidates in explaining the gender gap in heart disease Changes in these risk factors also cannot explain the recent cardiovascular disease epidemic among middle aged men in Eastern Europe This book will focus on environmental behavioral and psychosocial variables as well as new risk factors of a biological nature in an attempt to understand the gender gap in heart disease It combines perspectives from numerous disciplines such as demography epidemiology medicine sociology and psychology This book features the work of a distinguished group of international researchers appearing in Richard Stone's report on Stress the invisible hand in Eastern Europe's death rates Science vol 288 June 9 2000 pp 1732-33 It combines perspectives from numerous disciplines such as demography epidemiology medicine nutrition sociology and psychology to explore the environmental behavioral and psychosocial influences on men's greater susceptibility to heart disease

*Behavioral Medicine Approaches to Cardiovascular Disease Prevention* Kristina Orth-Gomér, Neil Schneiderman, Kristina Orth-Gomér, 2013-05-13 Cardiovascular disease CVD is the number one killer of men and women in industrialized countries In older age groups CVD is also the most important cause for hospitalization and in many countries it is the basis of early retirement from work Thus CVD is associated with enormous costs for care and loss of productivity as well as for disabilities pensions etc All this has motivated clinicians and scientists to develop and implement new methodologies and technologies to better care for patients who are hospitalized for heart disease Efforts to improve care in the acute phases of coronary heart disease CHD have been successful During the last decade the immediate mortality risk of a patient admitted to coronary care for a suspected myocardial infarction or other acute coronary syndrome has decreased to less than 10% Despite these achievements CVD continues to represent a major threat to the health of middle aged and elderly men and women This volume addresses myriad aspects of CHD prevention including biobehavioral and psychosocial factors behavioral epidemiology behavioral intervention models and policy The first section of the text provides an introduction to CVD prevention and behavioral medicine The second section introduces two theoretically different approaches to preventive action high risk and population based strategies The third section describes and discusses the important questions of how

behavioral sciences can be conceptually integrated into traditional medically based preventive efforts The fourth section presents both population and high risk behavioral intervention approaches In summary this volume examines the social environment and its potentials for preventive actions reviews the psychosocial and biobehavioral mechanisms involved in these effects and describes concrete and practical implementations of behavioral medicine knowledge as they have been applied to CHD prevention     Improving Outcomes in Heart Failure Debra K. Moser, Barbara Riegel, 2001 Recent advances have changed the way heart failure is treated and have resulted in substantial improvements in heart failure management Improving Outcomes in Heart Failure addresses innovative ways of dealing with issues such as quality of life treatment compliance effective patient and family education and counseling nonpharmacologic therapy and new health care delivery models for improving the management of heart failure With an interdisciplinary approach this reference shows how heart failure outcomes and health care resource utilization can be improved significantly Written by the editors of the distinguished Journal of Cardiovascular Nursing Debra K Moser DNSc RN and Barbara Riegel DNSc RN CS FAAN are well known and nationally recognized experts in the field of cardiovascular nursing Moser and Riegel have received numerous prestigious awards and honors and have contributed to many renowned journals on a wide variety of cardiovascular topics

**Epidemiology and Prevention of Cardiovascular Diseases** Darwin Labarthe, 2011 Epidemiology and Prevention of Cardiovascular Disease A Global Challenge Second Edition provides an in depth examination of epidemiologic research and prevention measures for the full range of cardiovascular diseases CVD This authoritative text on the world's leading causes of death describes in detail the nature of atherosclerotic and hypertensive diseases including their determinants prevention and control as well as policies for intervention in community and clinical settings This Second Edition is fully updated more extensively referenced and expanded to include new information about the public health dimensions of CVD prevention exploring the basis of public health decisions and the process by which decision making bodies develop guidelines and recommendations Epidemiology and Prevention of Cardiovascular Diseases A Global Challenge Second Edition is the essential text for any student or practitioner concerned with global cardiovascular health     **NIH Guide for Grants and**

**Contracts** National Institutes of Health (U.S.), 1989     Measuring Psychosocial Variables in Epidemiologic Studies of Cardiovascular Disease, 1985     *Stress, Coping, and Cardiovascular Disease* Philip McCabe, Neil Schneiderman, Tiffany M. Field, A. Rodney Wellens, 2000-03 Focuses on the latest research on the relationship between bio behavioral and social factors and heart disease Examines ethnic differences psychosocial influences and proposed behavioral interventions Appeals to psychologists physicians nurses et     **The Impact of Emotional Support in Managing Cardiovascular Diseases among Hispanic and Non -Hispanic Menopausal Women Aged 55 to 84 years** Claudette Andrea, 2014-05-27 Contrary to the perception of women that heart disease is a disease that will only strike men heart disease was also the number one killer among women as of 2000 Beattie 2000 After the age of 50 nearly half of all women's deaths were due to cardiovascular

disease CVD Beattie 2000 CVD has been the leading cause of death among women in the United States accounting for half a million deaths and 2.5 million hospitalizations annually Deaton 2000 Women who belong to ethnic minority groups have exhibited CVD risk factors to a greater extent than Caucasian women Juarbe 1998 Many researchers have found greater prevalence of high blood pressure physical inactivity excess weight and diabetes in African American women than in Caucasian women Fleury 2000 Even fewer researchers have examined CVD risk factors among Hispanic Americans who constituted 11% of the population in the United States in 2002 Eyler Vest Sanderson Wibur 2002 More researchers must conduct studies regarding the risks of heart disease in Hispanic women It is important to note that there is a deep connection between a person's emotions nervous system endocrine system and immune system Cohen 2004 There was a link demonstrated in the literature between the availability of emotional support and the direct health outcomes produced Eyler et al 2002 As a result this study was intended to investigate the impact of emotional support from friends family and medical professionals in helping to deal with CVD in Hispanic and non Hispanic menopausal women The chapter begins with the background of the problem problem statement and significance of the study The chapter will include the research questions that guided the study and a short definition of the main terms The theoretical framework for the study is also a part of the content with further discussion provided in the literature review These sections establish the practical goals for the study and illustrate the need for continued CVD management research in the field of health

*Lifestyle in Heart Health and Disease* Ronald Ross Watson, Sherma Zibadi, 2018-01-18 Lifestyle and Heart Health and Disease provides a comprehensive evaluation of lifestyle factors that modify heart function and structure It includes coverage of a wide range of lifestyle factors including physical activity alcohol tobacco drugs of abuse nutrition and psychosocial factors The book clearly presents the scientific evaluation of published research relating to general responses by scientists physicians and patients along with new research on the role of lifestyle in the prevention amelioration and causation of cardiac remodeling and disease Explains the pathogenic mechanisms of cardiovascular diseases and the targets of therapy Presents methods contained within the book that can be applied to the diagnosis of heart disease Contains a concise summary with recommendations for actions and conclusions Provides a one stop shopping synopsis of key ideas associated with many aspects of lifestyle

NIH Guide for Grants and Contracts, 1989

**Handbook of Stress Medicine and Health** Cary Cooper, 2004-10-28 Research now shows us that long term activation of the stress cycle can have a hazardous even lethal effect on the body increasing the risk of obesity heart disease depression cancer and other illnesses This new edition of an award winning book presents cutting edge research on the effects of stress Edited by one of the world's authorities

*The Meaning And Measurement Of Support* Hans O. Veiel, Urs Baumann, 2014-01-09 Contains papers from an international symposium held at the Werner Reimers Foundation in Bad Homburg Germany in May 1990 They address the concern that social support research has fragmented into separate areas and that there is a lack of definition concerning social support

*Handbook of Psychology: Health psychology* Irving

B. Weiner, Donald K. Freedheim, 2003 Includes established theories and cutting edge developments Presents the work of an international group of experts Presents the nature origin implications and future course of major unresolved issues in the area

**Precision Medicine in Cardiovascular Disease Prevention** Seth S. Martin, 2021-07-07 This book contains the current knowledge and potential future developments of precision medicine techniques including artificial intelligence big data mobile health digital health and genetic medicine in the prevention of cardiovascular disease It reviews the presently used advanced precision medicine techniques and fundamental principles that continue to act as guiding forces for many medical professionals in applying precision and preventative medical techniques in their day to day practices Precision Medicine in Cardiovascular Disease Prevention describes current knowledge and potential future developments in this rapidly expanding field It therefore provides a valuable resource for all practicing and trainee cardiologists looking to develop their knowledge and integrate precision medicine techniques into their practices

**Encyclopedia of Women's Health** Sana Loue, Martha Sajatovic, 2004-07-15 Designated a Reference Reviews Top Ten Print Reference Source 2005 The Encyclopedia of Women's Health meets this challenge by bringing together an impressive array of experts on topics from reproductive issues to gastrointestinal illnesses This skilfully edited volume informed by current health issues and health care realities offers readers practical information historical aspects and future directions all meticulously researched and conveniently presented Key features include Accessible A to Z coverage including AIDS birth control hormone replacement therapy teen pregnancy sexual harassment violence body image access to health care and more Entries spanning the medical psychological sociocultural spiritual and legal arenas Medical topics explored from both conventional and complementary perspectives Cross cultural data illustrate issues as they apply to minority women rural women the elderly and other underserved populations Special chapters on disparities in women's health and health care Historical overview of women in health as patients and as professionals Suggested readings and resource lists

*Textbook of Cardiovascular Medicine* Eric J. Topol, Robert M. Califf, 2007 The Topol Solution gives you a complete print and multimedia package consisting of Textbook of Cardiovascular Medicine Third Edition a DVD and access to a wealth of online resources Updated throughout by renowned international authorities Dr Topol's best selling text provides a comprehensive contemporary view of every area of cardiovascular medicine preventive cardiology clinical cardiology cardiovascular imaging electrophysiology and pacing invasive cardiology and surgical techniques heart failure and transplantation molecular cardiology and vascular biology and medicine The bound in DVD contains the full text plus heart sounds an image chart table bank and videos of procedures catheterization CT MRI echocardiography electrophysiology and pacing intravascular ultrasonography nuclear cardiology and surgery The Topol Solution Website includes the fully searchable text heart sounds and an image chart table bank downloadable to PowerPoint plus questions and answers from The Cleveland Clinic Cardiology Board Review a PDA download of cardiology drug facts quarterly articles from Critical Pathways in Cardiology and links to other cardiology

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