



Review

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

Rosanne Freak-Poli <sup>1,2,\*</sup> , Jessie Hu <sup>2</sup> , Aung Zaw Zaw Phyo <sup>2</sup> and S. Fiona Barker <sup>2</sup> 

<sup>1</sup> School of Clinical Sciences at Monash Health, Monash University, Melbourne, VIC 3168, Australia

<sup>2</sup> Department of Epidemiology and Preventive Medicine, School of Public Health and Preventive Medicine, Monash University, Melbourne, VIC 3004, Australia

\* Correspondence: rosanne.freak-poli@monash.edu

**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

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## **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

**Social Support and Physical Health** Bert N. Uchino, 2004-01-01 This book will change the way we understand the future of our planet It is both alarming and hopeful James Gustave Speth renowned as a visionary environmentalist leader warns that in spite of all the international negotiations and agreements of the past two decades efforts to protect Earth's environment are not succeeding Still he says the challenges are not insurmountable He offers comprehensive viable new strategies for dealing with environmental threats around the world The author explains why current approaches to critical global environmental problems climate change biodiversity loss deterioration of marine environments deforestation water shortages and others don't work He offers intriguing insights into why we have been able to address domestic environmental threats with some success while largely failing at the international level Setting forth eight specific steps to a sustainable future Speth convincingly argues that dramatically different government and citizen action are now urgent If ever a book could be described as essential this is it

**Social Support Measurement and Intervention** Sheldon Cohen, Lynn G. Underwood, Benjamin H. Gottlieb, 2000 The information provided on both measurement and intervention will also be valuable to practitioners interested in designing and evaluating prevention and treatment initiatives

BOOK JACKET

**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 an future course of major unresolved issues in the area      Cardiovascular and Pulmonary Physical Therapy E-Book Donna

Frownfelter,Elizabeth Dean,Marcia Stout,Rob Kruger,Joseph Anthony,2022-01-19 Commensurate with an emphasis on evidence based practice and health competencies to improve patient outcomes get a solid foundation in cardiovascular and pulmonary physiology and rehabilitation Cardiovascular and Pulmonary Physical Therapy Evidence and Practice 6th Edition provides a holistic person centered approach to the spectrum of cardiovascular and pulmonary physical therapy From examination and evaluation to interventions this book guides you through the health promotion strategies for maximizing patients health and wellbeing in conjunction with managing the needs of patients with acute and chronic conditions those in intensive care units and of special populations such as children and elders Selected case studies translate related scientific research into evidence based practice and enhance clinical decision making Now including an enhanced eBook version with print purchase this text details the latest best practices to help achieve the best physical therapy outcomes Coverage of evidence based practice includes the latest research from leading top tier journals to support physical therapist clinical reasoning and decision making Realistic scenarios and case examples show the application of concepts to evidence based practice Holistic approach supports treating the whole person rather than just the symptoms of a disease or disorder covering medical physiological psychological psychosocial therapeutic practical and methodological aspects Full color photos and illustrations enhance your understanding of the book s concepts ideas and management considerations Emphasis on the terminology and guidelines of the APTA s Guide to Physical Therapist Practice keeps the book consistent with the practice standards in physical therapy including the International Classification of Functioning Disability and Health Primary and secondary cardiovascular and pulmonary conditions are emphasized along with their co existence Multimorbidity focus is used rather than a single disease framework with attention to implications for assessment management and evaluation Integrated approach to oxygen transport demonstrates how the cardiovascular and pulmonary systems function interdependently to support all organ systems Key terms and review questions in each chapter focus your learning on important concepts and translating these into practice NEW Updated content reflects the latest research and clinical practice in the field NEW eBook version included only with print purchase allows you to access all the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud NEW Video clips interviews with authors and other experts in their fields and more are available in the eBook version included only with print purchase NEW Expanded contributions from experts from multiple countries maximize the validity of content      *NIH Guide for Grants and Contracts* National Institutes of Health (U.S.),1989      *NIH Guide for Grants and Contracts* ,1989

**Handbook of Aging and the Social Sciences** Linda George,2010-11-26 Handbook of Aging and the Social Sciences Seventh Edition provides extensive reviews and critical evaluations of research on the social aspects of aging It also makes

available major references and identifies high priority topics for future research The book is organized into four parts Part 1 reviews developments in the field of age and the life course ALC studies and presents guidelines on conducting cohort analysis Part 2 covers the demographic aspects of aging longevity trends disability and aging and stratification and inequality research Part 3 includes chapters that examine socioeconomic position and racial ethnic disparities in health at older ages the role of social factors in the distribution antecedents and consequences of depression and aspects of private wealth transfers and the changing nature of family gift giving Part 4 deals with pension reform in Europe the political activities of older Americans the future of retirement security and gender differences in old age The Handbook is intended for researchers professional practitioners and students in the field of aging It can also serve as a basic reference tool for scholars professionals and others who are not presently engaged in research and practice directly focused on aging and the aged Contains all the main areas of social science gerontological research in one volume Begins with a section on theory and methods Edited by one of the fathers of gerontology Binstock and contributors represent top scholars in gerontology

**Measuring Psychosocial Variables in Epidemiologic Studies of Cardiovascular Disease**, 1985 *Behavioral Medicine Approaches to Cardiovascular Disease Prevention* Kristina Orth-Gomer, Neil Schneiderman, 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

**The Oxford Handbook of Social Neuroscience** Jean Decety, John T. Cacioppo, 2015-04-15 The complexities of the brain and

nervous system make neuroscience an inherently interdisciplinary pursuit one that comprises disparate basic clinical and applied disciplines Behavioral neuroscientists approach the brain and nervous system as instruments of sensation and response cognitive neuroscientists view the same systems as a solitary computer with a focus on representations and processes The Oxford Handbook of Social Neuroscience marks the emergence of a third broad perspective in this field Social neuroscience emphasizes the functions that emerge through the coaction and interaction of conspecifics the neural mechanisms that underlie these functions and the commonality and differences across social species and superorganismal structures With an emphasis on the neural hormonal cellular and genetic mechanisms underlying social behavior social neuroscience places emphasis on the associations and influences between social and biological levels of organization This complex interdisciplinary perspective demands theoretical methodological statistical and inferential rigor to effectively integrate basic clinical and applied perspectives on the nervous system and brain Reflecting the diverse perspectives that make up this field The Oxford Handbook of Social Neuroscience brings together perspectives from across the sciences in one authoritative volume

**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

*Cardiac Nursing* Debra K. Moser, Barbara Riegel, 2007-08-08 Cardiac Nursing A Companion to Braunwald's Heart Disease is the only comprehensive text available for cardiac nurses This brand new reference emphasizes both evidence based practice and hands on care in a high tech high touch approach that meets the high stakes needs of cardiac and critical care nurses What's more the book makes the material easily accessible by using clear language straightforward text and plenty of illustrations lists and tables This book is the third in a series of companion texts for Braunwald's Heart Disease and the first specifically for nurses Authored by the widely published well known co editors of The Journal of Cardiovascular Nursing two leaders in cardiac nursing Endorsed by the authors of Braunwald's Heart Disease including Eugene Braunwald the physician considered by many to be the father of modern cardiology Evidence based Practice boxes highlight research supported advances in knowledge and care practices Conundrum boxes helps readers hone their critical thinking skills by tackling tough questions for which there may be no easy answers Technology boxes keeps readers up to date with the latest technological advances Genetics boxes helps readers understand connections between genes and heart disease Pharmacology tables present important drug related information at a glance A guide to cardiac abbreviations and acronyms gives nurses quick access to essential information

*Later-Life Social Support and Service Provision in Diverse and Vulnerable Populations* Janet M. Wilmoth, Merrill D. Silverstein, 2017-06-26 Later Life Social Support and Service Provision in Diverse and Vulnerable Populations offers current multidisciplinary perspectives on social support and service provision to older Americans The chapters trace how our understanding of social support among older

adults has developed over the past 40 years and explore current gerontological research in the area They consider how informal care arrangements articulate with formal long term care policies and programs to provide support to the diverse population of older Americans They also emphasize heterogeneity in the composition of support networks particularly in relation to gender sexual orientation race ethnicity and immigrant status Collectively the chapters provide insight into the complexity of older adult s social support networks that can be used to improve the services provided to caregivers and care recipients as well as the policies that promote high quality support to people of all ages who are in need of assistance

**Cardiac Rehabilitation** Nanette K. Wenger,L. Kent Smith,Erika Sivarajan Froelicher,Patricia McCall

Comoss,1999-06-29 This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac Rehabilitation is ideally suited for all medical professionals working in this field

**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

Sourcebook of Social Support and Personality Gregory R. Pierce,Brian Lakey,I.G. Sarason,2013-11-11 The

work of 47 contributors from the U S Canada and Israel the Sourcebook gives special attention to the complexity of the social support construct expanding the field s theoretical base by seriously reappraising social support research in the context of findings from other fields of psychology and related disciplines Personality processes are specified to account for observed associations between social support and physical well being Several new studies are included which illustrate empirical approaches to exploring these processes And key contributions highlight the great strides made in understanding the links among personal dispositions situational contexts and potentially supportive transactions

**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

Handbook of Health Psychology Andrew Baum,Tracey A. Revenson,Jerome E. Singer,2012 This model has been expanded across several levels of analysis including cultural macro social and cellular factors The 2nd edition also features Greater emphasis on translating research into practice and policy Two new sections on risk and protective factors for disease and another on social and structural influences that affect health such as socioeconomic status reflect the current scholarship in the field More on prevention and or interventions and treatment in the applications section The book opens with the fields central theories including a newer stress theory that emphasizes the interaction of biological and social systems Part 2 reviews the mechanisms that help us explain the link between health and behavior across diseases and populations The all new Part 3 focuses on variables that lead to the onset and progression of major diseases or that are instrumental in promoting health



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