

EMOTIONAL STRESS IN PATIENTS WITH ACUTE PANCREATITIS

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Modern medical science evaluates emotional stress as one of the most serious diseases of our time, which can become the basis of other physical or psychological ailments. A certain level of anxiety is characteristic of a person in general and depends directly on external stimuli, health and many other factors. At the same time, the level of anxiety for each person is individual and is determined by the degree of personal adaptation.

In case of an acute illness, the deterioration of the health status associated with somatic illness, the level of situational anxiety and emotional stress is significantly increased. At the time of hospitalization of such patients on inpatient treatment, psycho-emotional stress and anxiety increase significantly. The maximum critical emotional stresses is found in surgical patients, in particular with acute pancreatitis.

The purpose of the study: to study of the state of the psychoemotional sphere and signs of emotional stress in patients with acute pancreatitis (AP).

The level of situational anxiety in 17 patients with AP, who were treated in the Lviv City Hospital of Emergency Medical Care in 2017 was analyzed. According Atlanta classification (2012) the mild stage of the AP was noted in 6 (35.3%), moderate - in 11 (64.7%) patients. The age of the patients varied from 22 to 62 years.

Two basic questionnaires were used to assess the severity of the symptoms of situational anxiety and stress: the Spielberger-Hanin situational and personal anxiety scale (STAI; State - Trait Anxiety Inventory), which includes a three-step grading of symptoms and the Hamilton scale (NARS). Comparison of the results of the questionnaire data with the level of "stress" hormone cortisol (norm 171.0 - 536.0 nmol/L) were performed.

Manifestations of emotional stress and situational anxiety have been confirmed in 92 % of patients. The following symptoms of anxiety dominated: feelings and excitement (13; 76,5 %); feeling of danger (14; 82,4 %); irritability (16; 94,1 %); sleep disturbance (13; 76,5 %). According to the results of the questionnaire it was stated that the degree of situational anxiety in women was $45 \pm 3,2$ points, in men $37 \pm 4,1$ points. Cortisol level correlated with the results of questionnaire: for women - 543.12 ± 154.00 nmol / L, for men - 645.88 ± 323.24 . It should also be noted that levels of cortisol were significantly higher in patients with moderate AP due to the severity of the clinical course and severe pain syndrome.

In most of inpatients with AP the problem of emotional stress is important in shaping the general condition of the patient. Correction of the psycho-emotional status of the patient and the treatment of vegetative-somatic manifestations is an obligatory and expedient components in the treatment of this contingent of patients.