

# A quality of life assessment in the Maltese population with Brugada Syndrome

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## AIM

Brugada syndrome (BrS) is a hereditary cardiac arrhythmic syndrome that can lead to sudden cardiac death (SCD). The aim of the study is to determine the effect of a diagnosis linked to SCD on quality of life in patients diagnosed with BrS locally.

## Methodology

All patients diagnosed with BrS in the Inherited Arrhythmia Clinic who consented for enrolment (n = 40) were asked to fill in a EuroQol EQ-5D-5L quality of life questionnaire.

## Results

40 patients completed the questionnaire (58%=male, mean age 44). The 5 dimensions assessed by the EQ-5D-5L form were mobility, self-care, usual activities, pain/discomfort, and anxiety/depression. 6 (15%) patients reported mobility issues, 1 (3%) patient reported restrictions to self-care, 6 (15%) patients reported impairment to usual activities, 16 (40%) patients reported pain, while 21 (53%) reported anxiety and depression. The mean overall health score given by patients was 74.4

## Discussion

The main dimension affected was anxiety/depression. More than half (53%) of patients admitted to having anxiety and depression. 42% of these had a history of depression/anxiety prior to the diagnosis of BrS while in 58% symptoms were de novo. These are generally young, healthy individuals and the impact of depression and anxiety can have significant socio-economic consequences. Furthermore, pharmacological treatment in these patients becomes complex due to the sodium-channel blocking effect of many anti-depressants.

## Conclusion

This study emphasises the need for a multidisciplinary approach in the Inherited Arrhythmia Clinic to reduce the impact of the diagnosis on quality of life and address the mental well-being of patients with BrS.