ABSTRACT

Chest pain is a common complaint at emergency departments and cardiac care clinics. More than half of the cases have no detectable causes and patients are labeled Non cardiac chest pain (NCCP), after a cardiac cause has been ruled out. Patients with NCCP are often discharged with suggestions for better health care. Patients with NCCP have been found to be more likely to have psychiatric problems compared to healthy individuals or those with Cardiac chest pain (CCP). The etiology and management of the NCCP is under-researched and poorly understood as diagnosis is a challenge when it is not due to any organic cause. This study sought to explore some of the Bio-psychosocial factors among NCCP and CCP patients who rushed to the emergency departments in Cardiac hospitals. The predictive factors for NCCP and CCP were also obtained. An intervention program was developed in the NCCP focus group. The psychological condition with pain severity was measured pre and post intervention to examine the effectiveness of NCCP focused supportive intervention program.

A quantitative method was adopted. A study was conducted on 210 participants, out of which 140 were with chest pain complaints and remaining 70 were healthy normal individuals. Participants were chosen under three different groups after all the inclusion and exclusion criteria were met. NCCP (n=70), CCP (n=70) and 70 normal healthy individuals. Participants were given complete information about the purpose of the study. Once the consent was obtained a socio-demographic profile sheet along with psychological scales were measured. The psychological variables including perceived stress, Type ‘A’ behavior pattern, anxiety and depression were measured. Analysis revealed that some of the Bio-psychosocial factors responsible for both NCCP and CCP. Factors like age, nuclear families, marital status, alcohol consumption and socioeconomic status, anxiety showed that chest pain symptoms could be due to these factors.

NCCP focused supportive intervention program was developed and it was administered for psychogenic NCCP patients. The results indicate that intervention targeting the NCCP patients was beneficial for the 18 cases, especially for patients with perceived stress and anxiety. The pre and post intervention was carried out with
the help of case series method. It was observed that the severity of pain symptoms also reduced among NCCP patients. Results showed that intervention program does facilitate for Psychological health management among NCCP patients.

**KEY WORDS:** Psychogenic Non-cardiac chest pain, Bio-psychosocial factors, NCCP focused supportive intervention, Health Literacy and Pain Management