

DOI: 10.29289/259453942019V29S1EP34

THE IMPORTANCE OF EARLY DETECTION OF DEPRESSION IN POST-MASTECTOMY PATIENTS

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Objective: Alert about the underdiagnosis of depression in post-mastectomy patients due to breast cancer and the type of procedures for their screening. **Methodology:** This is a qualitative, explanatory study of the literature. A search for articles on the SciELO and PubMed platforms was conducted. The descriptors used were: self-care, breast cancer, mastectomy, scales, depression, screening. **Results:** With the increase in breast cancer survival, the current challenge is to evolve into the existing sequelae of treatment. From lymphedema, local pains, loss of appetite, and mainly conflicts with the concept of beauty of contemporary society. In this context, many patients suffer from self-acceptance and social stigma, losing interest initially in appearance and, at a later stage, apathy affects all behaviors and this is the beginning of a possible depressive scenario. This situation significantly diminishes the quality of life of these patients and it is necessary that the medical staff has attention to the diagnosis. There are some internationally certified scales that can be used in routine consultation such as early screening for depression and diagnostic help. Among the screening scales, the following stand out according to the literature: Hamilton Depression Rating Scale; Beck II depression inventory (IDB-II); Patient Health Questionnaire-9. Especially the IDB-II, a scale already used in terminal patients and carriers of chronic diseases may have greater applicability in these patients. However, the focus is that all medical staff have training and can use these tools in routine outpatient visits as a form of early screening. **Conclusion:** In addition to low-cost scales, they have high reproducibility. Many other tools can be used, however the focus of this work is to alert to the use in the routine consultation of these patients. With this, the quality of life is improved with low operational cost.