

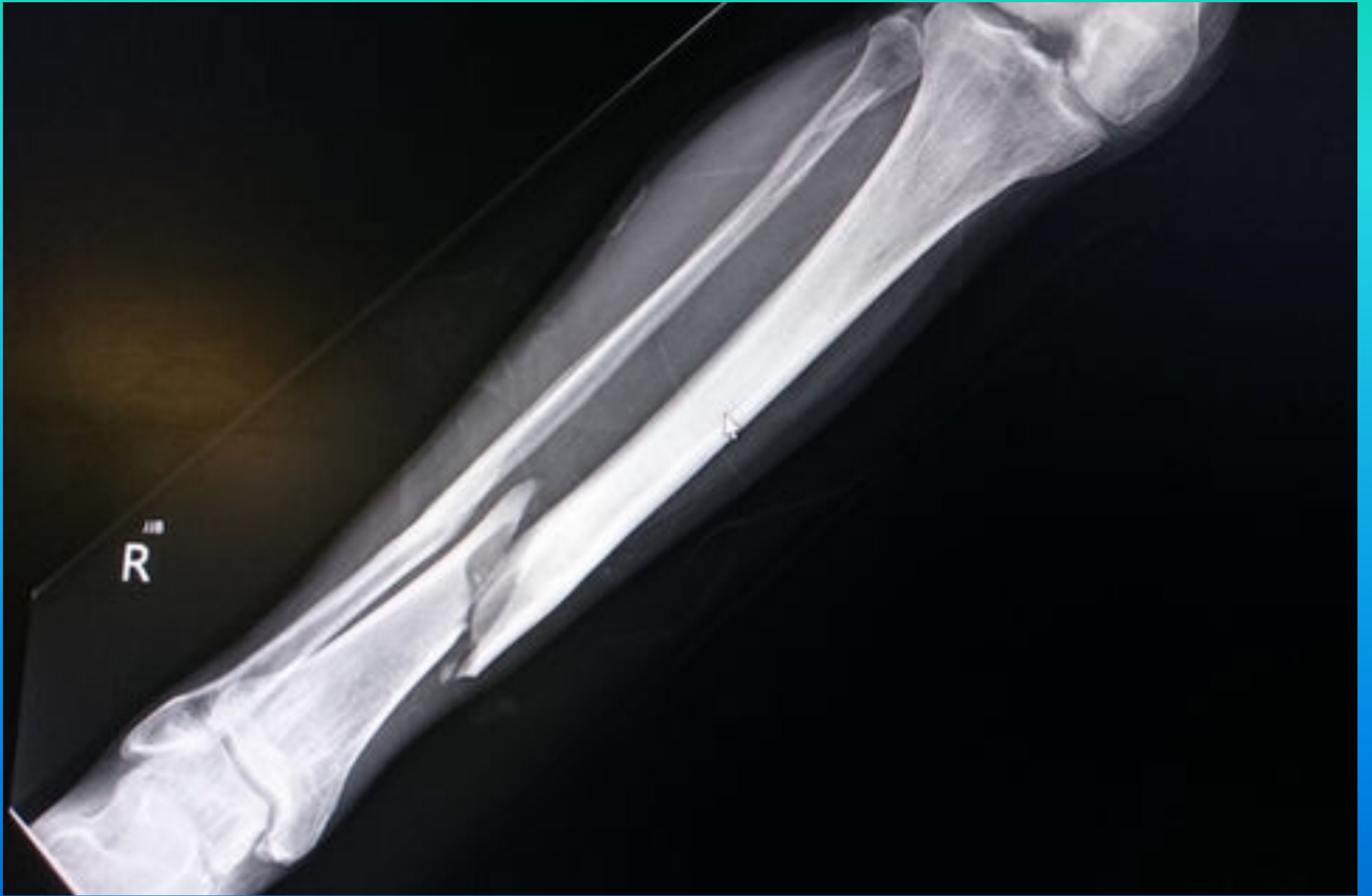
Objektivierbarkeit psychischer Belastungen

Das Herz als Wahrnehmungsorgan -
psychische Erkrankungen am Beispiel
der Herzratenvariabilität (HRV)

Dr. Peter Pertschy - Facharzt für
Psychiatrie /
Psychotherapeutische Medizin



Diagnosefindung bei Erkrankungen..

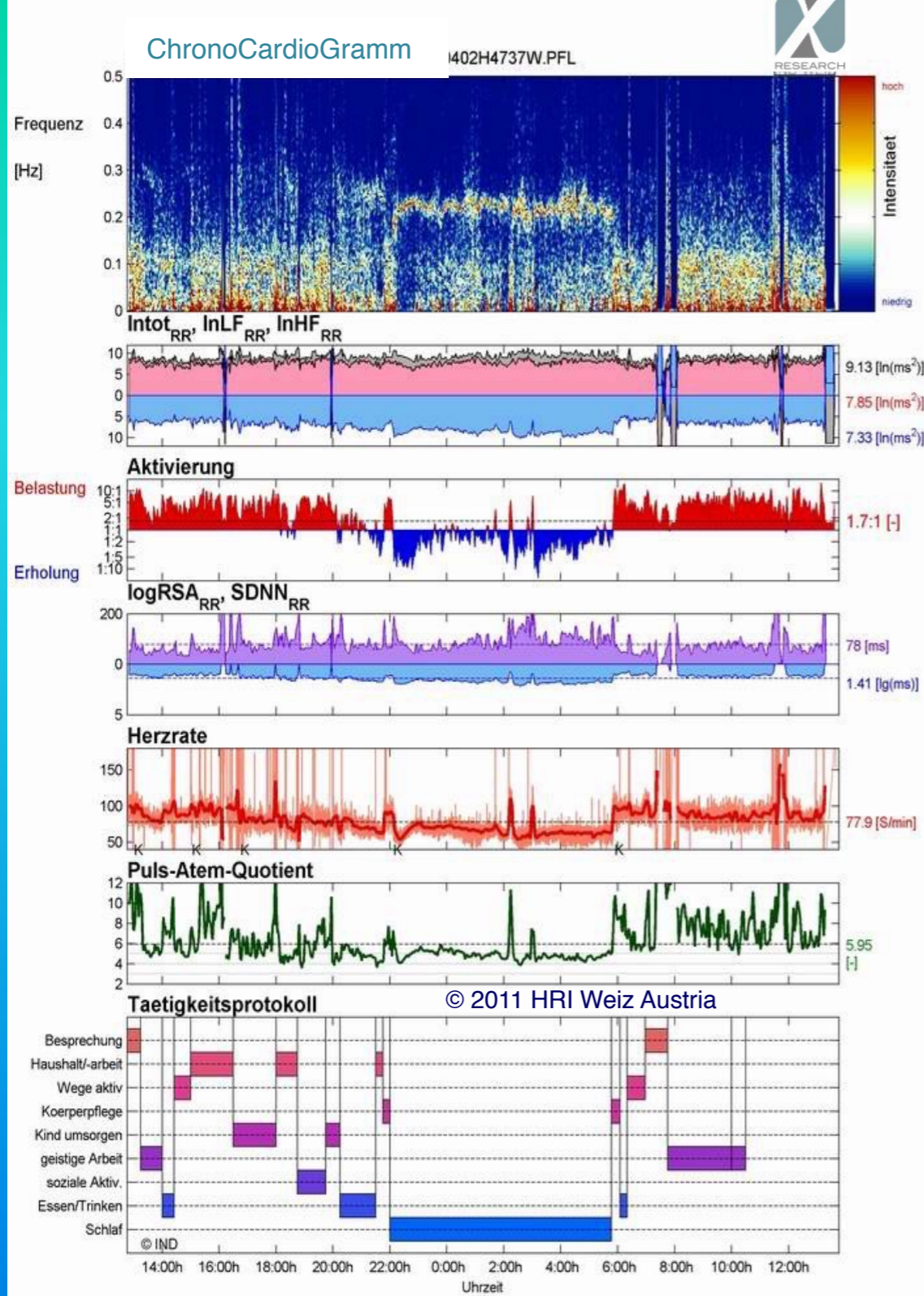


Diagnosefindung bei psychischen Erkrankungen..

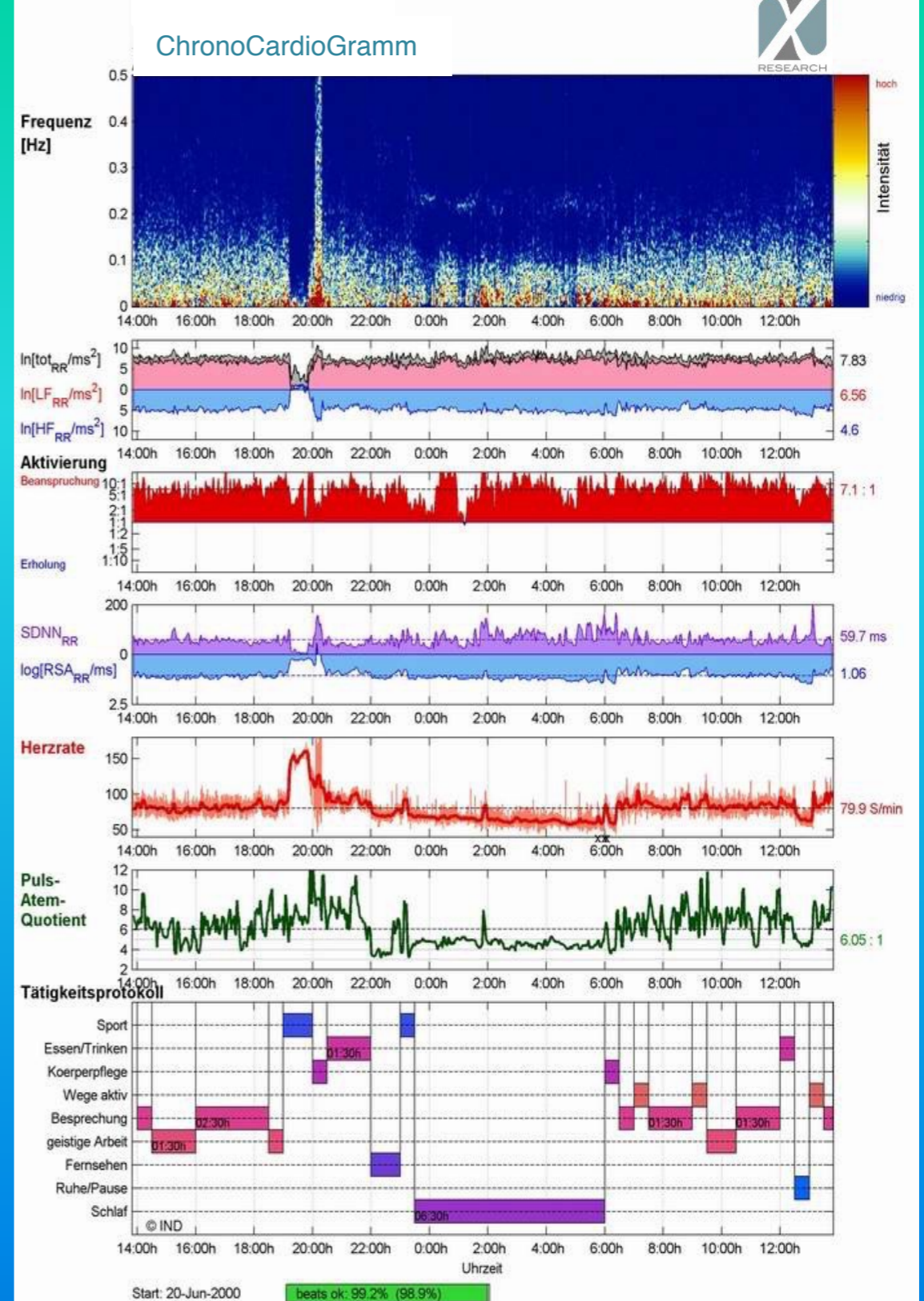
Therapeut: Erfahrung, ICD10, Checklisten, PET..

Patient / Klient: Zweifel, eigene Sichtweise..

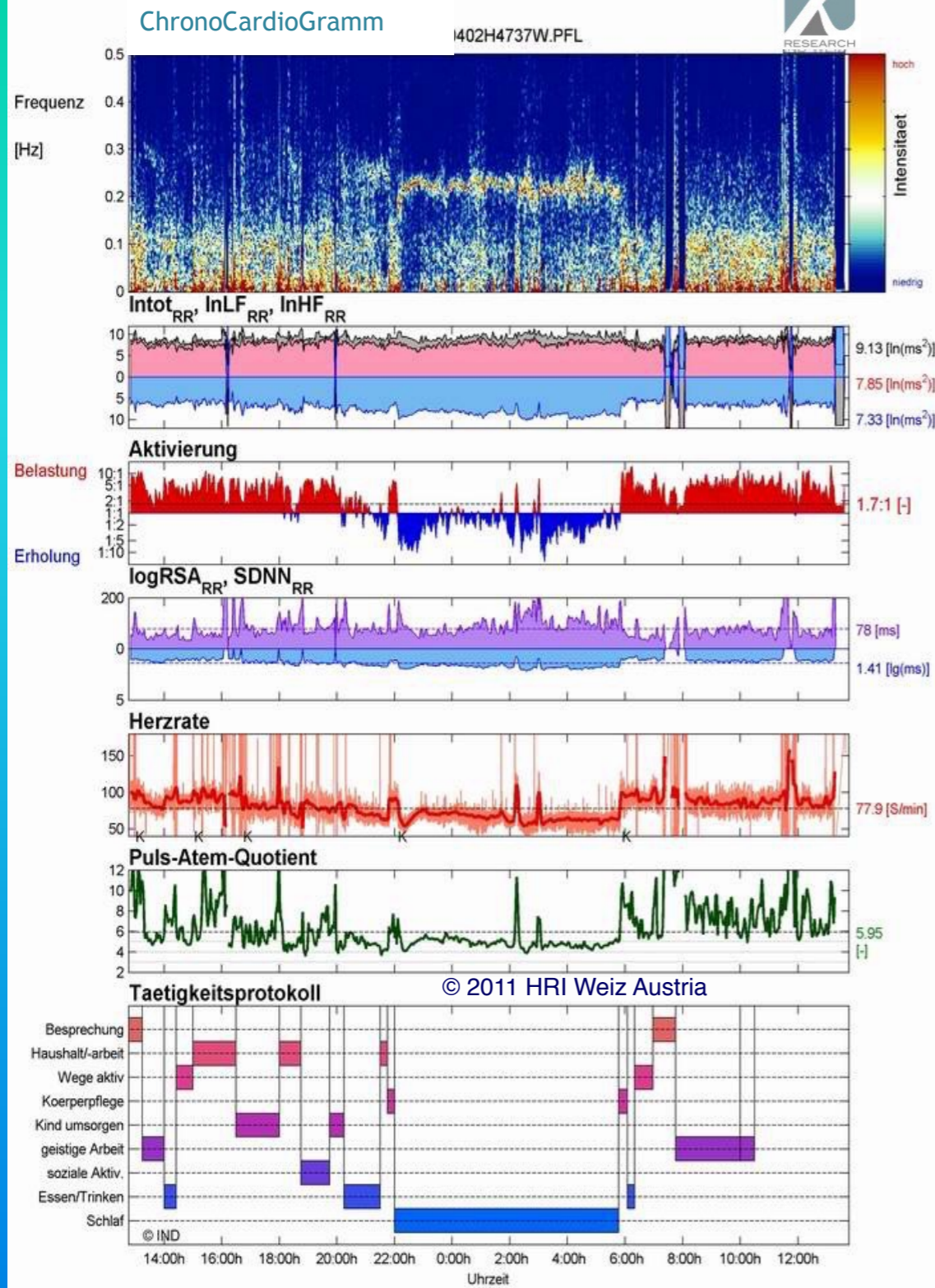
Objektivierbarkeit?



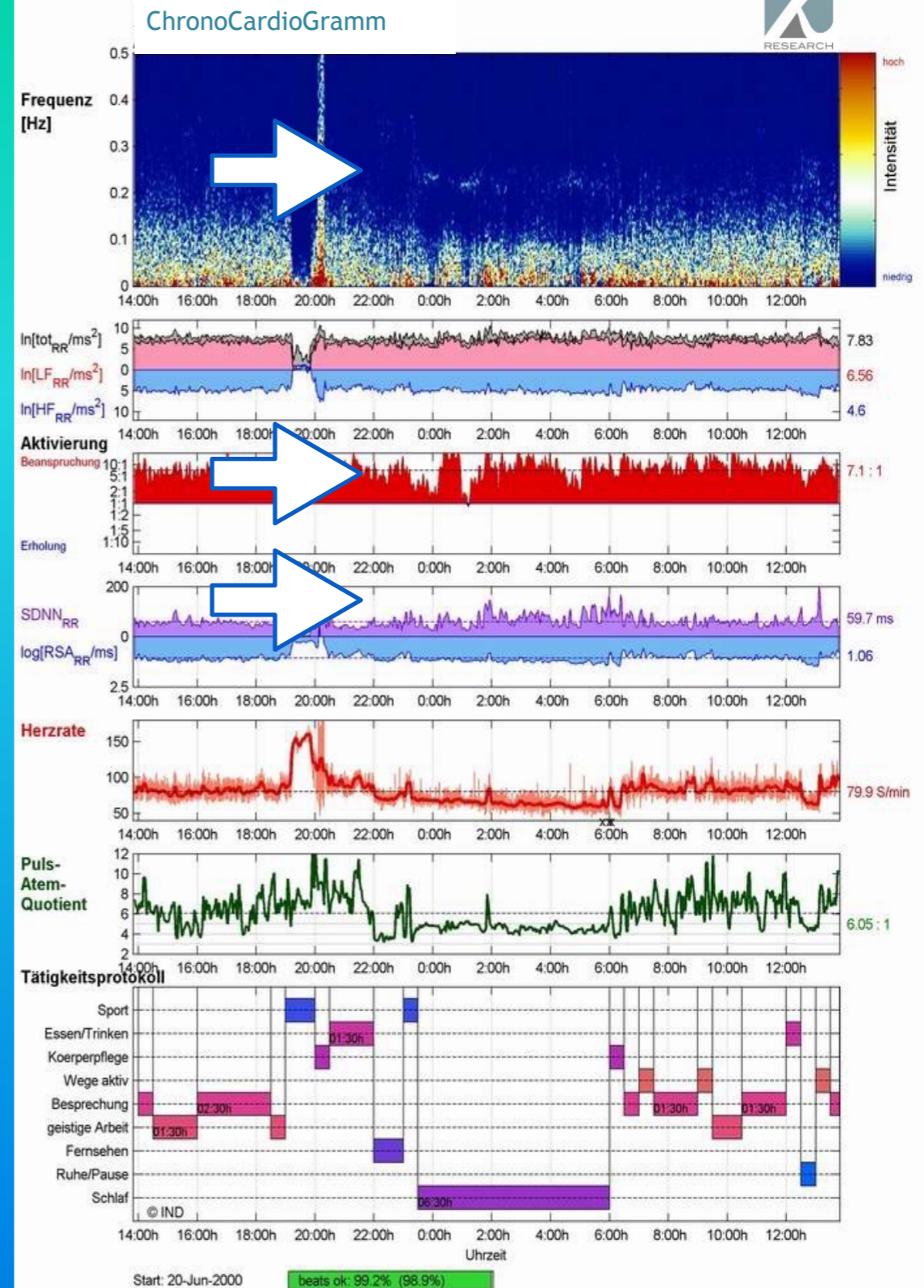
Medical doctor, f 37
high workload but energetic



Manager of construction company,
m 39, close to burnout



Medical doctor, f 37
high workload but energetic



Manager of construction company,
m 39, close to burnout

HRV

Wenn der Herzschlag so regelmässig wie das Klopfen des Spechts oder das Tröpfeln des Regens auf dem Dach wird, wird der Patient innerhalb von vier Tagen sterben.

Wang Shuhe (Arzt, China 3.Jhd. v. Chr.)



AUSTROMIR - 91

Die Experimente



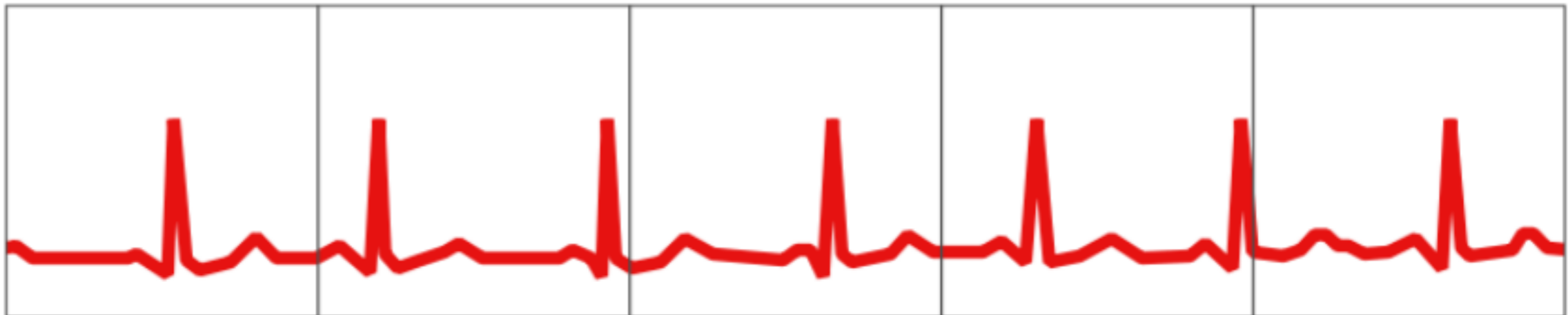
Experiment Pulstrans



Puls

Messung mittels EKG – 24h EKG

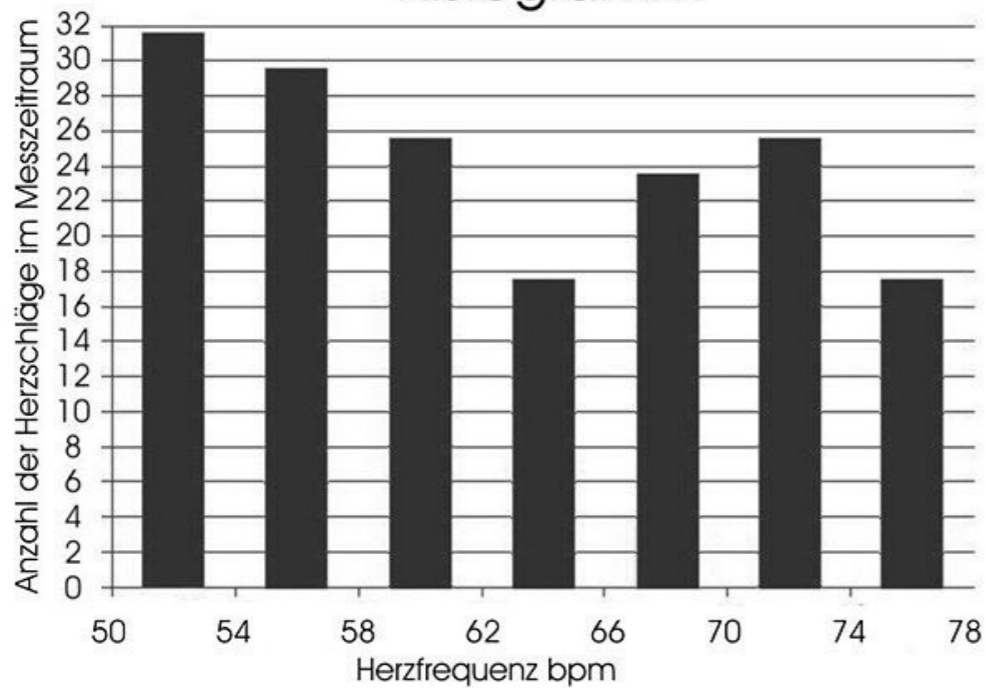
EKG-Aufzeichnung



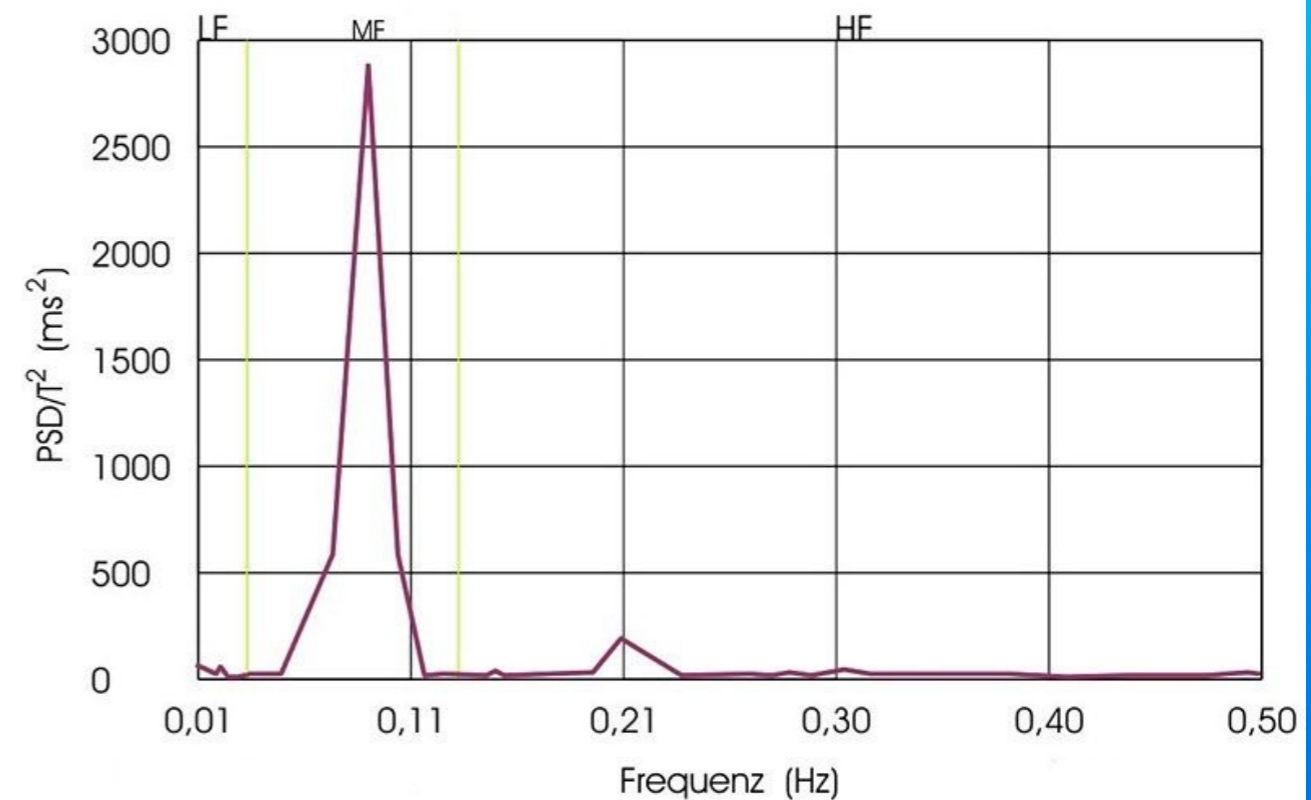
HRV

Anpassungsfähigkeit (Variabilität) im Vergleich zu gemessenem Mittelwert.

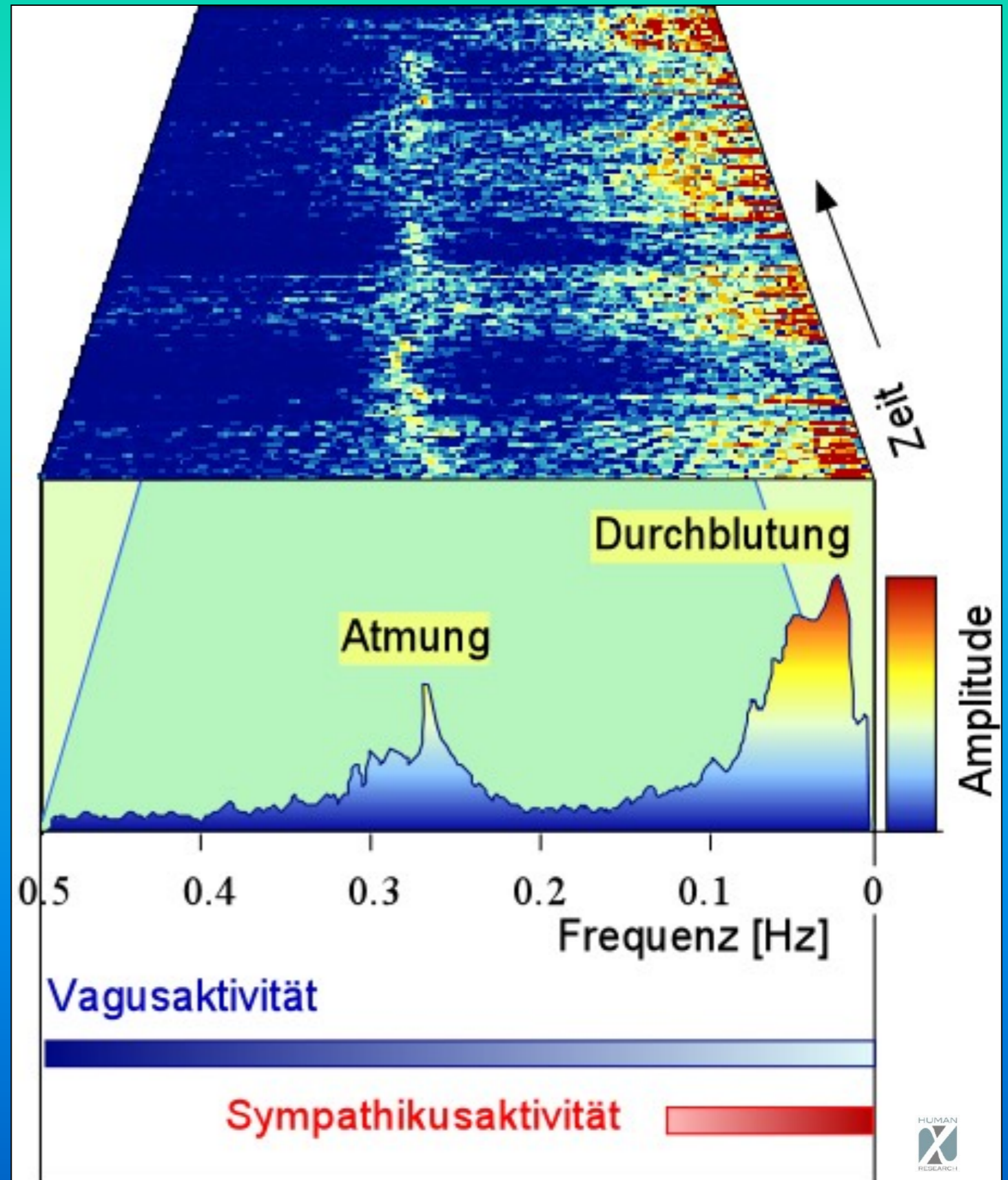
Histogramm



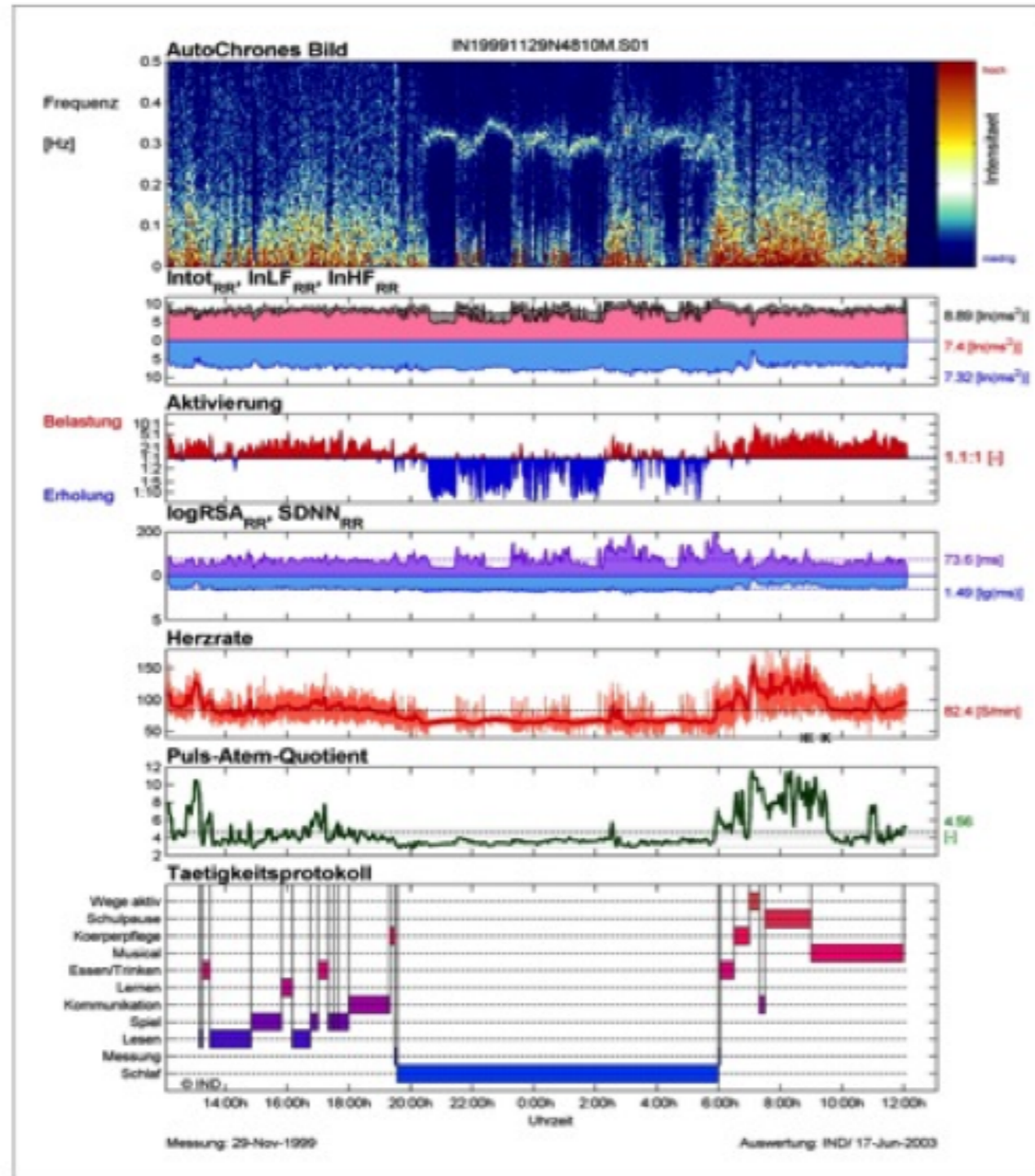
Spektralanalyse



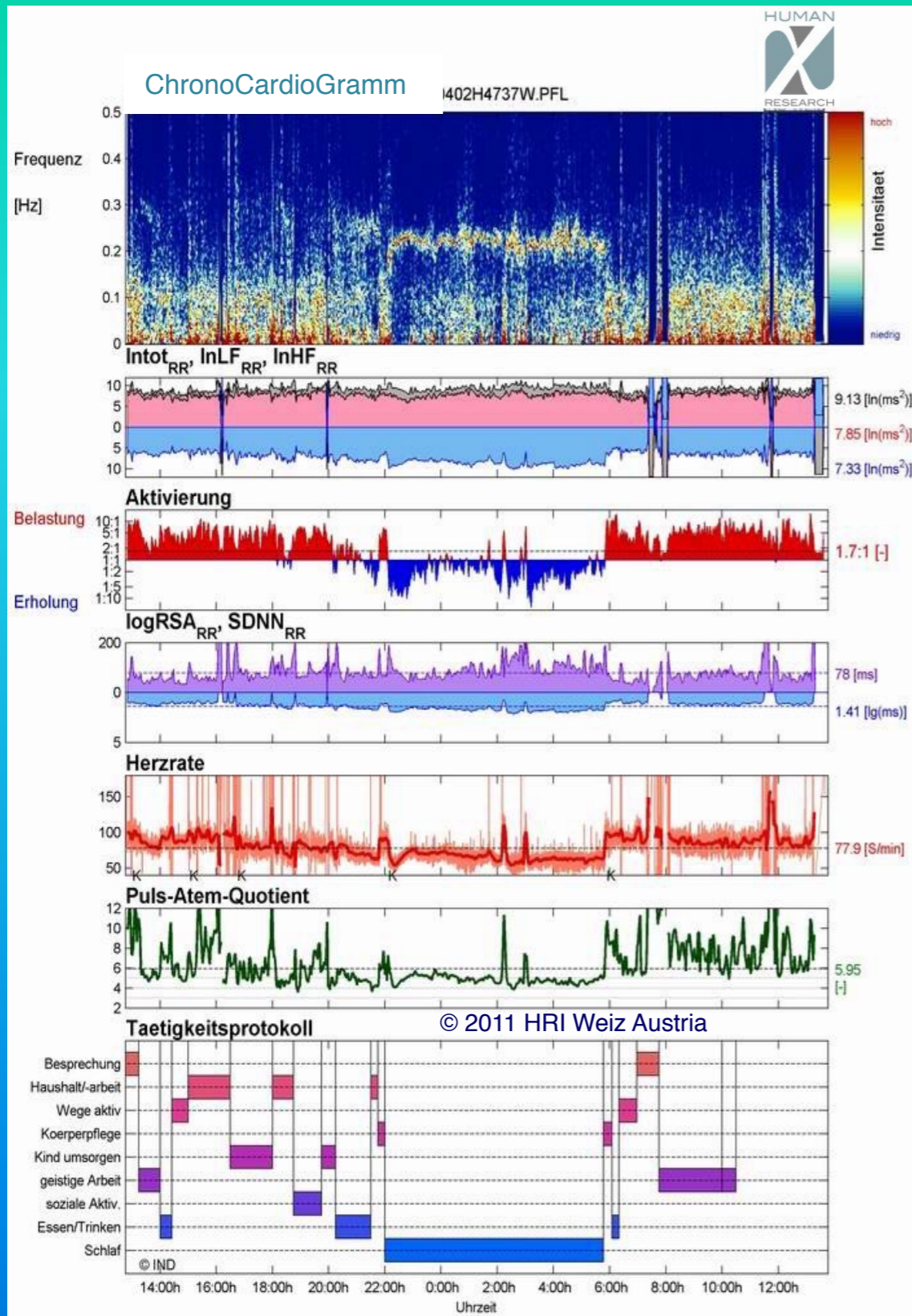
Das ChronoCardio Gramm (autoChrones Bild)



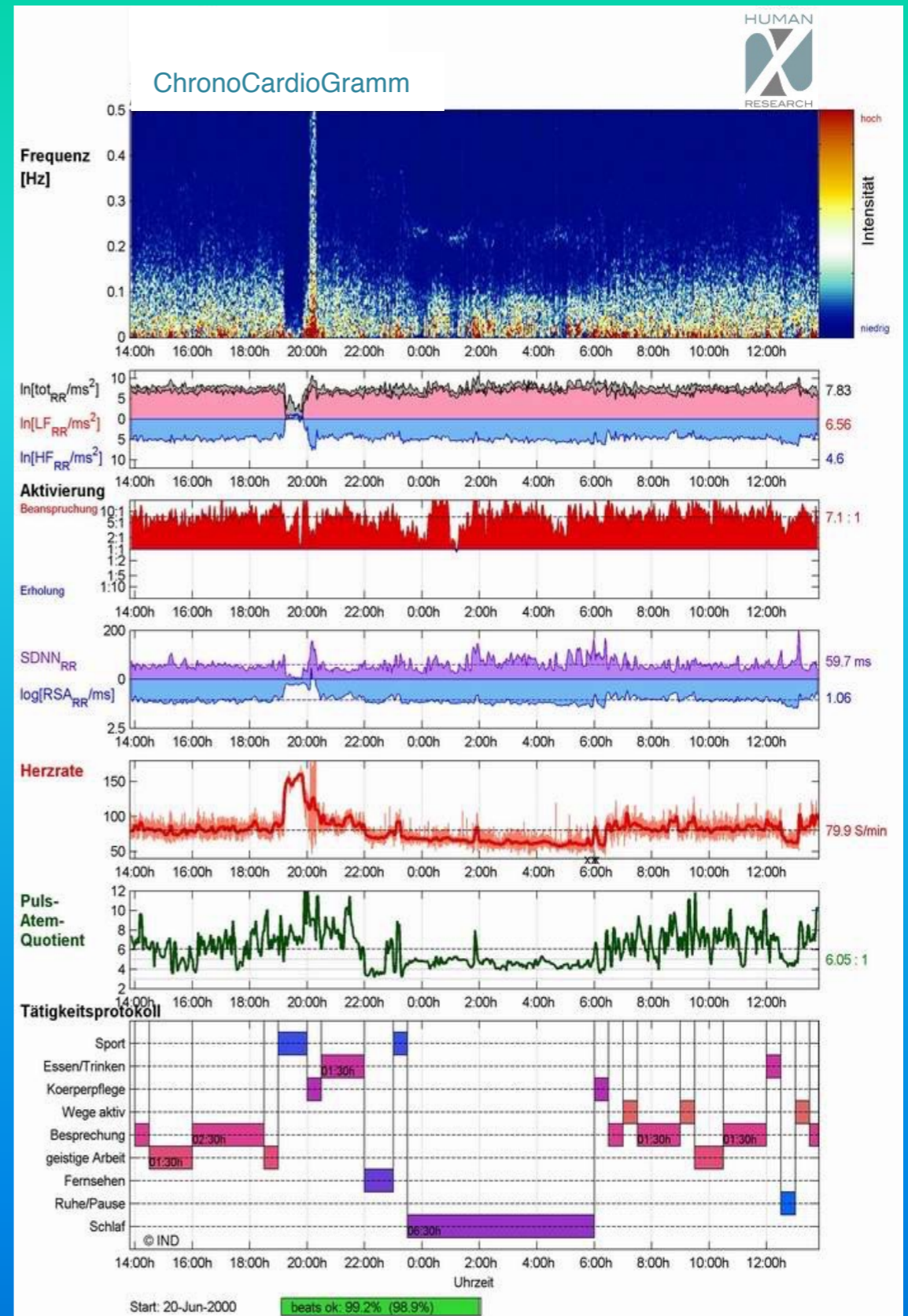
Boy, 10 years old



© IND Austria 2007

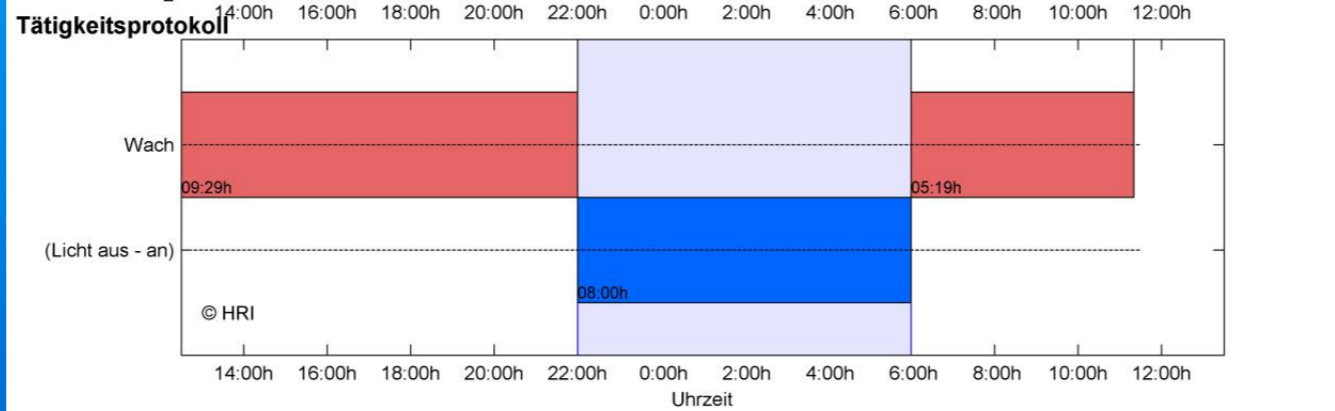
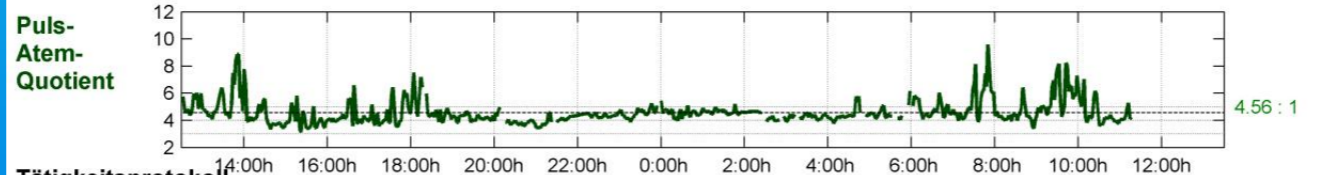
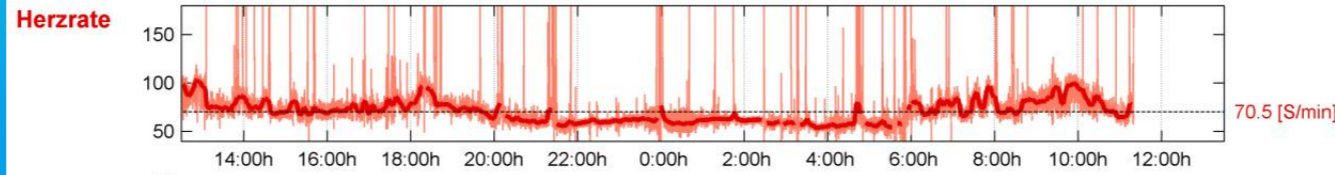
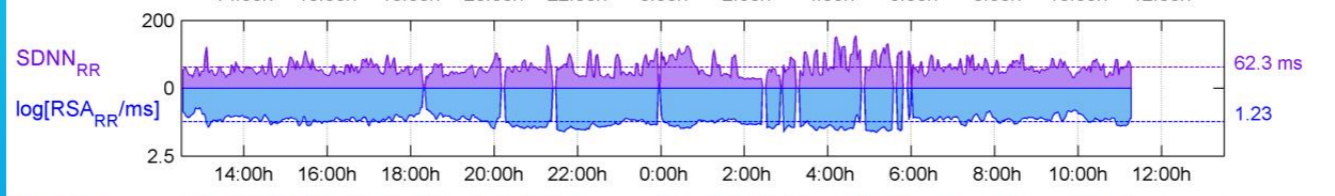
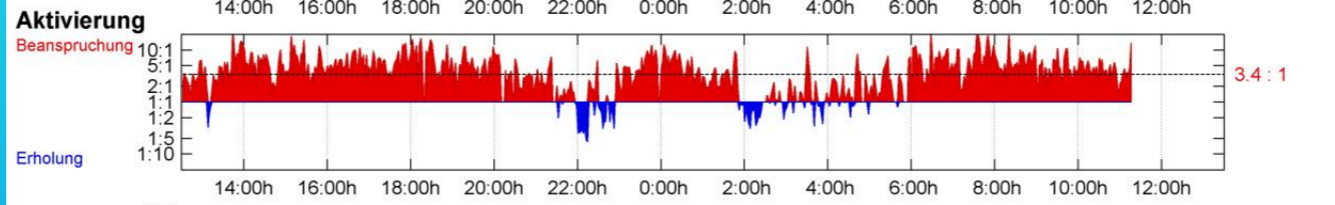
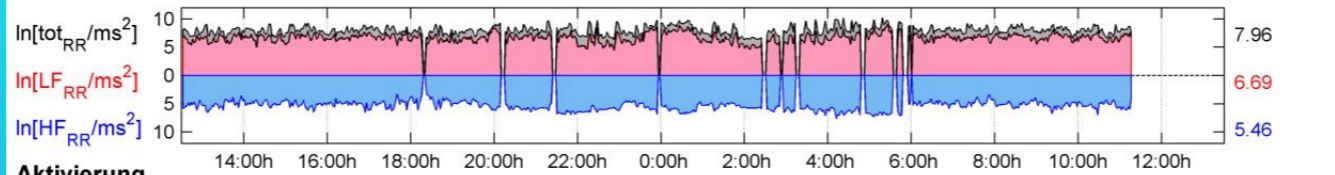
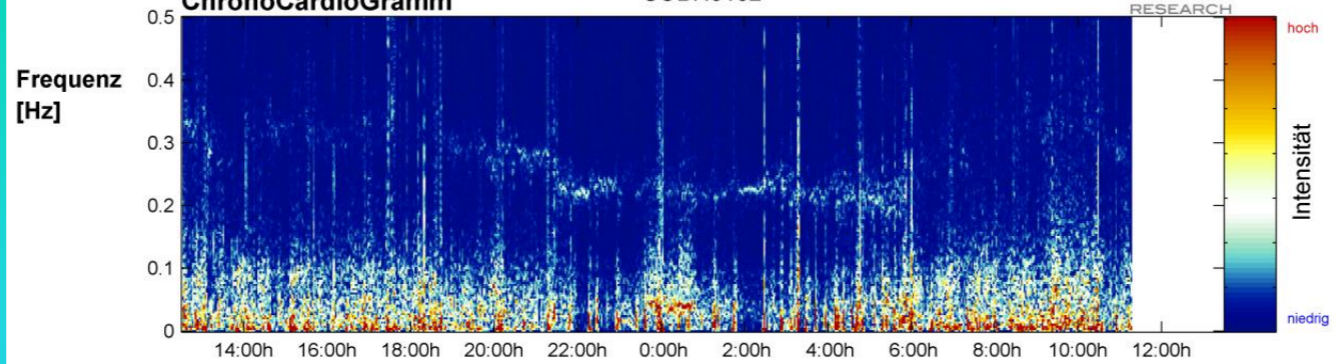


Medical doctor, f 37
high workload but energetic



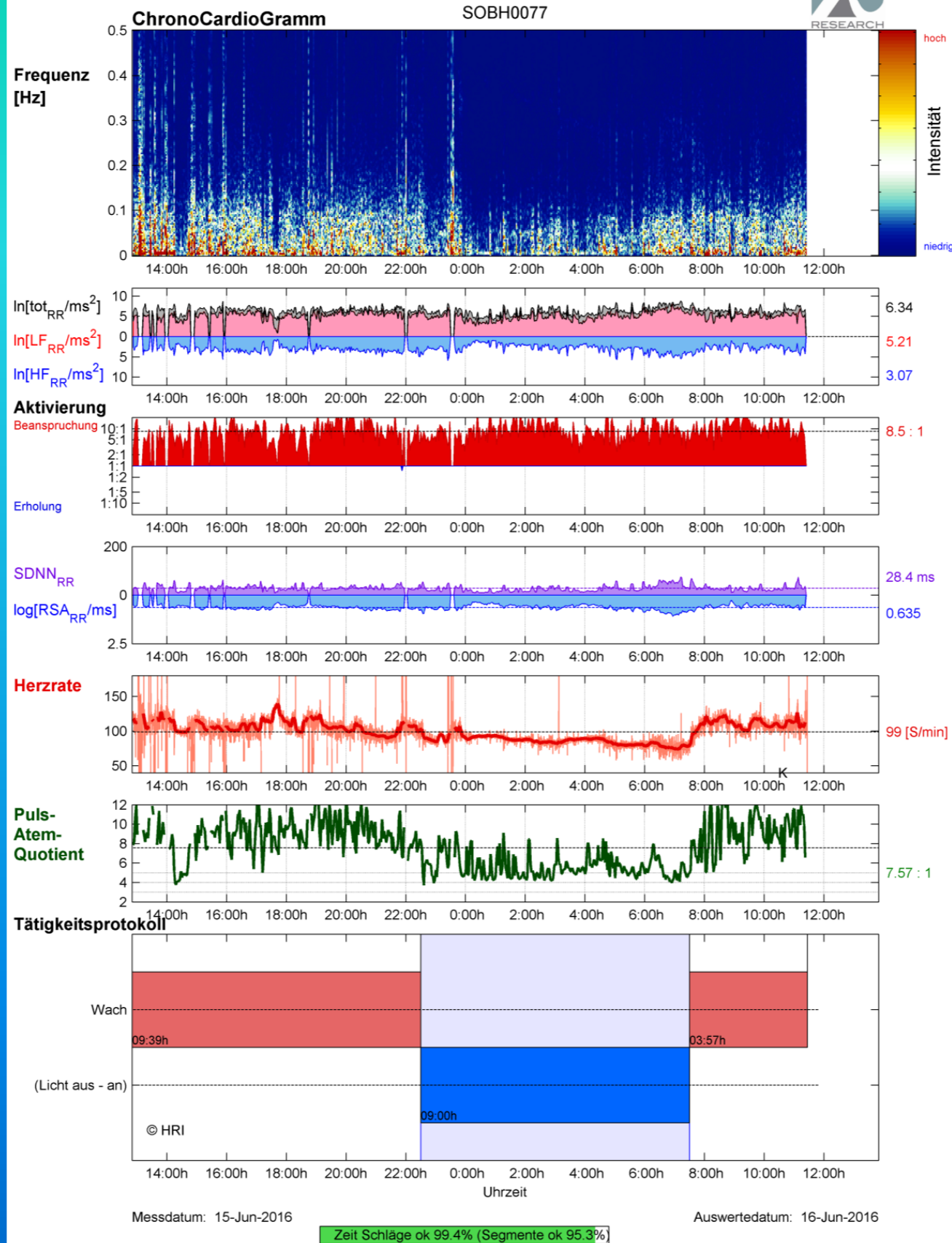
Manager of construction company,
m 39, close to burnout

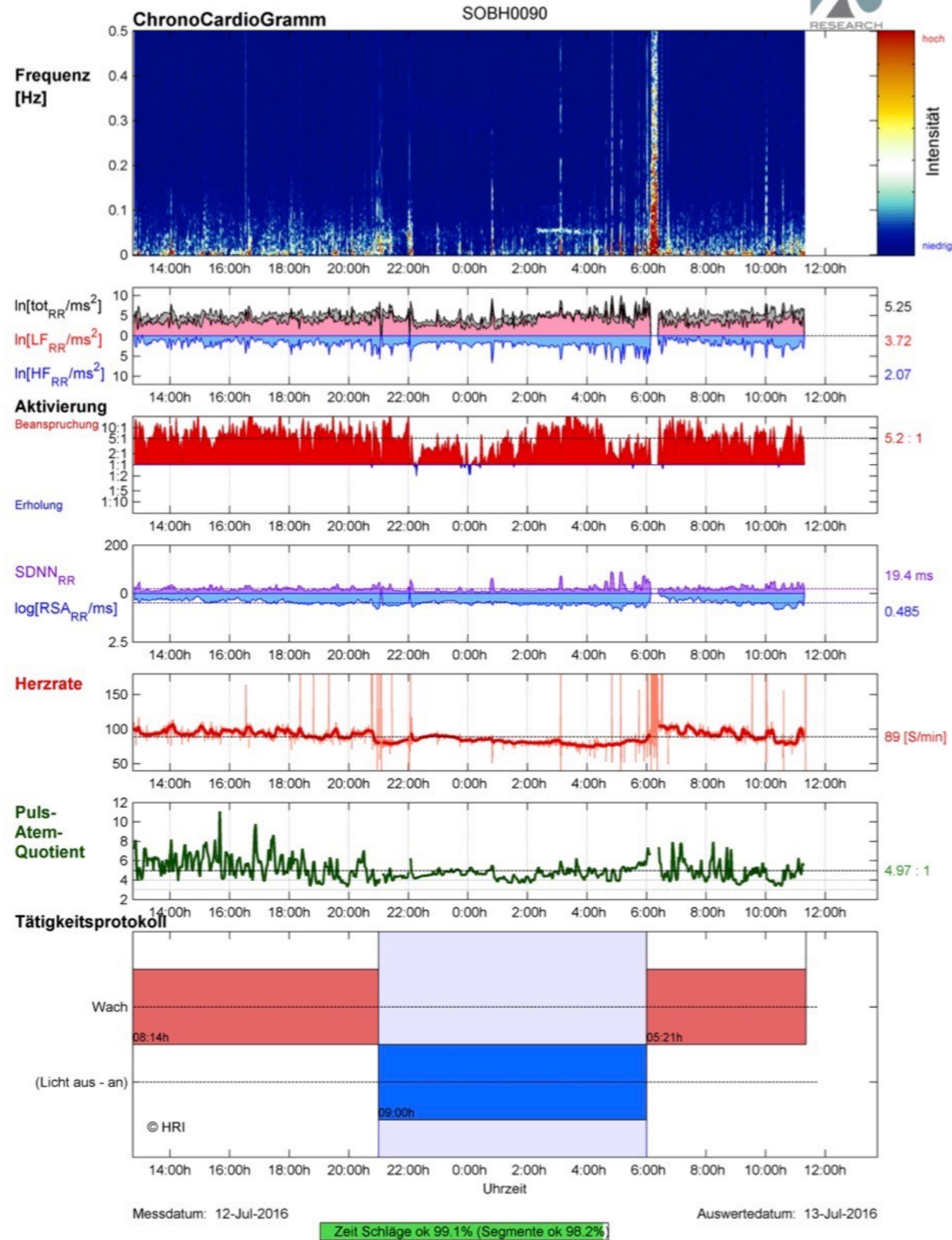
ChronoCardioGramm SOBH0102



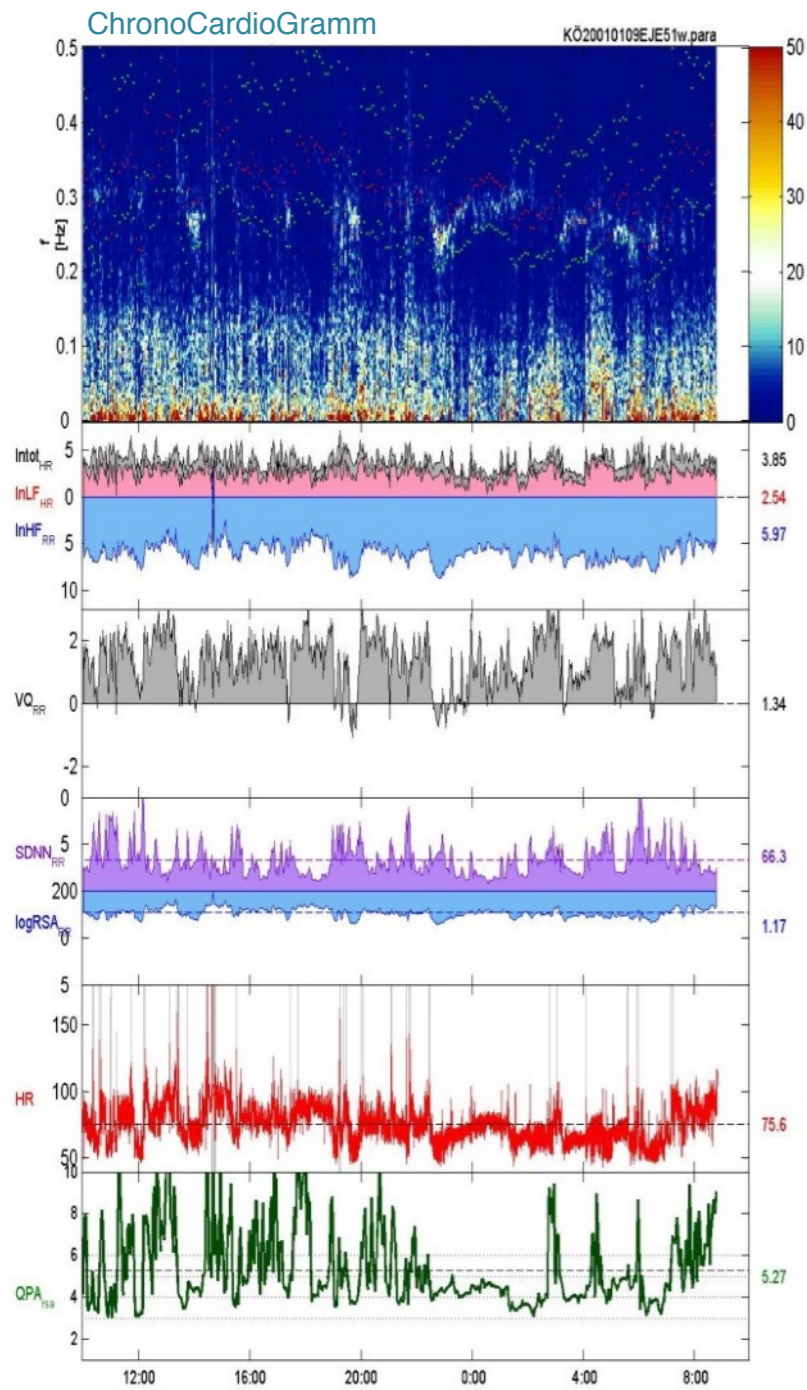
Messdatum: 02-Aug-2016 Auswertedatum: 03-Aug-2016

Zeit Schläge ok 99.3% (Segmente ok 95.8%)

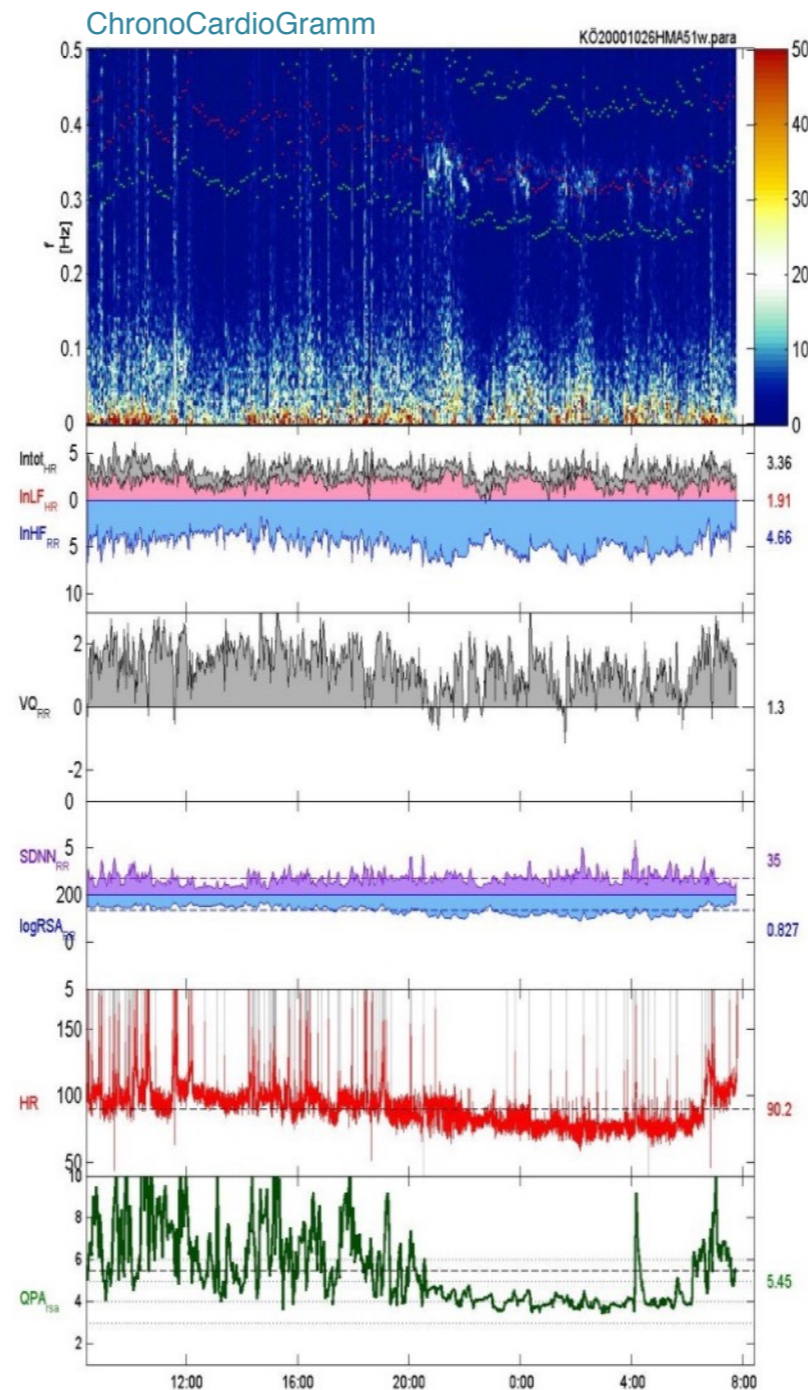




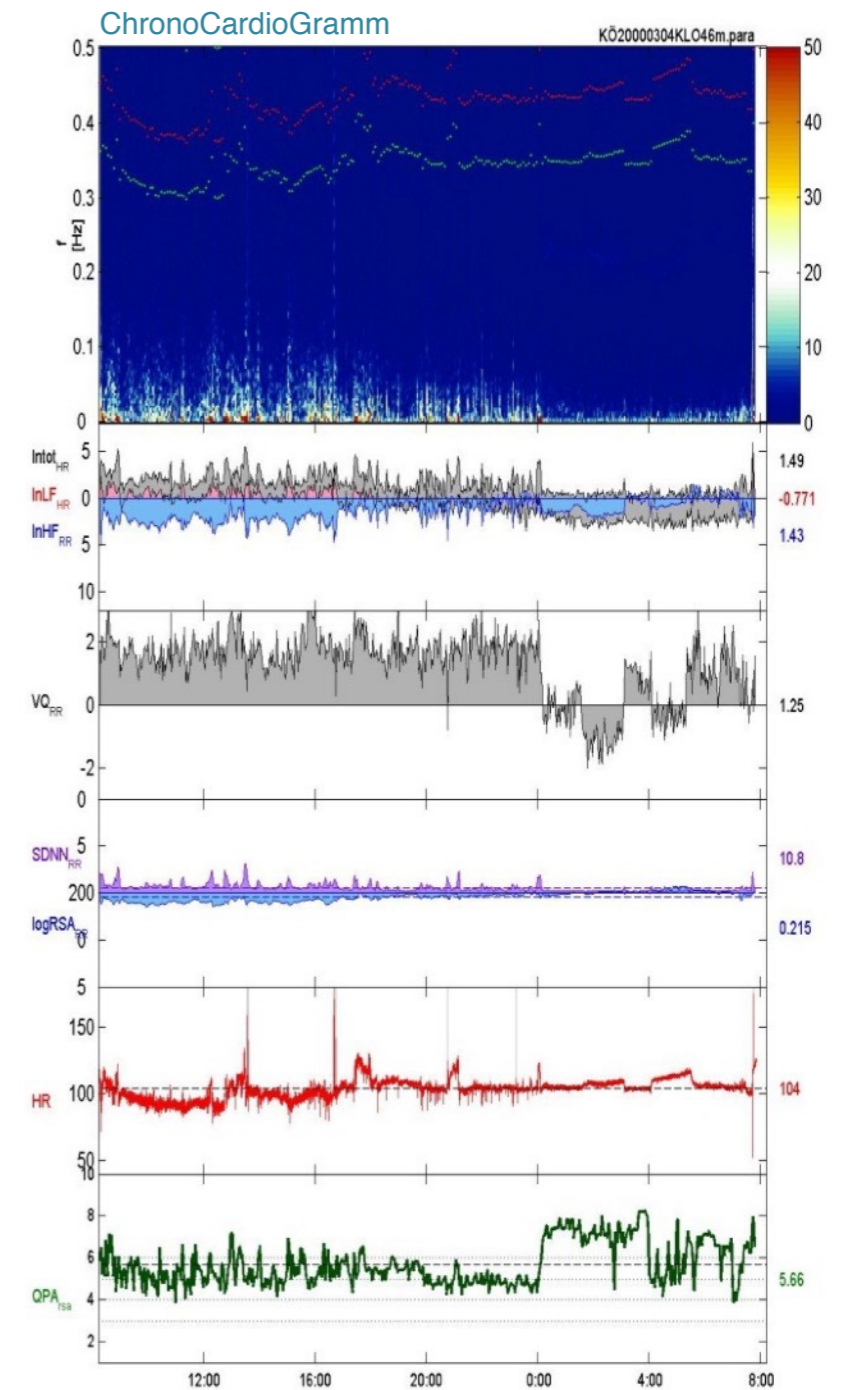
Stadien der Tumorerkrankung



51-jährigen Mamma-Ca Patientin

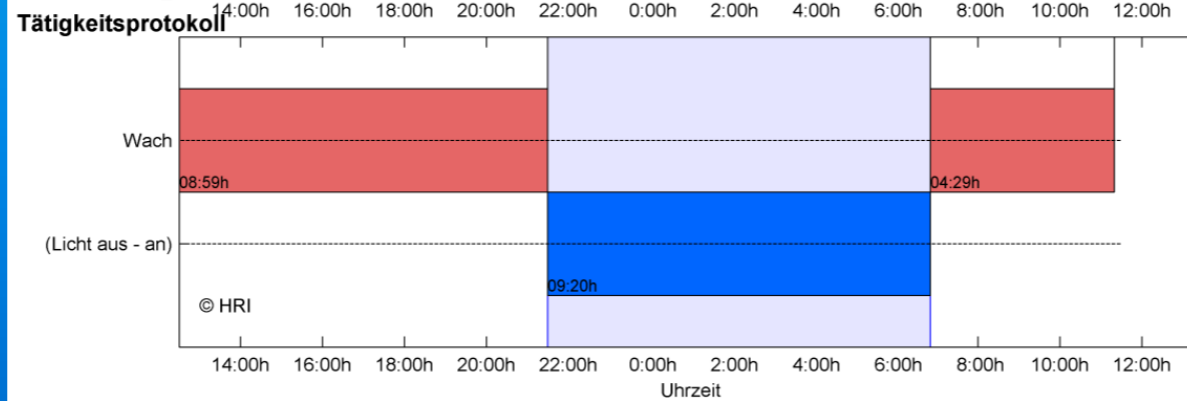
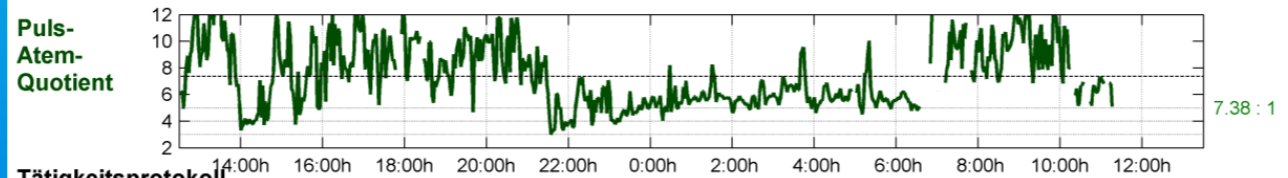
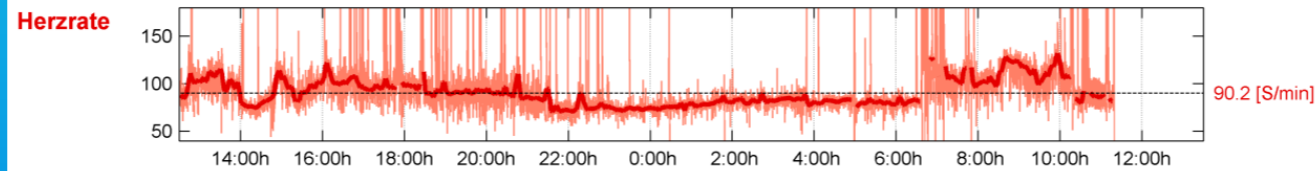
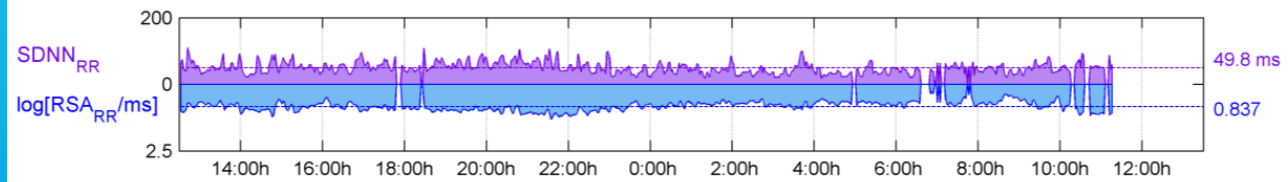
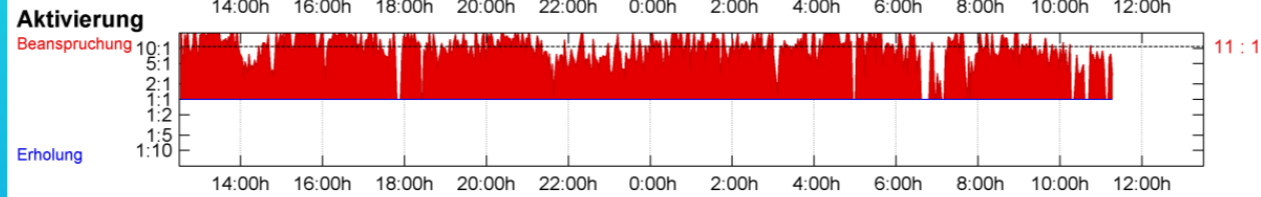
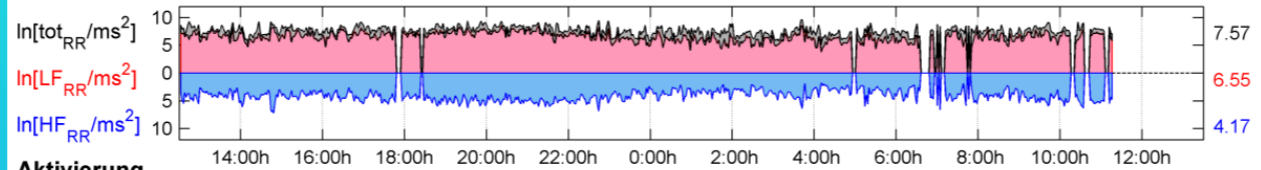
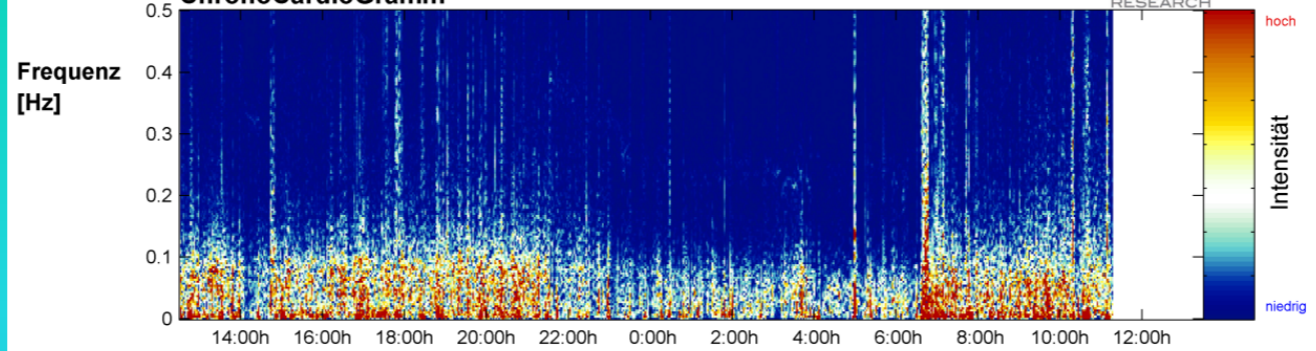


51-jährigen Patientin mit Kollum-Ca und Lungenmetastasen



Fortschreitende Erkrankung weiter zur Tumorkachexie

ChronoCardioGramm SOBH0039



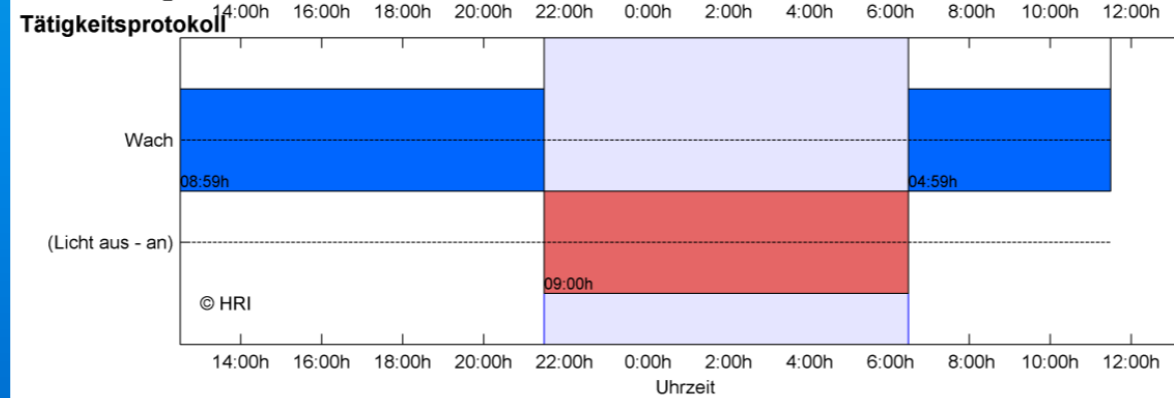
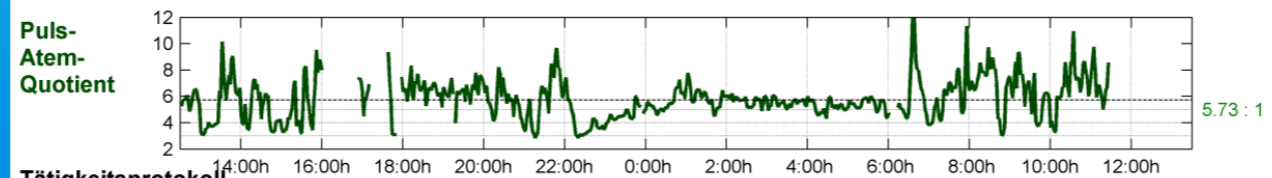
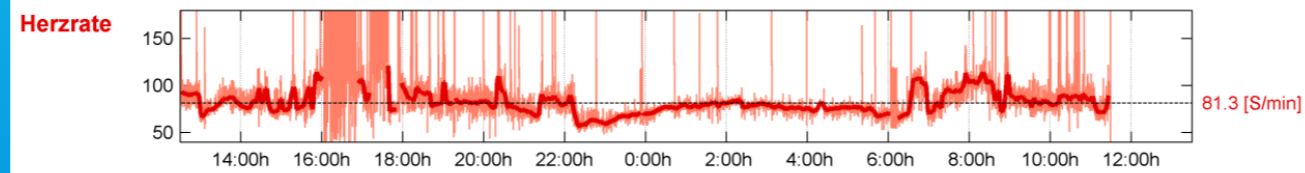
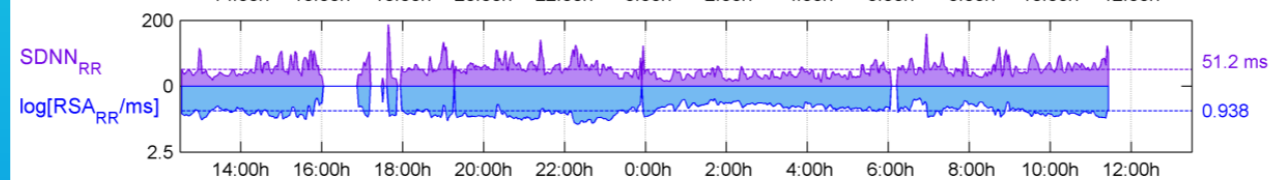
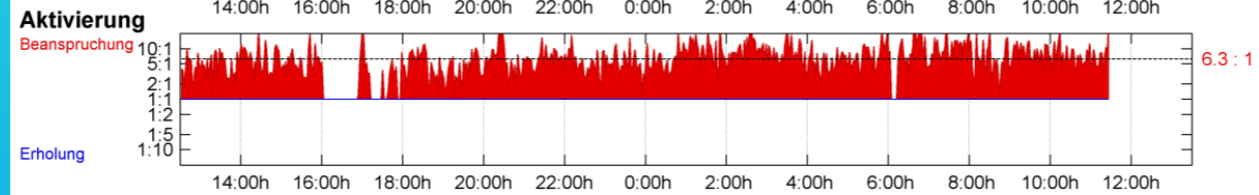
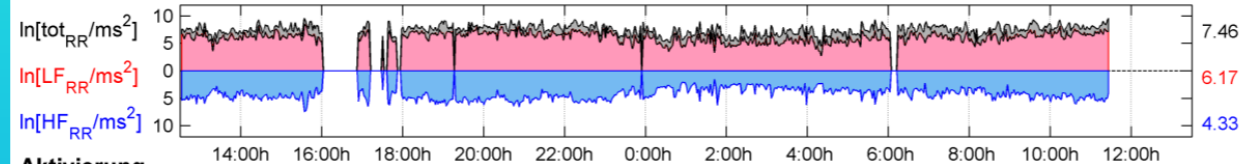
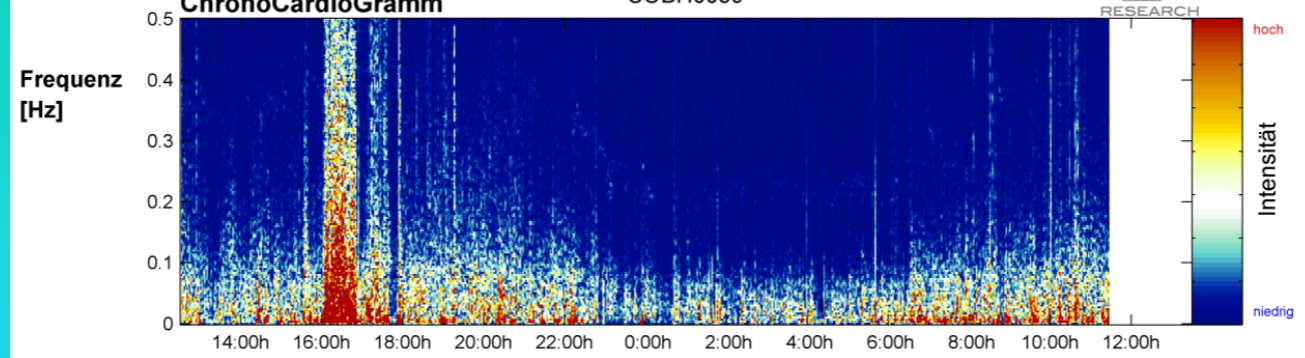
Messdatum: 29-Mar-2016

Auswertedatum: 30-Mar-2016

Zeit Schläge ok 98.8% (Segmente ok 95%)

ChronoCardioGramm

SOBH0039

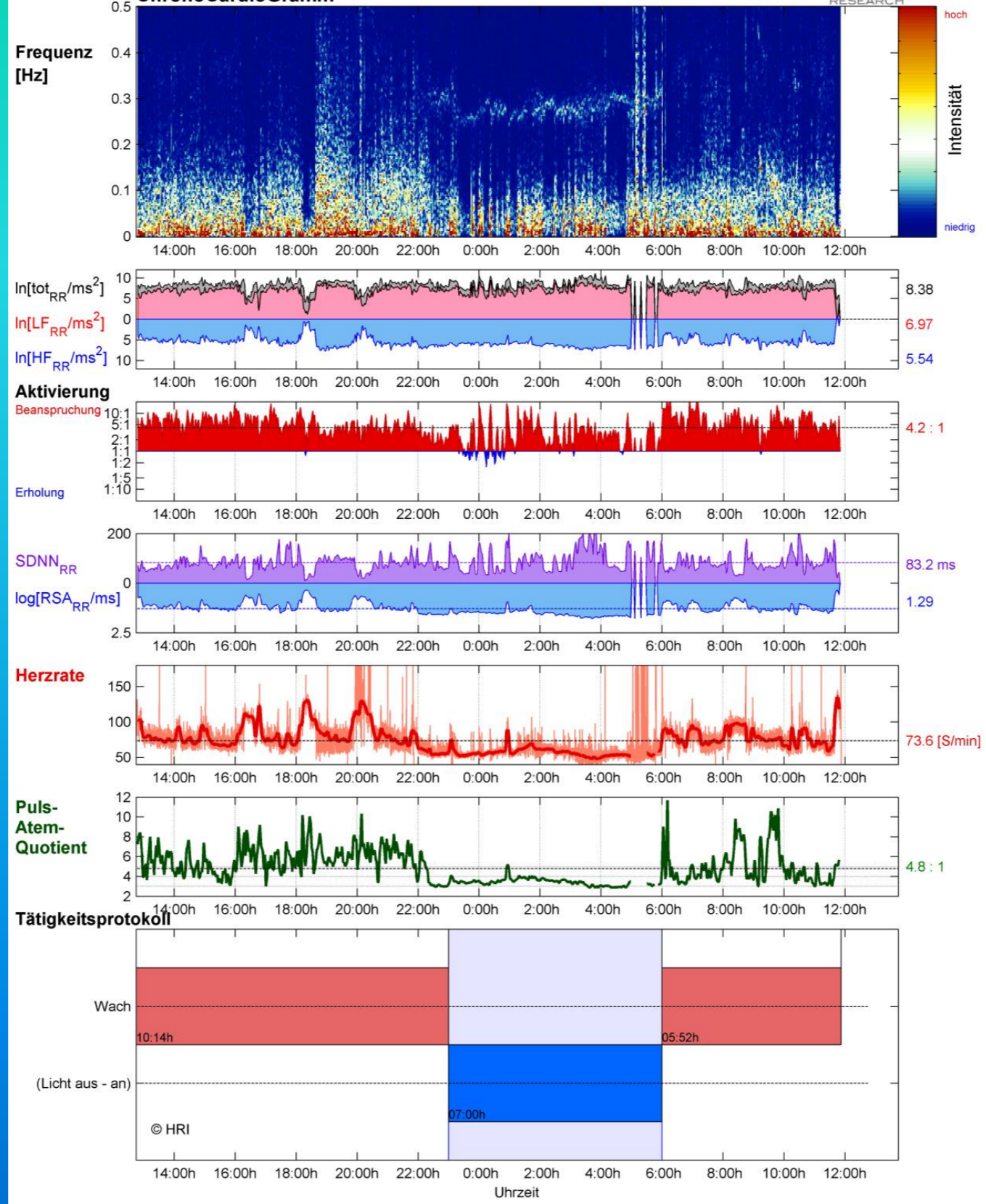


Messdatum: 18-Apr-2016

Auswertedatum: 19-Apr-2016

Zeit Schläge ok 96.9% (Segmente ok 93%)

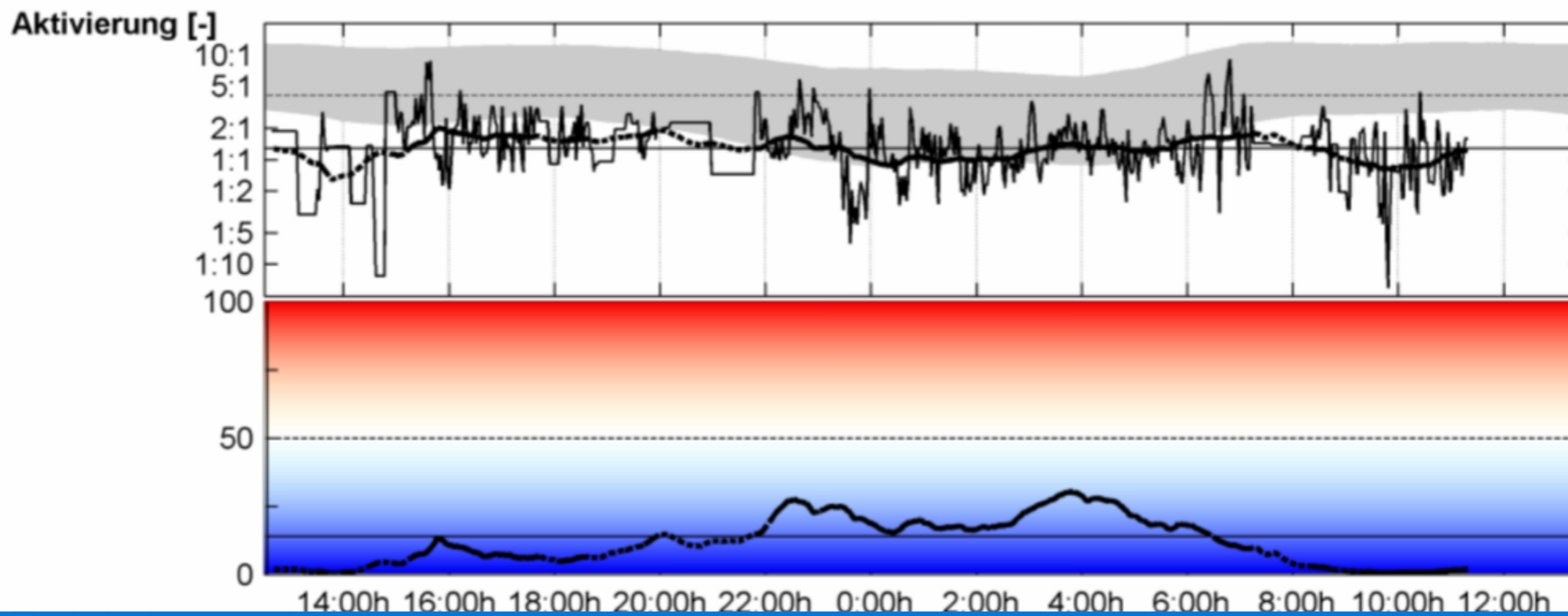
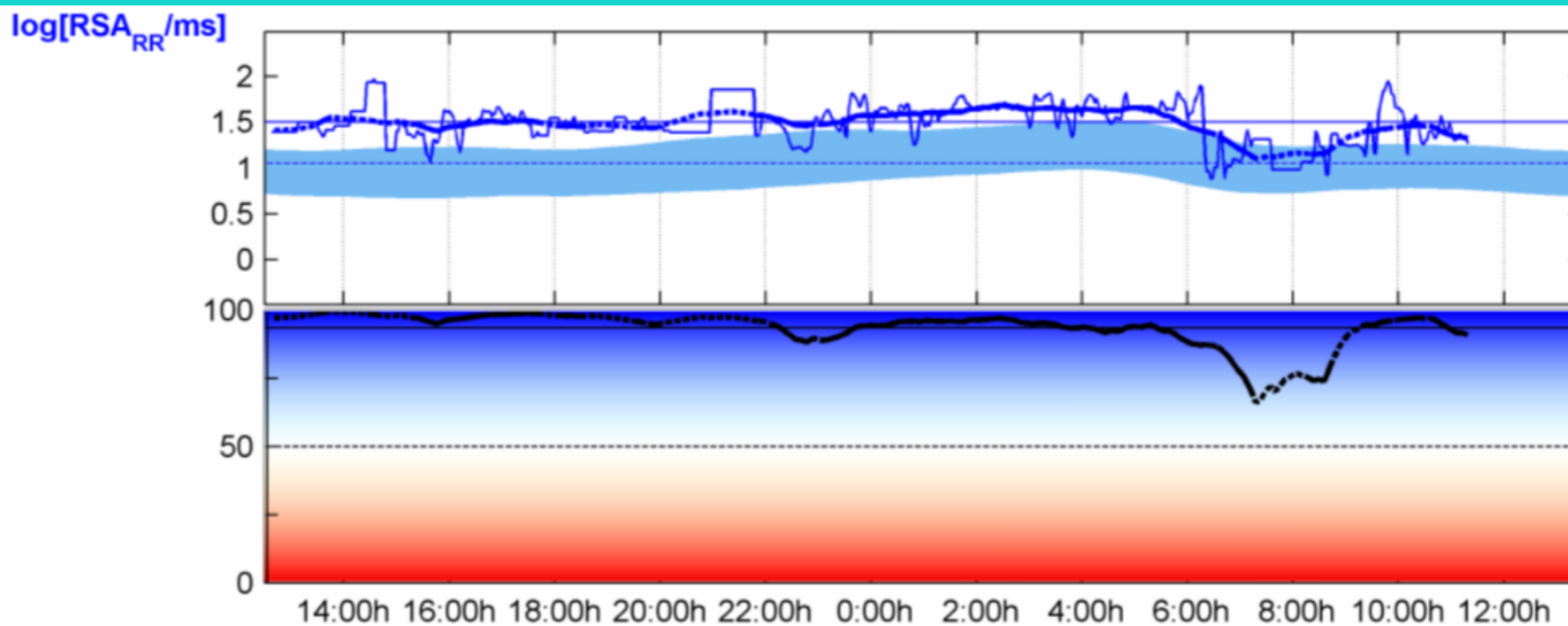
ChronoCardioGramm SOBH0104



Messdatum: 05-Aug-2016

Zeit Schläge ok 99.4% (Segmente ok 97.5%)

Auswertedatum: 08-Aug-2016

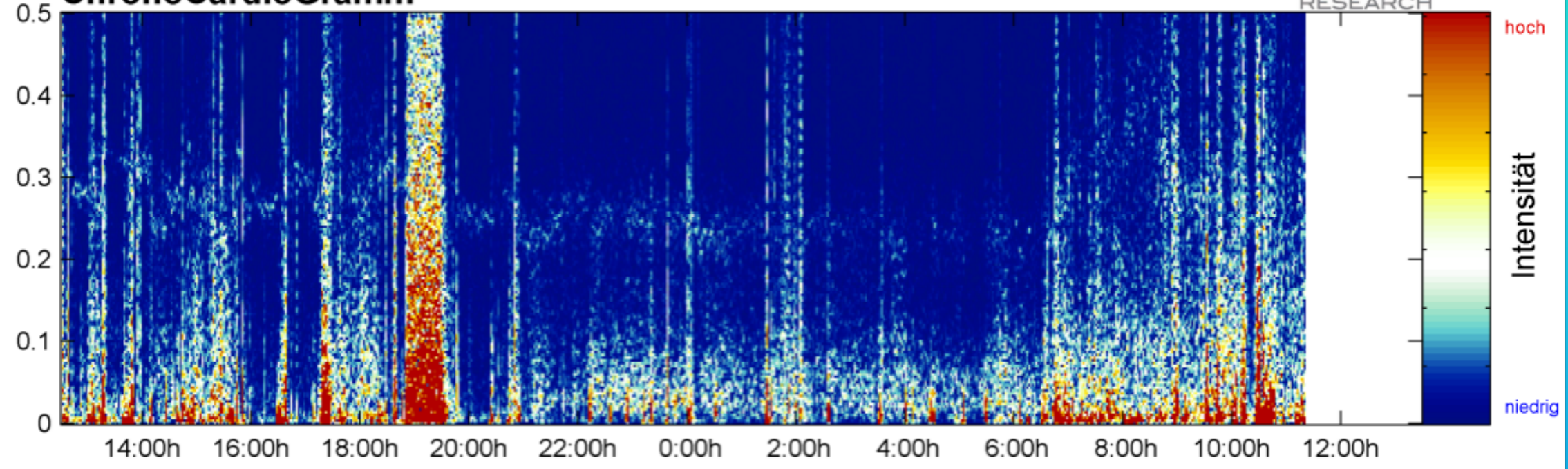




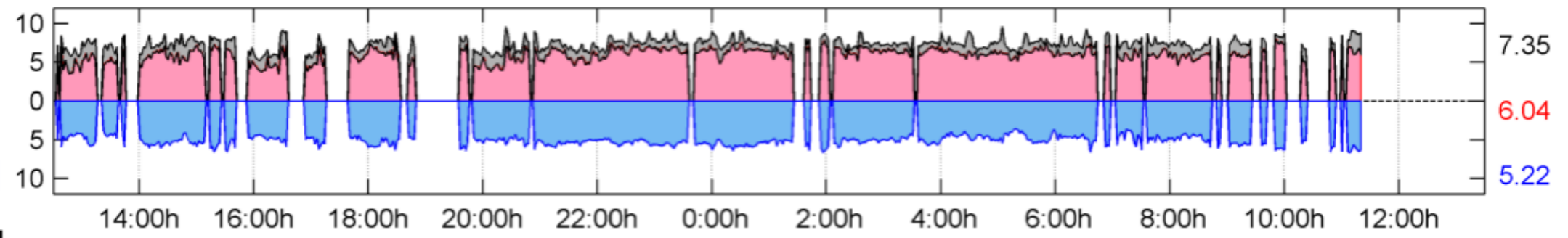
ChronoCardioGramm

SOBH0309

Frequenz [Hz]

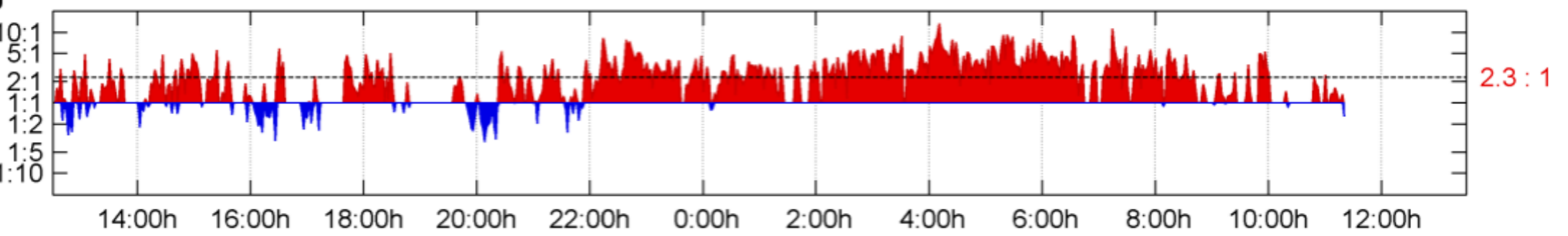


$\ln[\text{tot}_{RR}/\text{ms}^2]$
 $\ln[\text{LF}_{RR}/\text{ms}^2]$
 $\ln[\text{HF}_{RR}/\text{ms}^2]$

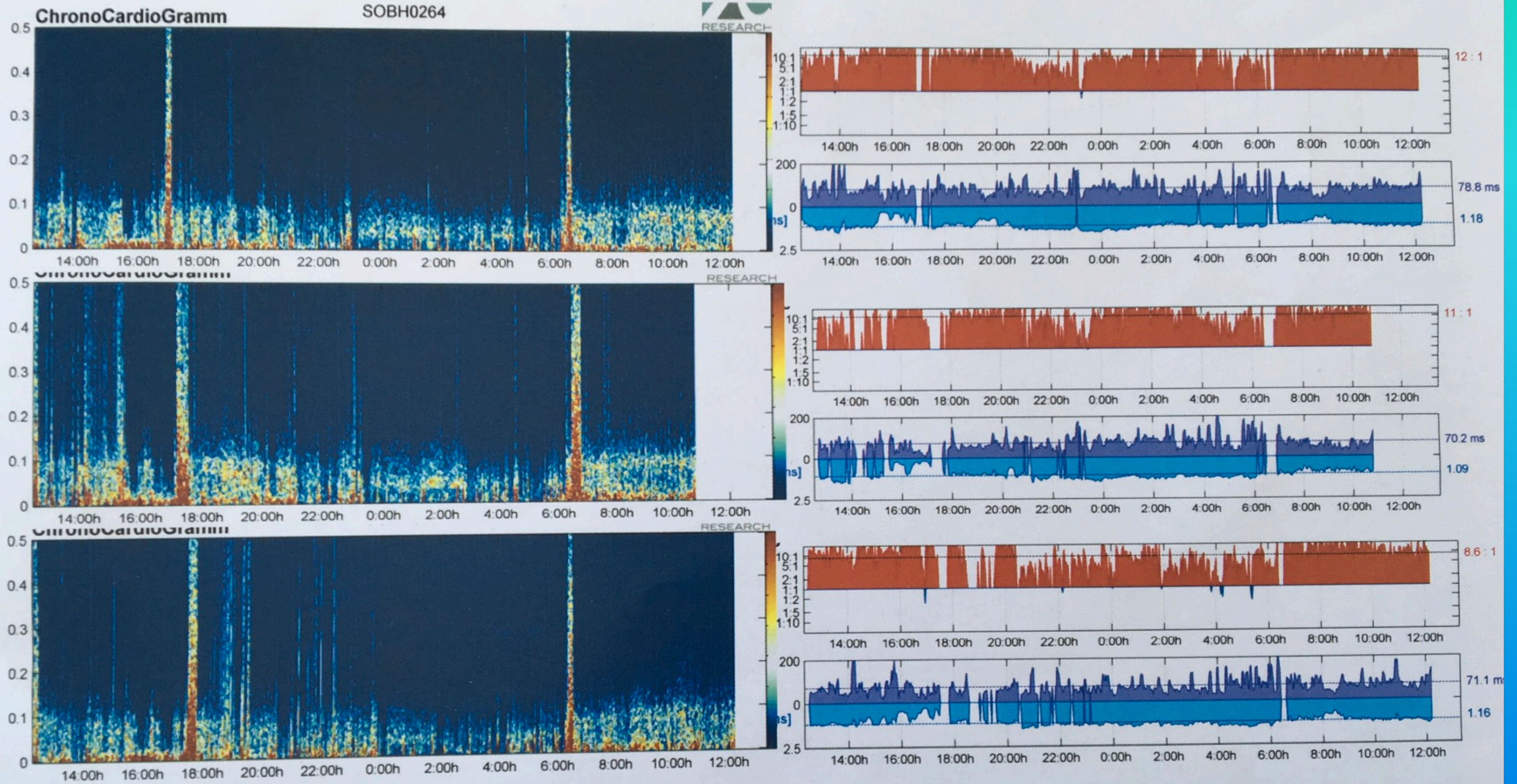


Aktivierung

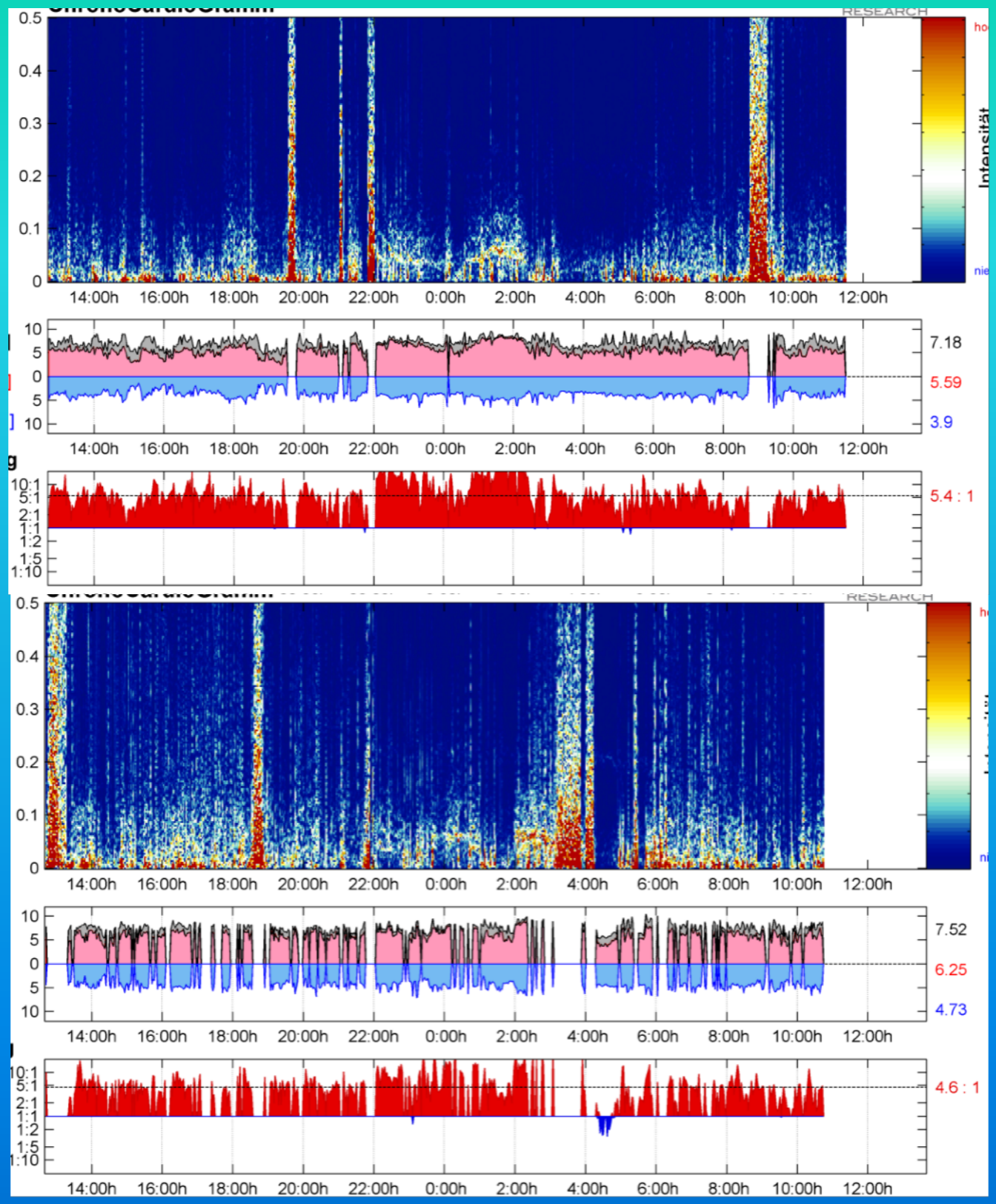
Beanspruchung
Erholung

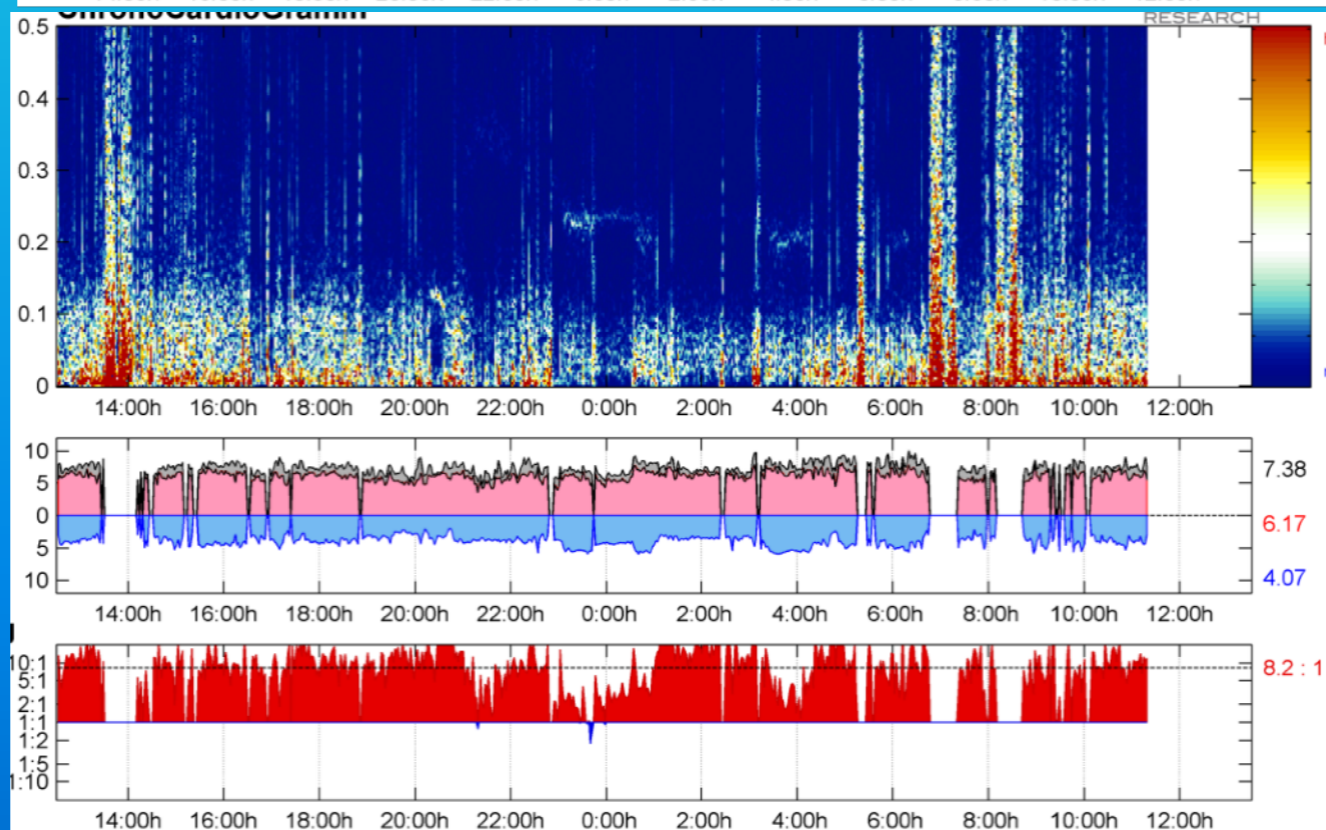
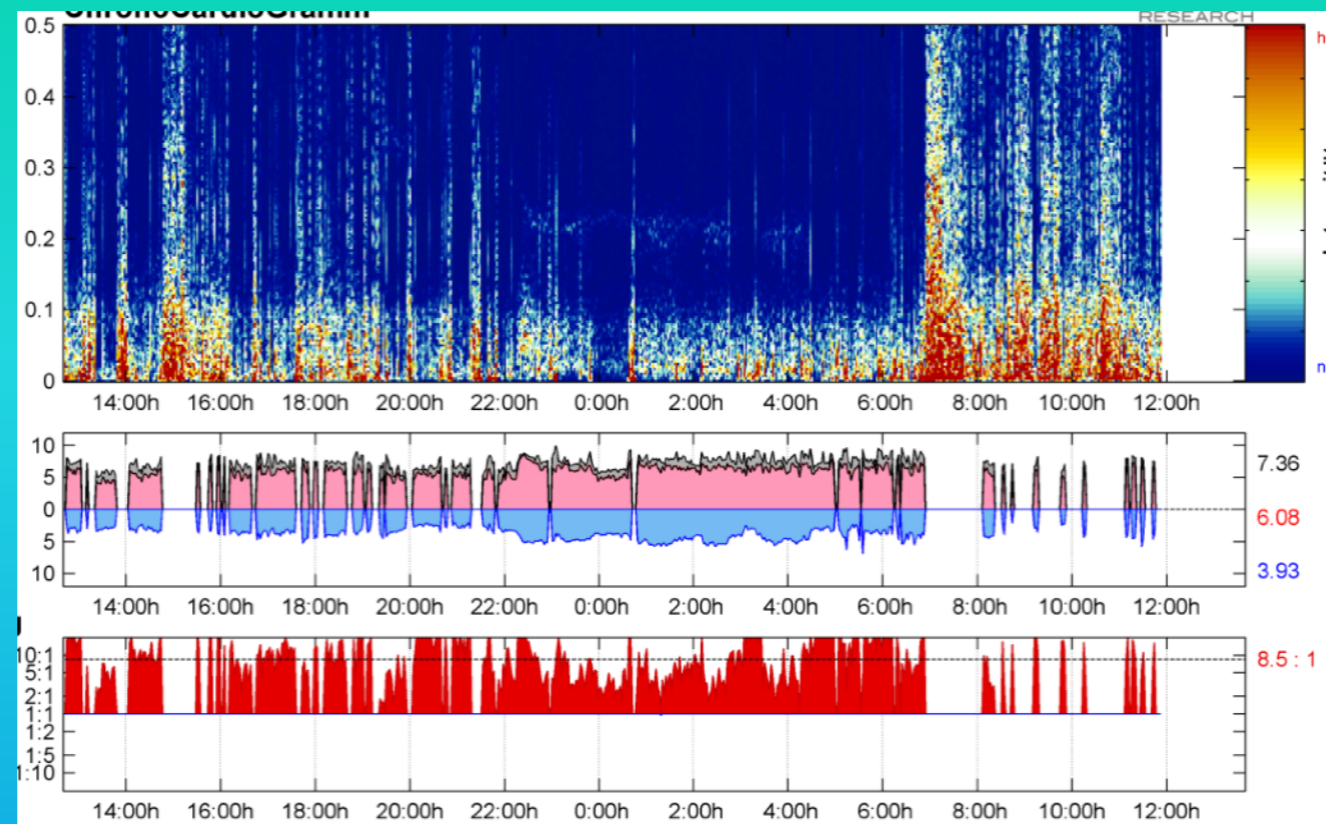


Perspektive..

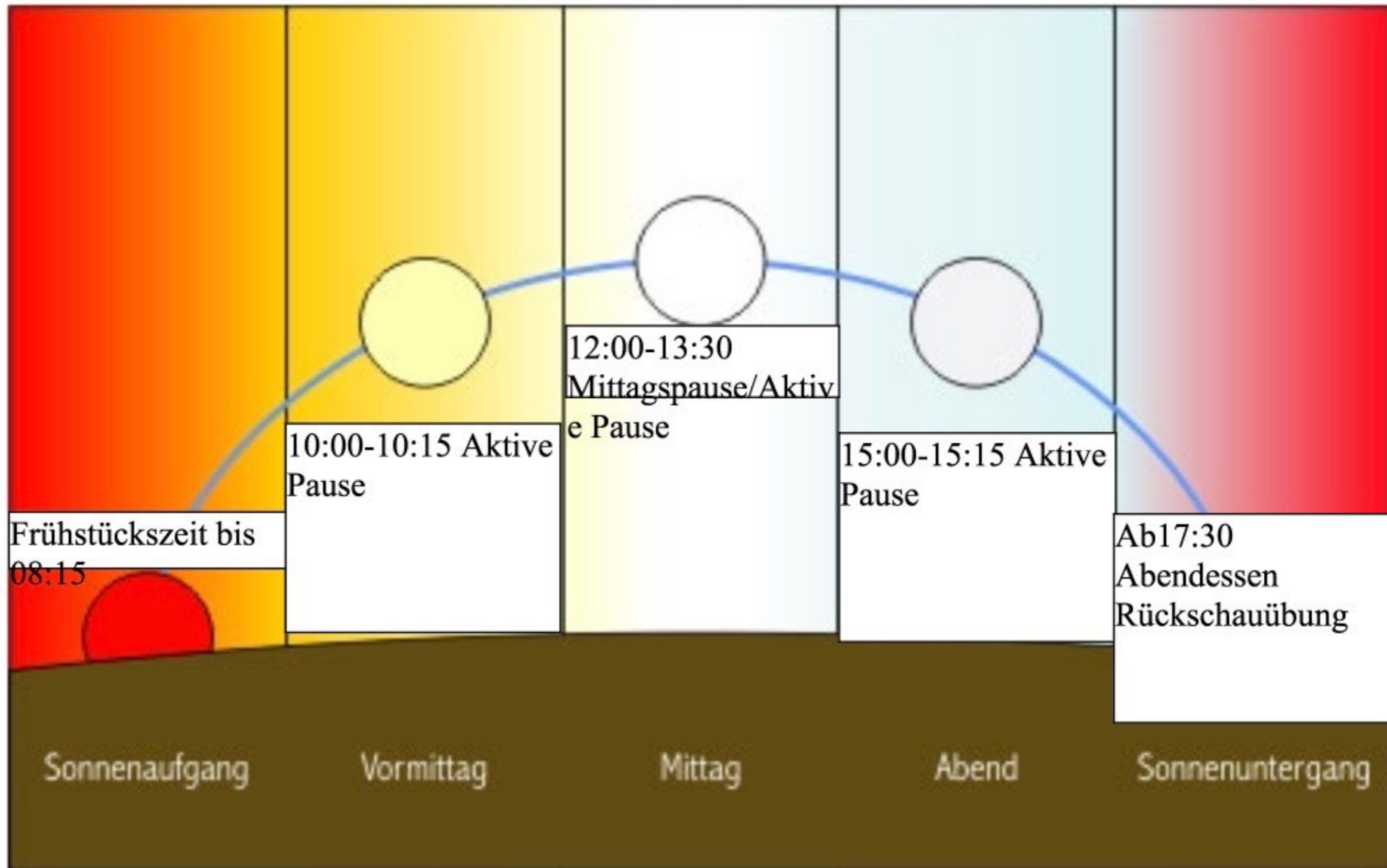


	1.Messung	2. Messung	3.Messung
HR	59,81	67,54	61,11
SDNN	78,77	70,17	71,11
logRSA	1,18	1,09	1,16
Alter (54)	60,5	57,6	61,3





Rhythmustraining Sonnenpark





No Pat.

08 Feb 2018 - 11:43

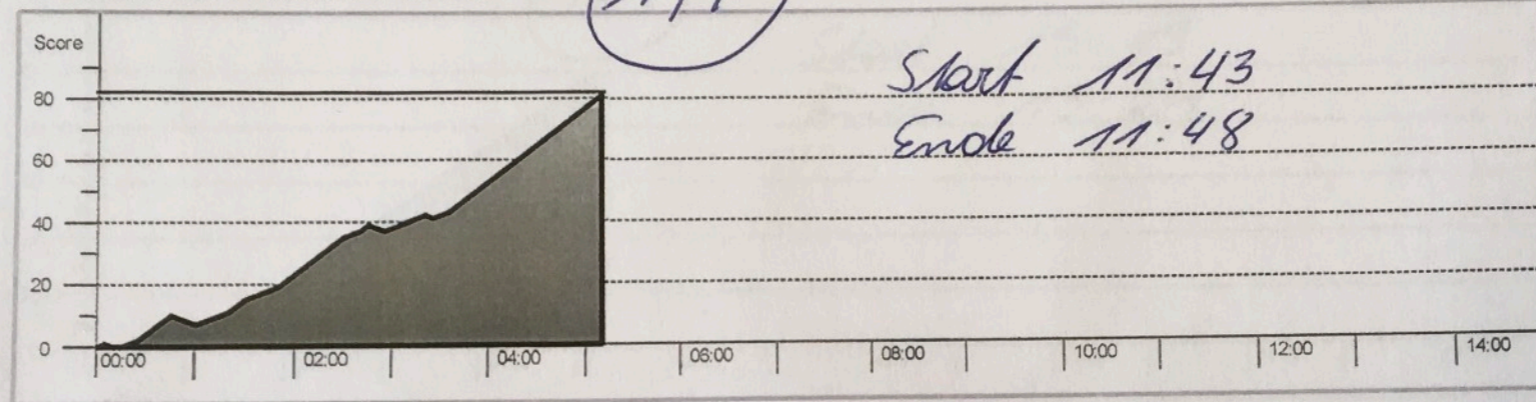
Challenge Level:1

Avg HR: 76

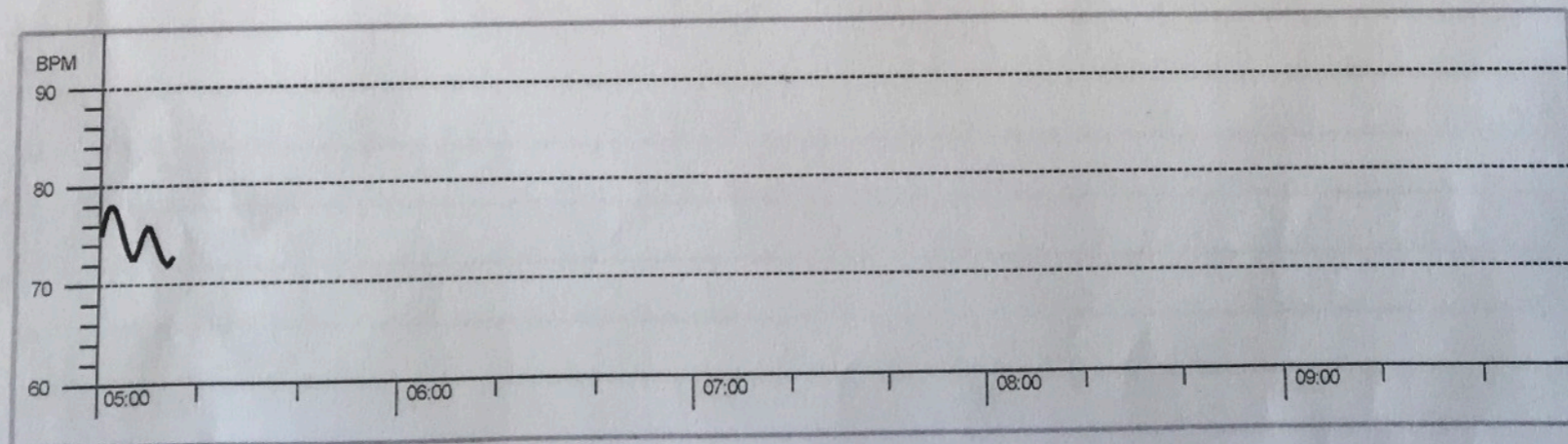
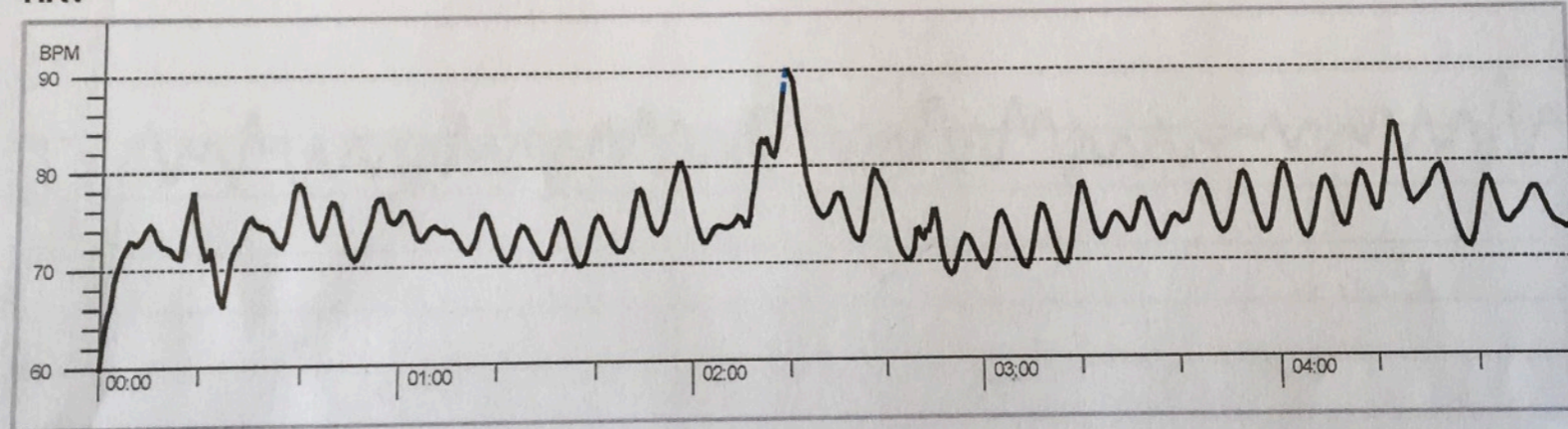
Coherence Ratio



Accumulated Coherence Score



HRV



15 Feb 2018 - 01:19

Challenge Level:1

Avg HR: 87

Coherence Ratio



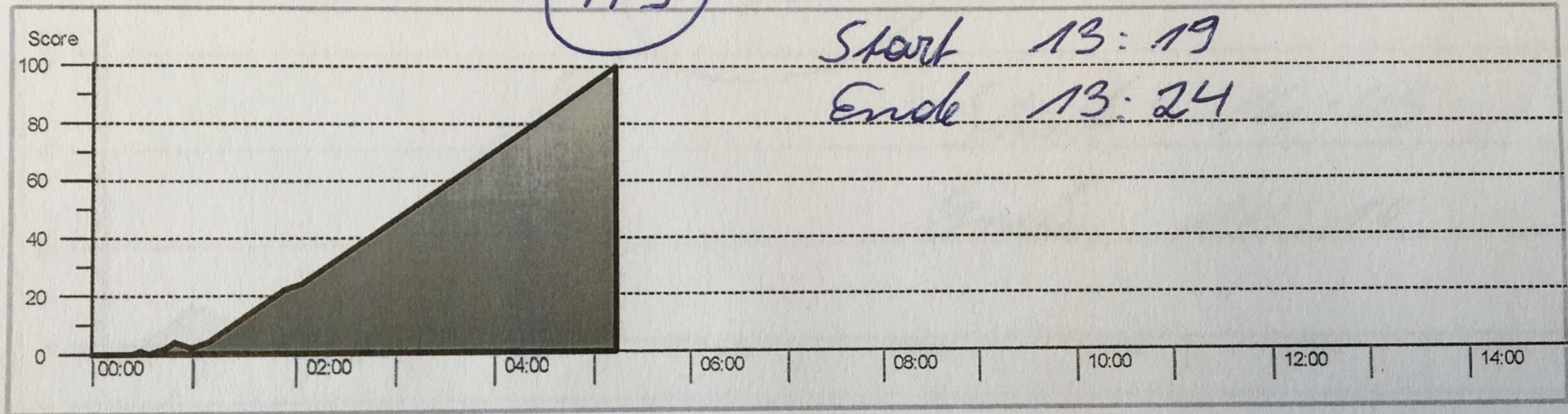
Low 9% Med 7%

High 84%

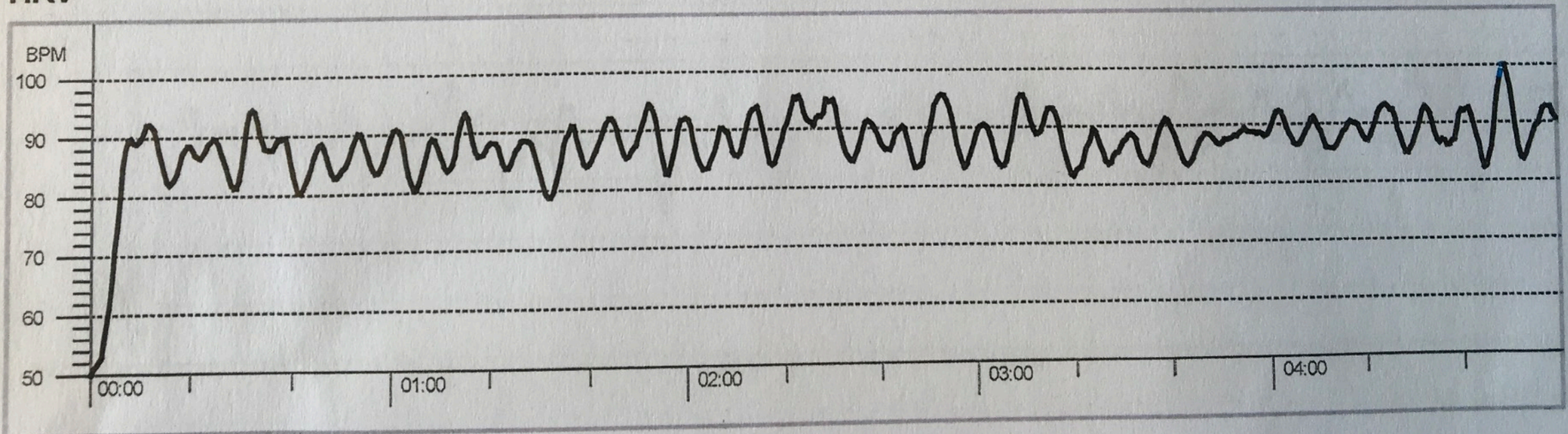
Accumulated Coherence Score

1.9

Start 13:19
Ende 13:24



HRV



22 Feb 2018 - 02:05

Challenge Level:1

Avg HR: 97

Coherence Ratio

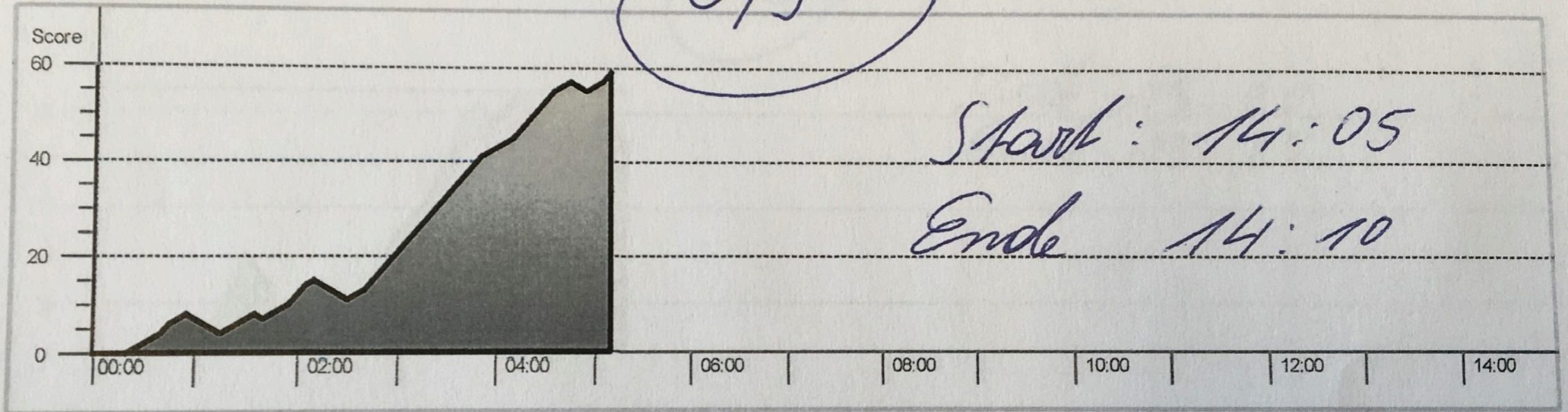


Low 22%

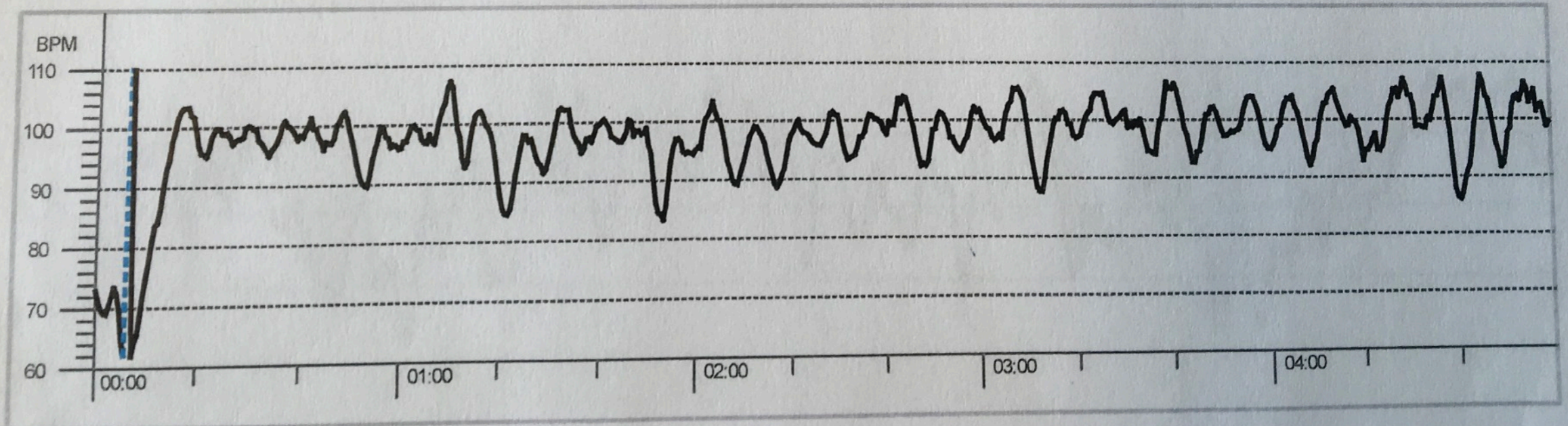
Med 30%

High 48%

Accumulated Coherence Score



HRV

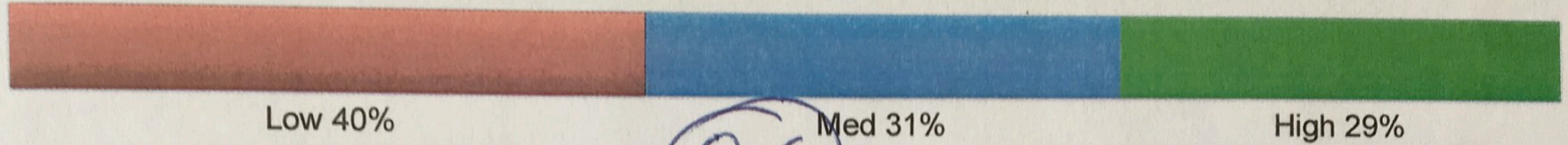


01 Mrz 2018 - 01:20

Challenge Level:1

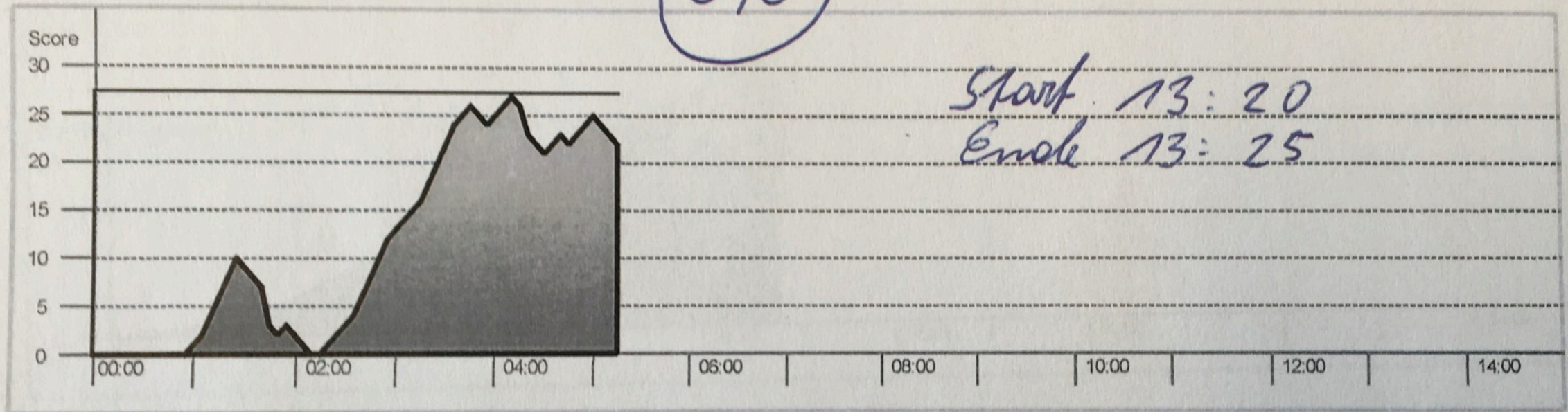
Avg HR: 84

Coherence Ratio

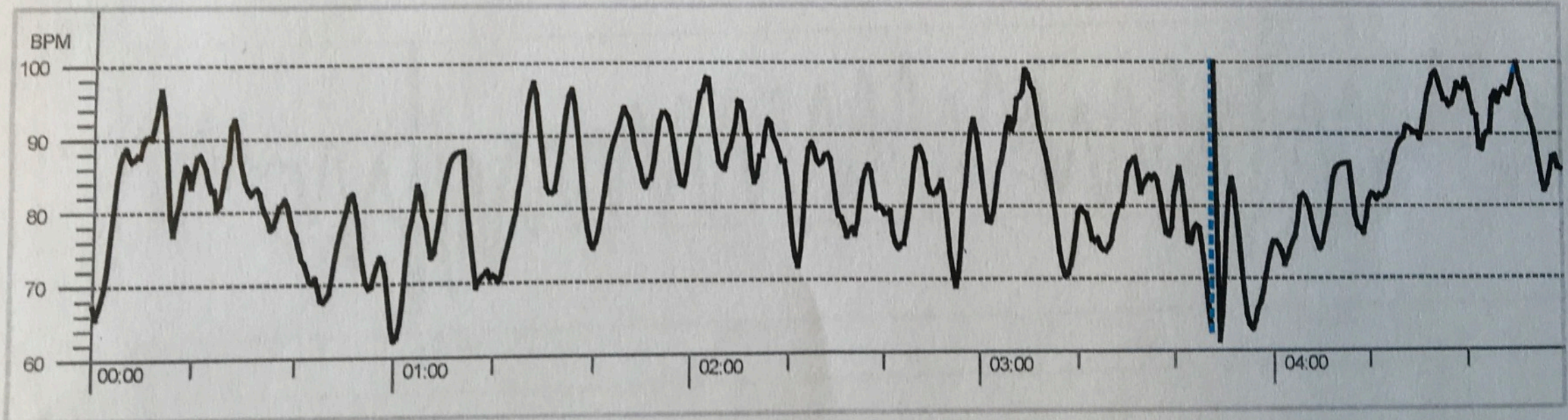


Accumulated Coherence Score

0,6



HRV



08 Mrz 2018 - 06:12

Challenge Level:1

Avg HR: 82

Coherence Ratio



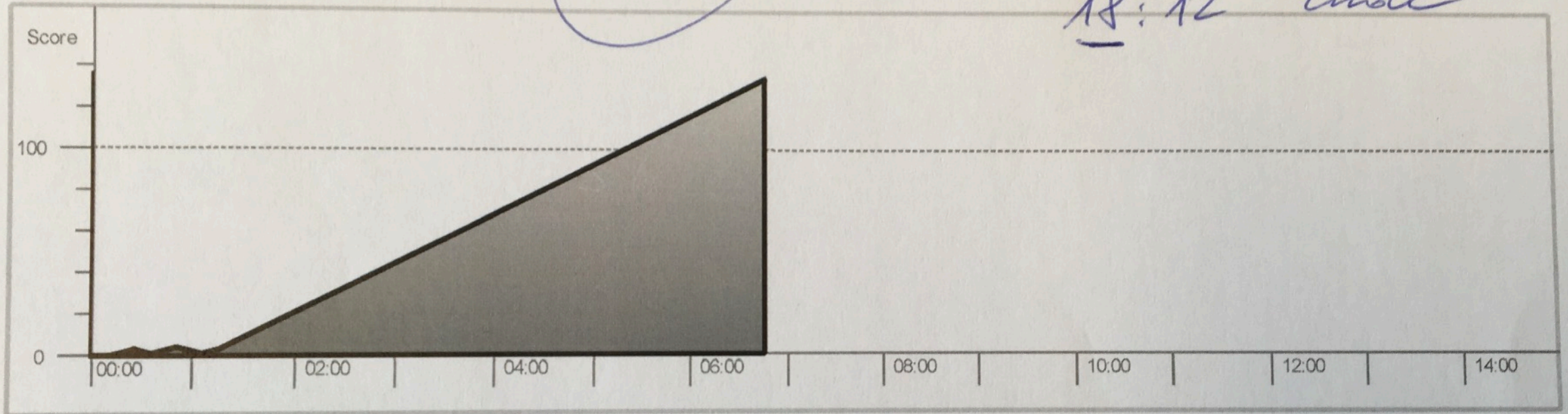
Low 7% Med 9%

High 84%

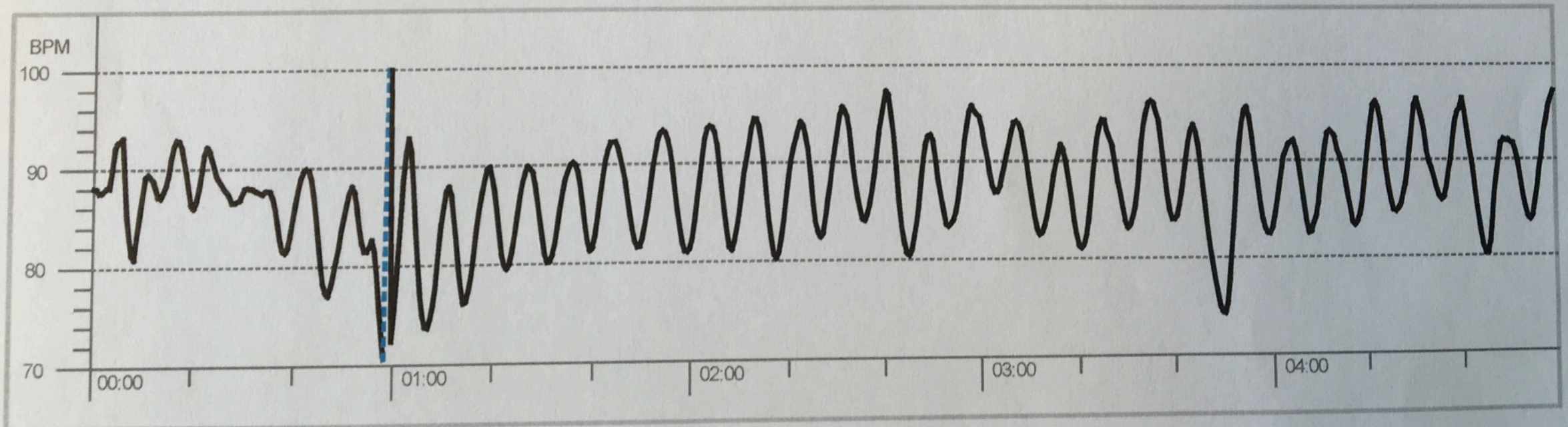
18:06 Start
18:12 Ende

Accumulated Coherence Score

3,8



HRV





Vielen
Dank..

peter.pertschy@promente-reha.at