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Psychological action in the cardiac transplanta: a report of experience

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ABSTRACT

Introduction: Serious cardiac diseases interfere considerably in patients' quality of life. In these cases, heart transplantation has been increasingly indicated as a treatment. It is a process marked by intense experiences for the patient and his relatives, often emerging ambivalent feelings, as they deal with issues of finitude and of life restarting simultaneously. In view of this situation, the importance of the presence of the psychologist in the heart transplant team is evident. **Objective:** To report the performance of a psychologist in the cardiac transplantation process in a General Hospital. **Methodology:** Experience report. **Results and discussion:** Given the complexity and diversity of demands, the practice of the psychologist in the Cardiac Transplantation Sector in General Hospital can happen throughout the different phases of the treatment, from the identification of the need for surgery, with psychological evaluation, preparation and support to patients and relatives, to follow-up after hospital discharge, with psychotherapeutic follow-up, when necessary. **Conclusion:** Psychological repercussions on the patient and his relatives in heart transplantation are evident, which reinforces the need for the psychologist to work on different fronts, aiming at better psychological conditions to confront the stages of that process, which favors adherence to the treatment.

Keywords: heart transplantation; psychological action; experience report

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