

3rd WORLD CONGRESS ON INTEGRATION AND ISLAMICISATION 2021:

MENTAL HEALTH & WELL BEING IN THE 4th INDUSTRIAL REVOLUTION

**ABSTRACT
BOOK**

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Abstract Book

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Patient Trying to Tell Something Else: Severe Stress during COVID19 Pandemic

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Introduction: Identifying mental health illness poses a dilemma, particularly the distinction between heart disease and severe stress. Without early intervention, it can be escalating into psychiatric disorder and suicide. **Case:** A 44-year-old man sought cardiologist consultation for the "heart disease" symptoms. As a medical laboratory technician in-charge, his commitments and extensive responsibility during the COVID-19 pandemic add to his hypertension and dyslipidaemia comorbidities. Despite non-significant investigations related to heart disease, he returned with the same intense unresolved symptoms. His Depression-Anxiety-Stress-Score (DASS) assessment revealed severe stress. Stress management counselling intervention includes detecting the underlying stress impacted by the COVID-19 pandemic, behavioural changes, and stress coping skills. Reassessment of stress level showed significant improvement at twelve-week follow-up with no similar symptoms. **Discussion / Conclusion:** This case highlights the clinical complexity and diagnostic challenges in detecting mental health illness. Diagnostic acronym PROMPT with the 'PT' refers to 'Patient Trying to Tell Something Else' demonstrated; without a high index of suspicion, mental health ailment may be overlooked.

Keywords: Mental Health, Covid19 Pandemic, Severe Stress, Heart Disease