



man and financial costs associated with post-stroke functional impairment. Because depression after stroke increases the risk of death<sup>6</sup> and diminishes intellectual functioning,<sup>7</sup> early intervention in the treatment of depression would have a positive effect on outcome.

Recent studies have also suggested that selective serotonin reuptake inhibitors may have a role in augmenting functional recovery.<sup>8,9</sup> Besides the causative relation between cerebrovascular disease and depression, there is indirect evidence that depression may increase the risk of cerebrovascular disease.

Understanding the cause-and-effect relation between psychological factors and cerebrovascular disease might be relevant to primary, secondary and tertiary prevention of stroke. From a research perspective, the interaction between psychological and biological mechanisms underlying causation of and recovery from stroke need to be explored. The psychological issues related to "brain attack" should be as important for health care providers as the psychological problems associated with heart attack. Enhancing awareness among neurologists, psychiatrists, granting agencies and policy-makers would benefit thousands of stroke patients in Canada and around the world.

#### Rajamannar Ramasubbu, MD

Assistant Professor  
University of Ottawa  
Royal Ottawa Hospital  
Ottawa, Ont.

#### References

1. Hakim AM, Silver F, Hodgson C. Is Canada falling behind international standards for stroke care? *CMAJ* 1998;159(6):671-3.
2. Stroke: costs, practices and the need for change. *CMAJ* 1998;159(6 Suppl):S1-33.
3. Eastwood MR, Rifat SL, Nobbs H, Ruderman J. Mood disorder following cerebrovascular accident. *Br J Psychiatry* 1989;154:195-200.
4. Sinyor D, Amato P, Kaloupek P. Post stroke depression: relationship to functional impairment, coping strategies, and rehabili-

5. Ramasubbu R, Robinson RG, Flint AJ, Kosier T, Price TR. Functional impairment associated with acute post stroke depression: the stroke data bank study. *J Neuropsychiatry Clin Neurosci* 1998;10:26-33.
6. Morris PLP, Robinson RG, Andrzejewski PA, Samuels J, Price TR. Association of depression with 10 year post stroke mortality. *Am J Psychiatry* 1993;150:124-9.
7. Wade D, Legh-Smith J, Hewer R. Depression after stroke: a community study of its frequency. *Br J Psychiatry* 1987;151:200-6.
8. Dam M, Toruini P, Debou A. Effects of fluoxetine and maprotiline on functional recovery in post stroke hemiplegic patients undergoing rehabilitation therapy. *Stroke* 1996;27:1211-4.
9. Ramasubbu R, Flint AJ, Brown G, Awad G, Kennedy S. Diminished serotonin mediated prolactin responses in nondepressed stroke patients compared with healthy normal subjects. *Stroke* 1998;29:1293-8.

The "call to arms" issued by Antoine Hakim and colleagues<sup>1</sup> regarding the poor state of Canadian standards for stroke care is wholly warranted. However, we wish to draw attention to an area not covered in the stroke supplement:<sup>2</sup> the role of psychosocial, especially emotional, distress in recovery from "brain attack."

One possible reason for this omission from the supplement may be a

major limitation of the stroke and depression data from the National Population Health Survey (NPHS), that is, sampling variability. This is emphasized by the fact that most of the psychiatric data are contained in the Health Data File, which covers 17 626 people, rather than the General Data File of 58 439 people. Although the Health Data File is large, only 180 of these subjects reported the effects of stroke in the preceding year. Estimates of the prevalence of major depression within the group are too imprecise to be released under Statistics Canada's NPHS release guidelines.<sup>3</sup> This may explain the lack of emphasis on depressive disorders in the reported analysis. However, this should not be misconstrued as evidence that psychiatric morbidity in stroke survivors is not important.

In other countries, especially the UK and the Scandinavian nations, researchers seem to have grasped the significance of the psychosocial aspects of rehabilitation and have moved more aggressively to include psychiatric input in stroke research. There

### CMAJ index • L'index du JAMC

The index for volume 159 (July–December 1998) of *CMAJ* will be mailed with the **Apr. 20** issue to paid subscribers and to CMA members who have requested it from the CMA Member Service Centre. Others may order single copies for \$15 (within Canada; add 7% GST/15% HST as applicable) or US\$15 (outside Canada).

Les abonnés en règle et les membres qui en ont fait la demande auprès du Centre des services aux membres recevront l'index du volume 159 (juillet à décembre 1998) du *JAMC* en même temps que leur numéro du **20 avril**. Pour les personnes intéressées à commander l'index, il en coûte 15 \$ (au Canada; ajouter la TPS de 7 % ou la TVH de 15 %, selon le cas) ou 15 \$US (à l'extérieur du Canada).

To request the index, contact:

Pour commander l'index, veuillez communiquer avec le

CMA Member Service Centre / Centre des services aux membres de l'AMC  
1867, prom. Alta Vista Dr.  
Ottawa ON K1G 3Y6  
tel/tél. 888 855-2555 or/ou 613 731-8610 x2307  
fax 613 236-8864  
cmamsc@cma.ca



are also some good Canadian studies. A literature search for the past 2 years in the MEDLINE database, with the search terms "depression" and "stroke" and "rehabilitation," yielded 241 articles. Of these, some examined patients' access to effective services,<sup>4</sup> and others showed clear correlations between functional impairment and depressive symptoms.<sup>5,6</sup> Many presented in more detail the impact of depression on recovery,<sup>7,8</sup> and others showed that depressive symptoms and illness behaviour can assist in predicting response to rehabilitation.<sup>9,10</sup> There is clear evidence that active interventions reduce the incidence of depression among stroke survivors.<sup>8</sup>

This wealth of information indicates that this topic deserves our attention, especially given that we Canadian physicians already know how to treat depression. A single reference to the psychosocial impact of stroke on caregivers in the *CMAJ* editorial<sup>1</sup> seems inadequate to capture the breadth and depth of this area.

**Steve Simpson, PhD, MD**

**Scott Patten, MD, PhD**

Division of Consultation-Liaison

Psychiatry

Calgary Regional Health Authority

Calgary, Alta.

## References

1. Hakim AM, Silver F, Hodgson C. Is Canada falling behind international standards for stroke care? *CMAJ* 1998;159(6):671-3.
2. Stroke: costs, practices and the need for change. *CMAJ* 1998;159(6 Suppl):S1-33.
3. Statistics Canada, Health Statistics Division. *NPHS public use microdata documentation*. Ottawa: Minister of Industry; 1995.
4. Bisset AF, Macduff C, Chesson R, Maitland J. Stroke services in general practice — Are they satisfactory? *Br J Gen Pract* 1997;47:787-93.
5. Ramasubbu R, Robinson RG, Flint AJ, Kosier T, Price TR. Functional impairment associated with acute post stroke depression: the stroke data bank study. *J Neuropsychiatry Clin Neurosci* 1998;10:26-33.
6. Hermann N, Black SE, Lawrence J, Szekely C, Szalai JP. The Sunnybrook Stroke Study: a prospective study of depressive symptoms and functional outcome. *Stroke* 1998;29:618-24.
7. Pohjasvaara T, Erkinjuntti T, Vataja R, Kaste M. Correlates of dependent living 3 months after ischemic stroke. *Cerebrovasc*

*Dis* 1998;8:259-66.

8. Kotila M, Numminen H, Waltimo O, Kaste M. Depression after stroke: results of the FINNSTROKE Study. *Stroke* 1998;29:368-72.
9. Paolucci S, Antonucci G, Pratesi L, Traballese M, Lubich S, Grazia Grasso M. Functional outcome in stroke inpatient rehabilitation: predicting no, low and high response patients. *Cerebrovasc Dis* 1998;8:228-34.
10. Clark MS, Smith DS. The effects of depression and abnormal illness behaviour on outcome following rehabilitation from stroke. *Clin Rehabil* 1998;12:73-80.

## Does the CMA's privacy code go too far? Or far enough?

As an observational researcher, I am disturbed by the CMA's Health Information Privacy Code<sup>1</sup> and fear that it will unduly constrain legitimate research. It appears that the developers of the code failed to distinguish 2 very different uses of patient information. With the first, a third party, such as an insurer, is interested in the patient as an individual, and its use of medical information could have a direct impact on the social and economic life of that patient. With the second, a third-party researcher is interested in the patient as a member of the human species. This observational researcher hopes that the patient is representative of other humans with similar characteristics, such as age, blood pressure or blood-sugar level, and hopes to generalize data from that individual to the species. For most observational research, individual identifiers are irrelevant and could be stripped from the record after all relevant information has been gathered. I firmly believe that the potential benefits to society of observational research greatly outweigh any hypothetical harm that access to personal information might entail.

I am currently trying to link an occupational cohort of some 21 000 people with records from the Ontario Cancer Registry to search for associa-

tions with exposure to a putative carcinogen. Research of this kind has been responsible for the identification of most known human carcinogens.

Now, a member of the university ethics board has asked me to obtain individual consent from all 21 000 members of the cohort and to offer each one the chance to have his or her name removed. Tracing and contacting each subject would be prohibitively expensive, and allowing individuals to withdraw would render the study results uninterpretable because of the possibility that the decision not to participate was correlated with the outcome of interest.

I urge the CMA to reconsider the implications of its Health Information Privacy Code and to recognize the difference between these 2 uses of patient information.

**Murray M. Finkelstein, PhD, MD, CM**

Ontario Ministry of Labour

Department of Family and Community Medicine

University of Toronto

Toronto, Ont.

Program in Occupational Health and Environmental Medicine

Department of Family Medicine

McMaster University

Hamilton, Ont.

## Reference

1. Health Information Privacy Code [CMA policy summary]. *CMAJ* 1998;159(8):997-1006.

A patient of mine suffered soft-tissue injury to her neck and back in a motor-vehicle accident. She signed the consent for release of medical information at the Insurance Corporation of British Columbia (ICBC). When I received the request for photocopies of clinical records and a medicolegal letter outlining her injuries and treatment, I called her. When she realized that information about her abortions was included in her medical records, she refused permission for me to forward this information, despite having signed the ICBC release. But when