Improved Survival after Heart Failure: A Community-based Perspective

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Comments
Medical student Kristy Webster participated in this study as part of the Senior Scholars research program at the University of Massachusetts Medical School.

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Mortality was assessed by reviewing statewide data, and estimated at 15%.
The primary objective of this population-based study was to describe trends in short and long-term survival in patients hospitalized with ADHF.

Methods
- We reviewed the medical records of 9,748 patients hospitalized with ADHF at all 11 participating medical centers in central Massachusetts during 1995, 2000, 2002, and 2004.
- Information on patient’s demographic, clinical, and treatment characteristics was analyzed using standard methods, including multivariable regression.
- Mortality was assessed by reviewing statewide death certificates, the Social Security Death Index, and hospital medical records at participating medical centers.

Evidence-Based Rx has Increased
(\% of patients receiving medication upon discharge)

In-hospital and 30-day Mortality have Decreased

Long Term Survival Improving, but Still Poor

Factors Associated with Post-Discharge Mortality

Conclusions
- Patients with ADHF were increasingly elderly and had multiple comorbidities associated with poor outcomes.
- Both short and long-term survival for these patients improved significantly between 1995 and 2004, but their long-term prognosis remains poor, as fewer than 1 in 3 patients hospitalized with ADHF in 2004 survived more than 5 years.
- While there has been encouraging progress in the treatment and prognosis of patients hospitalized with ADHF, additional opportunity remains to improve the in-hospital and post-discharge management of patients with this common and debilitating clinical syndrome.