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Improved Survival after Heart Failure: A Community-based Perspective

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Keywords
Heart Failure, Survival Rate, Outcome Assessment (Health Care)

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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Improved Survival after Heart Failure: A Community-based Perspective
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Introduction
- Heart failure (HF) is a highly prevalent, morbid, and costly disease with a poor long-term prognosis
- HF affects more than 6.6 million Americans and causes more than 275,000 deaths annually
- Evidence-based therapies utilized over the past 2 decades hold the promise of improved outcomes, yet few contemporary studies have examined survival trends in patients with acute decompensated heart failure (ADHF)

Objectives
- The primary objective of this population-based study was to describe trends in short and long-term survival in patients hospitalized with HF along with ADHF
- A secondary objective was to examine patient characteristics associated with decreased long-term survival

Methods
- We reviewed the medical records of 9,748 patients hospitalized with HF at all 11 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

HF Patients are Increasingly Elderly and Debilitated
Over ½ of patients admitted with HF are >85 years old
Control of cholesterol, BP and glucose has improved over time

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