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 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 ADHF at all 11 participating medical centers 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

- Over 40% of patients admitted with HF are >85 years old
- Control of cholesterol, BP, and glucose has improved over time
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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

Factors Associated with Post-Discharge Mortality

HF Patients are Increasingly Elderly and Debilitated

- Over 30% of patients admitted with HF are >85 years old
- Control of cholesterol, BP, and glucose has improved over time

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