

MORBIDITY AND MORTALITY AMONG HEART FAILURE OUTPATIENTS IN GALICIA (N.W. SPAIN)

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 In representation of the investigators of GALICAP Study

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OBJECTIVE: Characterization of current morbidity and mortality among heart failure (HF) outpatients in Galicia (N.W. Spain), together with their main determinants.

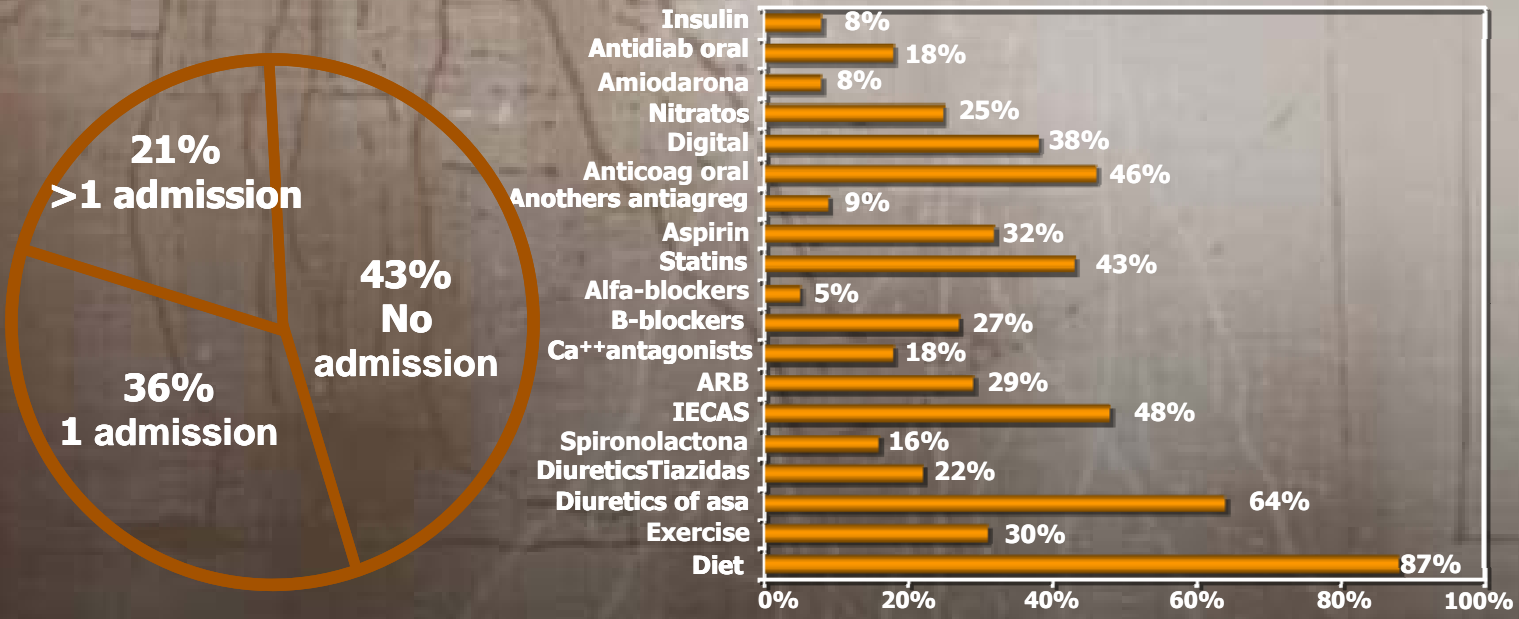
DESIGN: Prospective multicentre study involving 149 primary care physicians.

SETTING: Primary care physicians selected at random from among all (1,959) Primary Care physicians in Galicia.

PATIENTS: Clinical and epidemiological information for 1,195 outpatients with HF were collected in 2006, with an average follow-up of 6.5 ± 1.5 months.

RESULTS

- Average patient age was 76, 48% were male
- 82% had a history of arterial hypertension, and 32% ischaemic cardiopathy
- Echocardiography had been performed on 67% (preserved systolic function in 61%)
- Ninety-two (8%) died during follow-up, and 313 (29%) were readmitted to hospital
- Independent predictors of cardiovascular death and/or readmission: ischaemic cardiopathy [HR 1.76, 95% CI 1.29-4.40], stroke (HR 1.79, CI 1.18-2.73), aedema (HR 1.49, CI 1.10-2.03), anaemia (HR 1.66, CI 1.21-2.27), deteriorated systolic function (HR 1.62, CI 1.19-2.20), and previous cardiovascular admissions (HR 2.33, CI 1.67-3.24).



CONCLUSION

- Morbidity and mortality are currently high among Galician HF patients, and their best single predictor is previous hospitalization due to cardiovascular reasons