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Frequency and cause of acute decompensation and hospital re-admission in patients with chronic heart failure (ADHF- Sudan)

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Background & Aim: Heart Failure (HF) re-admission identifies patients at high risk for adverse events. This study aimed to establish the frequency and factors associated with decompensation and readmission of patients with chronic HF at one of biggest cardiac centers in Sudan.

Method: In this prospective, observational, cross-sectional study, subjects ≥ 18 years who re-admitted as Acute Decompensation (ADHF) at Alshaab Hospital (Khartoum-Sudan) in period from February-May 2016 were included; patients with first acute heart failure admission (Acute De-novo HF) and those who refused to participate were excluded. Descriptive statistics were used to determine the baseline characteristics of the study population and to compare them with those from other studies and registries.

Result: 220 consecutive patients are included, mean age of 63.7 ± 14.5 years, 125 (56.8%) males. 141 (64.1%) are originally from rural areas, 151 (68.6%) are illiterates and only 4.0 (1.8%) are formally employed. 195 (88.64%) have HFrEF (EF < 40%), 13 (5.91%) HFmrEF (EF 40-49%) and only 12 (5.45%) HFpEF (EF $\geq 50\%$) Dilated Cardiomyopathy (DCM) was the commonest cause of heart failure in these studied patients, ischemia is the second, hypertension is the third (63.6%, 21.7%, 8.2%, respectively) while valvular heart disease is the fourth (6.5%). 51 (23.2%) re-admitted within the first 30 days, 59 (26.8%) within one to three months while half within a period of three to six months following the last discharge. During the last six months, 4.0 (1.8%) of patients re-admitted once, 38 (17.3%) twice, 66 (30%) thrice and 112 (50.9%) re-admitted ≥ 4 times. The cause of acute decompensation identified in 196 (89.1%) with non-adherence as the first cause of decompensation and re-admission, worsening renal function is the second, acute coronary syndrome is the third and tachyarrhythmias is the fourth (31.8%, 14.1%, 11.4% and 10.0% respectively).

Conclusion: In this study, acute decompensation and re-admission is very frequent but mostly preventable.

Biography

Yagoub Musa is the Fellow of the Royal College of Physicians of London and Fellow of the Heart Failure Association of the ESC. He is a Consultant Cardiologist trained in Interventional Cardiology at the NHCS, Singapore. He has completed CAS in Heart Failure at Zurich University, Switzerland. He is the Founder Head of the only Heart Failure Unit in Sudan and Chairman of Sudan working group on heart failure.

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