Improved Survival after Heart Failure: A Community-based Perspective

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**HF Patients are Increasingly Elderly and Debilitated**

| Factor                             | Total Population (n=9,748) | 1995 Cohort (n=1,949) | 2004 Cohort (n=2,469) |
|------------------------------------|---------------------------|-----------------------|-----------------------|
| Age (yrs)                          |                           |                       |                       |
| >85 years                          | 25.7%                     | 21.4%                 | 28.4%                 |
| Caucasian (%)                      | 93.8%                     | 96.8%                 | 92.3%                 |
| Male (%)                           | 43.9%                     | 42.9%                 | 46.9%                 |
| Medical History (%)                |                           |                       |                       |
| Caucasian (%)                      | 93.8%                     | 96.4%                 | 92.3%                 |
| Male (%)                           | 43.9%                     | 42.9%                 | 46.9%                 |
| Symptoms (%)                       |                           |                       |                       |
| Orthopnea                          | 35.4%                     | 29.2%                 | 38.4%                 |
| Swelling                           | 70.3%                     | 67.3%                 | 73.4%                 |
| Angina/Chest Pain                  | 31.2%                     | 31.2%                 | 29.9%                 |
| Renal failure/disease              | 25.9%                     | 21.5%                 | 31.4%                 |
| Stroke                             | 13.2%                     | 14.3%                 | 11.5%                 |
| Diabetic                           | 39%                       | 39.7%                 | 39.3%                 |
| Hypertension                       | 62.5%                     | 63.7%                 | 60.8%                 |
| Heart failure                      | 66.8%                     | 66.8%                 | 67.4%                 |
| Creatinine                         | 1.64                      | 1.57%                 | 1.77%                 |
| Blood urea nitrogen                | 34.4                      | 33.3%                 | 35.5%                 |
| Systolic BP (mmHg)                 | 142.7                     | 145.94                | 140.5                 |
| Diastolic BP (mmHg)                | 74.7                      | 79.1%                 | 72.5%                 |
| ejection fraction (%)              | 45.4%                     | 41.7%                 | 46.9%                 |

**In-hospital and 30-day Mortality have Decreased**

| Factor                             | All Patients (n=9,748) | Incident Cases (n=1,949) |
|------------------------------------|-----------------------|-------------------------|
| **In-hospital Mortality**          |                       |                         |
| % Mortality                        | 8.5%                  | 6.8%                    |
| **30-Day Post-Discharge Mortality**|                       |                         |
| % Mortality                        | 8.4%                  | 7.1%                    |

**Long Term Survival Improving, but Still Poor**

- 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.