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Prevalence, clinical characteristics and in-hospital outcome of heart failure in women. A single center registry from Egyptian cardiac care unit

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Objectives: This registry represents data from Cardiac Care Unit (CCU) of Menoufia University Hospital, as representative to tertiary academic centre in Egypt, and provides an epidemiological snapshot of the female HF patients, their risk profile and short-term outcome during hospitalization.

Methods: It is a local single center cross sectional observational registry of CCU patients one year from July 2015 to July 2016. Data were collected through special software program. Women with clinical and laboratory evidence of HF were systematically studied.

Results: From 1006 patient admitted to CCU, 345(34.3%) were females; 118(42.6%) of them and 178(26.9%) out of 661 male patients had evidence of HF. Women with HF showed 11.7% prevalence of the total CCU admissions. 72.7% were Heart Failure with reduced Ejection Fraction Heart Failure with preserved Ejection Fraction (HFpEF) and 27.3% were HFpEF. Compared to men, women with HF were older in age, more obese, more likely to be asymptomatic than men, had higher prevalence of associated co-morbidities, less likely to be re-admitted for HF and less likely to have Acute Coronary Syndrome (ACS) and Percutaneous Coronary Intervention (PCI). Valvular diseases and cardiomyopathies were the commonest etiologies of their HF. Women had more frequent normal ECG, higher EF% and smaller LA size. No difference in medications and CCU procedures. While females had shorter stay, no significant difference in hospital mortality compared to male patients.

Conclusions: Despite higher prevalence of HF in females admitted to CCU and different clinical characteristics and etiology of HF, female gender was associated with similar prognosis during hospital course compared to male gender.

Biography

Marwa Ahmed Elgharably is a Cardiology specialist in the Egyptian Ministry of Health. She did her research work in Menoufia university hospital, Egypt.

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