

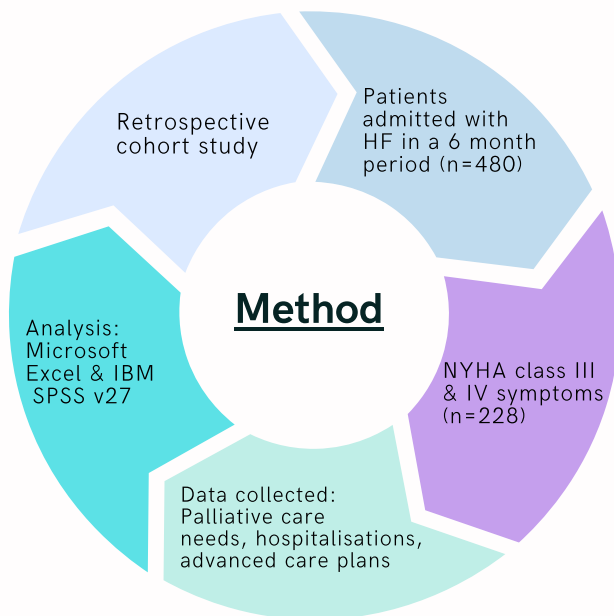
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Introduction

- Heart failure (HF) remains a progressive and highly symptomatic disease.
- Affects 900,000 people in the UK with 60,000 new cases yearly (1)
- Accounts for 2% of the total NHS budget (2).

Aim

- To assess palliative care needs in patients admitted with advanced heart failure in a tertiary cardiology centre.



Patient Demographics

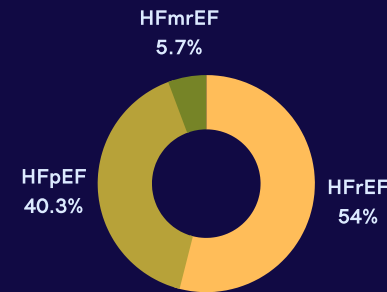
n = 228 (m 125, f 103)

Mean age 77.7 ±13.7 years

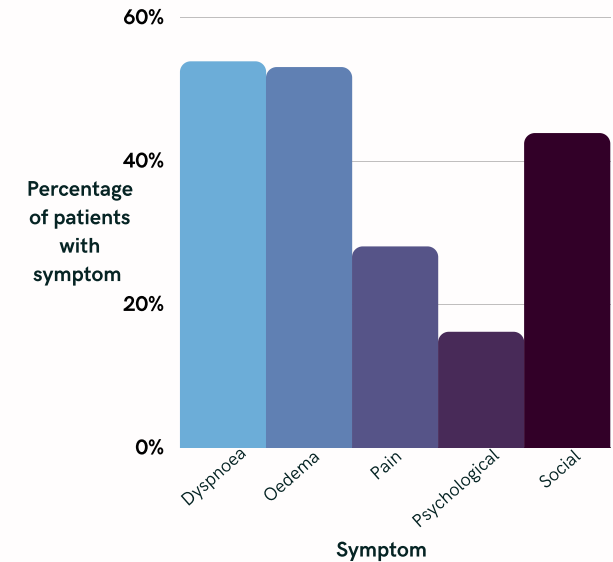
NYHA class:

NYHA III 66.7%

NYHA IV 33.3%



Palliative care needs



Results

- 1/3 patients had >5 hospital admissions in the preceding 2 years.
- Only 1/3 of patients had been referred to palliative care with only 25% having an integrated palliative care plan in place.
- 30% had no advance care plan, DNACPR decision, and escalation/level of care documented.
- Of those with an ICD, only 1 in 10 had a documented device plan for end of life.
- 29% had a documented preferred place of death (PPOD)
- Of those who died (n=80), only 18% achieved their PPOD.

Conclusion & Recommendations

- Patients with advanced HF have significant physical and palliative care needs which remain largely unmet.
- We recommend an integrated heart failure-palliative care MDT be created trust-wide with referral triggers to include NYHA III & IV symptoms, complex physical and psychosocial needs.
- We recommend that integrated heart failure-palliative care be the subject of regular quality improvement strategies.

Abbreviations

- HFrEF - Heart failure with reduced ejection fraction (EF ≤40%)
- HFmrEF - Heart failure with mildly reduced ejection fraction (EF 41-49%)
- HFpEF - Heart failure with preserved ejection fraction (EF ≥ 50%)
- NYHA - New York Heart Association

References:

- Centeno-Cortes C, Lynch T, Donea O, Rocafort J. EAPC atlas of palliative care in Europe 2013-full edition. European Journal of Palliative care. 2013.
- Cleland J, Dargie H, Hardman S, McDonagh T, Mitchell P, Lazaridis E, et al. National Heart Failure Audit: 2013-2014. Br Soc Hear Fail. 2014.