**Abstract Submission Form . Maltese Cardiac Society Conference**

**Title of paper:** Management and follow up of patients admitted to MDH with Heart Failure

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**Introduction:**

According to the British Society of Heart failure (BSH) untreated heart failure (HF) has a worse prognosis and costs the NHS more than cancer. The non specific way in which HF clinically presents makes the diagnosis and appropriate management a difficult task.

**Aim:**

This audit aims to assess the management and follow up of patients admitted with HF.

**Methodology:**

All HF admissions over a six week period from January 2016 till March 2016 were analysed. Data was collected from the casualty admission booklet.

**Results:**

157 admissions were assessed; 58% female, 41 % male. 19.1% were new cases however 80% were CHF exacerbations.

85.7 % were admitted from A&E under a medical consultant and 13.3% under cardiology.

Only 33.7% had a NT Pro BNP taken. From all admissions, 45% had no documented echo on CVIS or on discharge letter. Of the echoes done; 26% had a preserved EF and 28% had a reduced EF, 37 were done before admission (average over a year before) 13 were done during admission and 36 after admission (average of 109 days post discharge)

On discharge, 60% were on an ACEi/ARB, 39.5% were on a B blocker, 30% were on Spironolactone and 92% were on diuretics.

From the medical admissions, 13.3 % were referred to a cardiology outpatient for follow up . From the cardiology admissions, 12% were referred to outpatients and 6.36% were referred to specialized HF clinic

**Conclusion:**

The great number of CHF exacerbations should make us question our management of HF.

The May 2016 ESC guidelines advise that patients should be assessed by Cardiology at some point either during admission or as an early outpatient. NT Pro BNP is poorly used and few patients had an early echo done.

**References:**

1. 2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. European Heart Journal (2016) 37, 2129–2200
2. National Heart Failure Audit. April 2013-March2014. British Society for Heart failure.