



Abstract ID - 1251

Frailty prevalence and risk of sarcopenia in older heart failure (HF) inpatients

N Obiechina 1, A Michael 2, A Gill 1, P Carey 1, G Shah 1, I Nehikhare 1, R Khan 1, M Slavica 1, T Khan 1, S Rahman 1, W Mushtaq 1, H Brar 1, S Senthilselvan 1, B Mukherjee 1, A Nandi 1

1. Queen's Hospital, Burton on Trent, UK; 2. Russells Hall Hospital, Dudley, UK

Background

Both frailty and HF are common in the elderly Population. Elderly HF patients have an increased risk of Frailty and elderly frail patients are at a higher risk of developing HF.

Frailty is an independent predictor of mortality in cardiovascular disease.

Sarcopenia (defined as decreased muscle mass and muscle strength and/or performance) is also prevalent in HF patients and may progress to cardiac cachexia. HF may induce sarcopenia and sarcopenia may contribute to the poor prognosis of HF.

Objectives

- To assess the prevalence of frailty in older HF inpatients
- To determine the risk of sarcopenia in these patients

Method

A cross-sectional, retrospective analysis of consecutive patients, 60 years and over, admitted with HF to a UK hospital.

Data was manually extracted from anonymized electronic records.

The Rockwood Clinical Frailty Scale (CFS) was used for assessment for frailty and the SARC-F tool was used for screening for sarcopenia.

Patients with medical history of HF but did not present with decompensated HF were excluded. Patients with incomplete data were also excluded.

Statistical Analysis

The IBM SPSS 28 statistical package was used for statistical analysis. Descriptive statistics and risk estimates were calculated.

Results

163 patients were analysed; 82 males and 81 females.

The mean age was 81.4 years (SD 9.69). 71.5 % of patients were frail while 28.5 % were non-frail.

The risk of sarcopenia was 10.9 times greater in the frail than in the non-frail patients (OR = 10.9; 95% C.I 4.85 – 24.67).

There was a lower risk of sarcopenia in male patients than in the female patients (OR = 0.45; 95% C.I 0.22 – 0.94

Risk Estimate

	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for Risk Of Sarcopenia (High risk of sarcopenia / Low risk of sarcopenia)	10.904	4.820	24.667
For cohort Frailty State = Frail	2.585	1.643	4.066
For cohort Frailty State = Non-frail	.237	.150	.374
N of Valid Cases	165		

	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for Risk Of Sarcopenia (High risk of sarcopenia / Low risk of sarcopenia)	.450	.215	.944
For cohort GENDER = Male	.700	.520	.944
For cohort GENDER = Female	1.556	.990	2.446
N of Valid Cases	163		

Discussion & Conclusion

Frailty is prevalent in older heart failure inpatients. It significantly increases the risk of sarcopenia in these patients.

Women are at higher risk of sarcopenia than men. More research is needed into frailty and sarcopenia in heart failure.

References