

# DIFFERENCES IN THE CHARACTERISTICS AND SHORT TERM OUTCOME BETWEEN YOUNG (<50YEARS) AND OLDER PATIENTS HOSPITALIZED FOR DECOMPENSATED HEART FAILURE IN CAMEROON: RESULTS FROM THE BUEA PROSPECTIVE HEART FAILURE REGISTRY

SIDDIKATOU Djibrilla<sup>1,7</sup>, C NKOKE<sup>1,6</sup>, A JINGI<sup>2</sup>, JJ NOUBIAP<sup>3</sup>, F KAMDEM<sup>4</sup>, A DZUDIE<sup>5</sup>

1. *Faculty of Health Sciences, University of Buéa*
2. *Faculty of Health Sciences, University of Bamenda*
3. *University of California*
4. *Faculty of Medicine and Pharmaceutical Sciences of Douala*
5. *Faculty of Medicine and Biomedical Sciences of Yaounde 1*
6. *Buea Regional Hospital*
7. *Laquintinie Hospital, Douala*

**Background:** The incidence of HF is increasing in SSA with increasing life expectancy. However, recent studies indicated that the HF burden among the young population is on the rise. There is scarcity of data in sub-saharan Africa (SSA) comparing the clinical characteristics, etiologies and prognosis between young and older HF patients.

**Objectives:** To compare clinical characteristics and outcomes between younger and older patients hospitalized for acute decompensated HF and examine survival at 6 months

**Methods:** This was prospective observational cohort study. Patients hospitalized for acute decompensated heart failure were recruited from March 2021 till date. Patients were follow-up for 6 months after hospital discharge.

**Results:** Among the 302 patients included, there were 169(56%) females and 91(30%) young HF. The proportion of men was higher in young HF patients (52.8 vs 40.3%,  $p=0.04$ ). The proportions of atrial fibrillation (3.3 vs 22.8%,  $p<0.001$ ) diabetes mellitus (5.5 vs 21.8%,  $p=0.001$ ) and former smoking (5.5 vs 15.6%  $p=0.015$ ) were higher in older HF patients. On the contrary current smoking (13.2 vs 6.2,  $p=0.044$ ) and CKD (21.9 vs 9.9,  $p=0.005$ ) were higher in young HF. The mean heart rate ( $p=0.004$ ) and the proportion of HF with rales ( $p=0.001$ ) was higher in young HF. Older heart failure patients had a higher proportion of PVC and Q waves on the ECG and young HF had a higher mean creatinine. The proportion of ischemic heart disease was higher in older HF, while

pericardial disease, endocarditis and peripartum cardiomyopathy was higher in young HF. The 6 month mortality rate was 40% but there was no difference in mortality between young and older HF patients.

**Conclusion:** About 1 in 4 HF patients in young and there were significant differences in co-morbidities, etiologies, ECG findings and etiologies between young and older HF patients. However, there was no significant difference in 6 months case fatality

**Keywords:** Decompensated heart failure, outcome, young and older patients.