

# PATIENT AWARENESS AND UNDERSTANDING OF HEART FAILURE WITH PRESERVED EJECTION FRACTION (HFpEF)

Poster #

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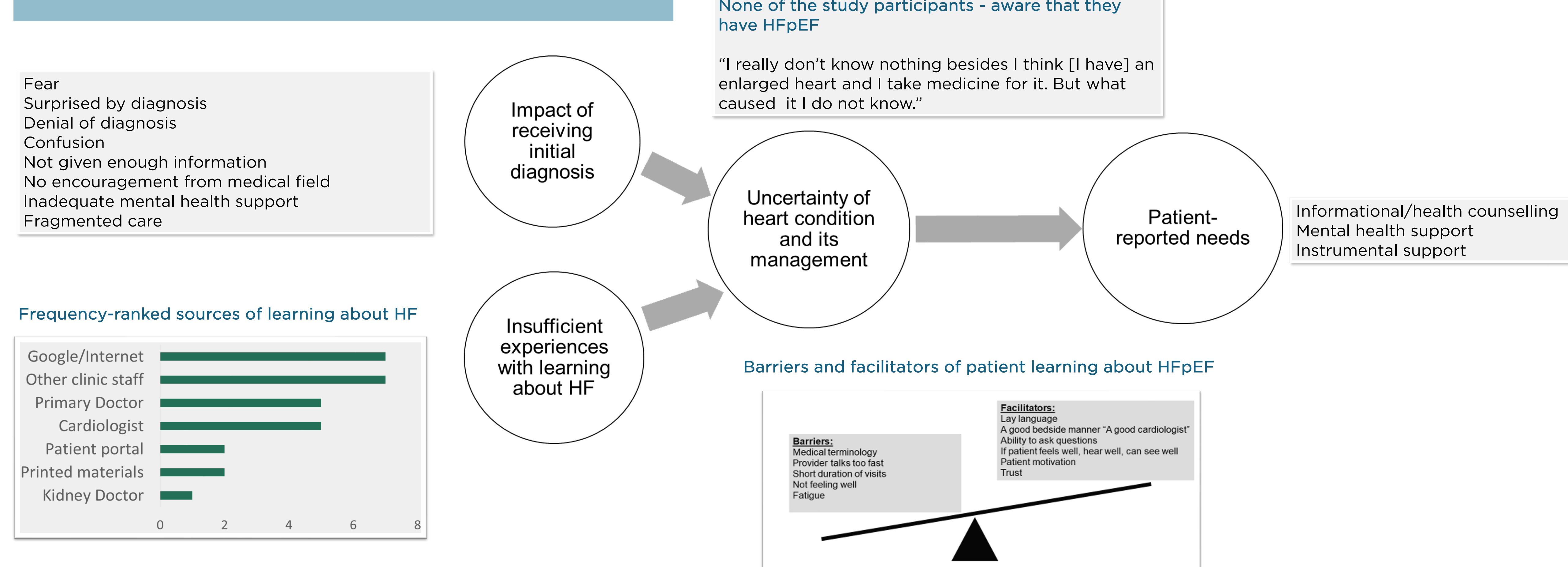
Megan Nordberg, MPH, Andrea Cherrington, M.D. MPH



## Background

- Heart failure with preserved ejection fraction (HFpEF) is a complex syndrome to diagnose and manage and it represents the fastest growing heart condition worldwide
- Prior studies suggest patients are unaware of their HFpEF diagnosis
- Patient unawareness of their diagnosis impedes their ability to perform self-management tasks and negatively affects health outcomes in HFpEF
- There is a critical need to develop a HFpEF patient-centered intervention to foster patient understanding of HFpEF as a condition to improve HFpEF health outcomes

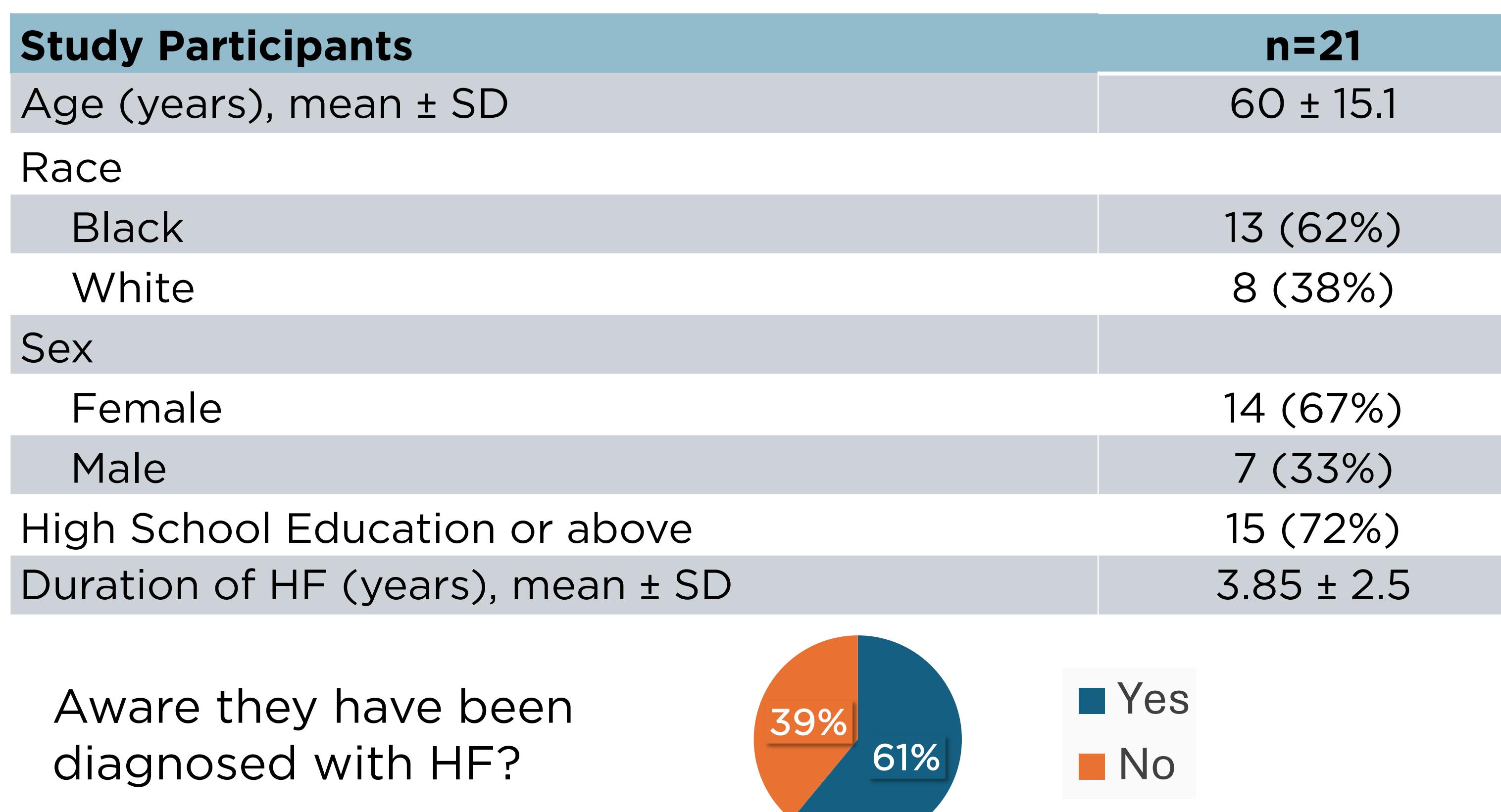
## Theoretical Framework



## Project Aims

- Explore patient understanding of HFpEF
- Elicit patient-reported learning needs to inform intervention development

## Outcomes



## Study Design

- A qualitative study of adult patients with stage C (symptomatic) HFpEF
- Oversampled patients from underserved populations

### Data collection and analysis:

- Participants pre-screened using ICD-10 codes in electronic medical records (EMR)
- Diagnosis of HFpEF confirmed in chart review, including ECHO and other imaging data
- Semi-structured interviews following interview guide
- Patients were asked to describe 1) their heart condition, as they understand it; 2) where they currently learn about their heart condition; 3) what they want to learn more about; and 4) who can help them learn more
- Qualitative inductive thematic analysis

## Key Messages

- Current level of HFpEF understanding among patients is low
- Patients report inadequate support at the time of receiving HFpEF diagnosis
- Patients use internet to learn most frequently, but online information is confusing
- Future intervention should be timed at the initial diagnosis and include informational, instrumental and mental health support

## Community Impact

- Identified future HFpEF intervention targets based on patient's preferences:
  - More information about signs, treatment and prognosis of HFpEF
  - Learning how to prevent further deterioration
  - Patient condition monitoring (wearable devices)
  - Improving patient-provider communication: in-depth and more empathy
  - Mental health support
- Community partners in the future intervention development:

## References

