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Chronic CAD/Stable Ischemic Heart Disease

DETERMINANTS OF ACHIEVING RECOMMENDED RESTING HEART RATE IN STABLE CORONARY ARTERY DISEASE IN GERMANY: RESULTS OF THE REALITY-REGISTRY

ACC Moderated Poster Contributions

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Background: Guidelines for the treatment of stable angina recommend a resting heart rate of 55-60 bpm.

Methods: Between Nov 2007 and July 2008, a total of 4,047 consecutive outpatients with stable angina (AP) and known coronary artery disease (angiography / prior PCI or CABG or MI) were enrolled into the REALITY-Registry to document patients characteristics and chronic medical treatment. Heart rate (HR) was measured according to guideline recommendation after a five minutes resting period. We examined patient characteristics for quartiles of HR and analysed the determinants for the achievement of recommended HR in clinical practice.

Results: Outpatients with stable angina in Germany were at mean 69 years old and more often male. The patients received aspirin in 83%, betablockers in 80%, statins in 83% and ACE-inhibitors in 63%. HR was at mean 66 bpm, still above the recommended targets of 55-60 bpm. Only 25.3% of patients achieved resting HR <60bpm. The strongest predictor against achieving HR<60 bpm was the presence of atrial fibrillation at enrolment. Patients receiving ivabradine were significantly more likely to achieve resting HR<60 bpm (OR 1.66, p<0.01).

Conclusion: In clinical practice in Germany, only one quarter of patients with stable coronary artery disease reached the recommended target value for resting HR <60 bpm. Atrial fibrillation was an independent predictor against and chronic therapy with ivabradine an independent predictor in favour of achieving resting HR<60 bpm in clinical practice.

	HR <60 bpm n= 869 (25.3 %)	HR 60-64 bpm n= 882 (25.6 %)	HR 65-72 bpm n= 907 (26.4 %)	HR>72 bpm n= 781 (22.7 %)
Age [years]	69	68	69	69
Female Gender	28.0%	28.1%	31.4%	31.0%
Prior MI	55.5 %	51.2 %	52.1 %	53.5 %
Prior PCI	54.3 %	55.2 %	54.4 %	47.4 %
Prior Bypass	36.1 %	33.0 %	29.8 %	29.3 %
Diabetes mellitus	30.1 %	31.2 %	34.3 %	38.2 %
Multivessel Disease	62.3 %	63.3 %	62.4 %	64.8 %
LV-EF <40%	10.0 %	9.7 %	10.2 %	13.9 %
Betablocker	78.1 %	83.6 %	81.6 %	74.3 %
Ivabradine	10.0 %	5.3 %	6.0 %	7.8 %
Determinants of HR<60/min	OR		95% CI	
Age [per year]	1.01		0.99-1.02	
Female Gender	0.90		0.76-1.01	
Prior MI	1.01		0.94-1.29	
Prior CABG	1.31		1.09-1.35	
Diabetes mellitus	0.86		0.72-1.02	
Atrial Fibrillation	0.69		0.51-0.95	
Chronic Betablocker therapy	1.00		0.81-1.22	
Chronic Ivabradine therapy	1.66		1.23-2.24	