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## **Evaluating the Impact of Remote Monitoring on HF patients based on Quality of Life: Insights from the Satelia® Cardio Cohort**

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**Introduction:** Background of heart failure (HF) is a condition that significantly impacts patients' Quality of Life (QoL) and hospitalizations. Remote monitoring, in some cases, has been shown to improve QoL and reduce hospitalizations.

**Objective:** We investigated the patient profiles based on their QoL at baseline and the association between QoL and hospitalizations.

**Method:** A total of 3077 patients enrolled in a remote monitoring program (Satelia® Cardio) were classified according to their QoL, based on the results of the EQ5D-5L questionnaire administered at enrollment and six months later (Figure 1). Patients were divided into 3 groups based on their QoL: the group with the lowest QoL (T1), average QoL (T2), and the group with the best QoL (T3).

**Results:** Compared to patients in group T3, those with the lowest QoL in group T1 were more often females, aged over 75, with HF with preserved ejection fraction in 39% of cases, and 39% had more than 4 comorbidities. In group T3, patients were more often males, younger, and had a higher incidence in HF with reduced ejection fraction. Compared to patients in group T3, patients in group T1 triggered an alarm in 65% of cases, versus 33%, and were hospitalized for HF within 6 months in 28% of cases, versus 20%.

**Conclusion:** In comparison to those with better QoL, HF patients with lower QoL have different profiles, more frequent remote monitoring alarms, and a higher likelihood of hospitalization.

### **Biography**

Manel EL BLIDI is a HF specialist who has expertise in the management of chronic heart failure patients. She contributed to the development of ambulatory units designed for the management of heart failure patients based on a new fast patients pathways after discharge with fast titrations, enhancing collaboration with general practitioners and innovative therapeutic education tools involving nurses. She also works on the development of innovative remote patient monitoring tools for the follow-up of these patients and thus reducing the rates of rehospitalizations.

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