

# **Title: Prognostic Role of Cardiac, Pulmonary and Systematic Congestion In Patients Hospitalized for Acute Heart Failure.**

**Name:** Harun E Nyagori

**Affiliation:** Professor/ Professor of Cardiology/MD, MMED, Msc. CARD/FESC/FACC, Jakaya Kikwete Cardiac Institute

**Country:** United Republic of Tanzania

**Email ID:** [cardiospecialist@gmx.co.uk](mailto:cardiospecialist@gmx.co.uk)

## **ABSTRACT**

Clinical congestion is the main driver of heart failure (HF) decomposition and hospitalization. The combined assessment of congestion status at admission, through clinical examination, echocardiography and lung ultrasound, should be used to better recognize the type and the site of congestion. Different congestion location may be related with different outcome. The study evaluated: 1. Cardiac, pulmonary and systematic congestion occurrence in heart failure with reduced ejection fraction (HFrEF) and heart failure with preserved ejection fraction (HFpEF); 2. The prognostic role of different congestion (Cardiac vs. Pulmonary vs. Systematic in terms of cardiovascular death or re-hospitalization during 6-month of follow up). Multi-centre, Observational study was implemented including patients with the diagnosis of acute heart failure (AHF) according with the recent HF guidelines. A total of 230 patients with AHF (135HFrEF and 95HFpEF) were included in the analysis. Systemic congestion was significantly prevalent in HFrEF with respect to HFpEF due to the evidence of increased IVC size ( $22\pm 5$  vs.  $17\pm 4$ mm;  $p\leq 0.05$ ) and a lower rate of reduced IVC collapse in HFrEF comparing with HFpEF (47% vs 32%;  $p\leq 0.01$ ). Congestion status was different between HFrEF and HFpEF patients. The systemic congestion was related to poorer outcome. There is a linear trend among single, double and triple congestion site and increased risk for adverse events. Further studies should investigate what is the best decongestion strategy by serial and qualitative measurement of congestion localization in AHF.

## **BIOGRAPHY**

Harun Nyagori is a **Professor of Cardiology** in the Directorate of Cardiology and also a Senior Medical Consultant at Jakaya Kikwete Cardiac Institute, **Tanzania**. He is also **Honorary Lecturer** in the Department of Internal Medicine at Muhimbili University of Health and Allied Health Science in Tanzania. He is a **visiting Lecturer** at St Francis University College of Health and Allied Science in Tanzania and Director of Afya Medicare Specialized Centres in Tanzania.

Professor Harun Nyagori received his MD from Lugansk State Medical University, UKR, before going on to complete his Internal Medicine residency and Super Speciality in Cardiology at Lugansk State Medical University in Ukraine.

**Research interests** focus on failure of Hypertensive drugs in Africa, Rheumatic Heart Disease Challenges in Africa. He has published recent several **peer-reviewed scientific articles** (Barrier of Hypertensive drugs among Patients in Tanzania, Prognostic Role of cardiac, Pulmonary and systematic congestion in Patients Hospitalized for acute Heart Failure, Mechanical Heart Valves and Pregnancy to patients admitted in Tanzania. Professor Nyagori is a Fellow of the European Society of Cardiology (**FESC**), a Fellow of the American College of Cardiology (**FACC**), a Fellow college of Physician (**FCP**) a Full Member of American Society of Echocardiogram (**FASE**), and American Heart Association (**FAHA**).

**Presenter Name: Harun E. Nyagori**  
**Mode of Presentation: Oral Presentation**  
**Contact number: +255 754209577**

