Top 10 Things to Know About The Use and Appropriateness of Aldosterone Antagonist in HF

1. Data support that aldosterone receptor antagonists improve survival for people with severe heart failure.

2. Aldosterone antagonist therapy increased modestly in the United States, from 21.3% in 2001 to 34% in the second half of 2007 among adult patients hospitalized with HF.

3. The purpose of the paper was to evaluate whether a hospital-based quality program such as GWTG improves the use of aldosterone antagonist therapy in the appropriate patient population.

4. Rates of inappropriate use of aldosterone antagonists are low; 0.5% use in patients with documented contraindications and 2.7% use in patients with higher than recommended creatine levels.

5. Data suggest that less than one third of eligible HF patients were prescribed an aldosterone antagonist.

6. Only 32.5% (4,087 out of 12,565) of eligible HF patients were prescribed an aldosterone antagonist therapy at discharge. Over the study period, the number of eligible HF patients receiving an aldosterone antagonist increased from 28% to 34%.

7. The data showed that the following patient populations received aldosterone antagonist at a higher rate: young patients, African Americans, those with lower systolic blood pressures, a history of implantable cardioverter-defibrillator use, depression, alcohol use, and pacemaker implantation, and no history of renal insufficiency.

8. Increases in aldosterone antagonist usage in eligible patients were small from 2005-2007 and stayed below 35% while inappropriate aldosterone antagonist use remained low.

9. These data suggest that in the context of a hospital-based performance improvement program, aldosterone antagonist therapy can be used according to guidelines with little inappropriate use.

10. Given the substantial morbidity and mortality risk faced by patients hospitalized with HF and the established efficacy of aldosterone antagonist use in HF, a stronger uptake of aldosterone antagonist therapy indicated by evidence-based guidelines may be warranted.

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