

OFFICIAL ABSTRACT and CERTIFICATION

Iron Deficiency and Anemia in Heart Failure Patients - A Quality Improvement Project

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Background: Iron deficiency is an independent predictor of impaired functional capacity and decreased survival in patients with congestive heart failure (CHF). IV iron administration has been associated with improvement of functional capacity in CHF regardless of whether or not anemia is present. However the frequency of IV iron utilization in iron-deficient CHF patients has not been well studied.

Methods: We conducted a retrospective analysis of consecutive patients admitted to a single tertiary medical center between May 2019 – May 2021 with the primary diagnosis of CHF exacerbation.

Results: The study cohort included 2,069 individual patients (44% females) who had 2,732 visits during the study period. Iron studies results with both ferritin and transferrin saturation were available in 579 visits (21.2%). Of these, in 250 patient visits ferritin was <100 and in 84 patient visits ferritin level was 100-300 with transferrin saturation < 20%. Overall, indications for iron replacement were met during 334 admissions, however the IV therapy was prescribed in only 82 (25.1%) patient visits.

Conclusion: Despite known benefits of IV iron replacement in CHF patients, only a minority of in-patients admitted for CHF exacerbation are being evaluated for iron deficiency and/or receive indicated IV iron replacement therapy. Interventions to increase the awareness on this subject are warranted.

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