

Impact of lockdown in patients with congestive heart failure during the Covid-19 pandemic

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Background: Congestive heart failure (CHF) can be destabilized by Covid-19 (C19) lockdown.

Purpose: To evaluate the impact of lockdown in CHF patients.

Methods: 150 out-patients from the HF Clinic of our hospital were invited to answer to a phone-call interview during the 7th week of first C19 lockdown.

Results: From 124 questionnaires, more than 1/5 felt worse and almost 1/4 declared a psychological distress. CHF medications were modified in 10%. Decrease in physical activity was observed in 2/5. Almost 1/2 declared increased screen time; smokers often increased consumption. Adherence to dietary counselling was reduced by 1/6, increase in weight and HF symptoms were common. Some patients benefited from a teleconsultation.

Conclusions: Our patients exhibited well-being impairment and unhealthy behaviours. Medication adherence was not diminished and the reduction in care access was counterbalanced by a switch toward telehealth.

Main results

	124 patients	75 Male (M)	49 Female (F)	p value between M and F
Age, years	71.0 ± 14.0	68.9 ± 13.7	74.3 ± 14.0	0.03
Urban/Rural	82/42	49/26	33/16	0.84
HFrEF*	87	62	25	<0.001
Dilated cardiomyopathy	50	37	13	0.02
Ischemic	23	18	5	0.06
Other	51	20	31	<0.0001
Current NYHA class I/II/III/IV	39/48/28/9	29/29/14/3	10/19/14/6	0.66
History of NYHA III-IV class	94	62	32	0.03
Electronic device/Telemonitoring	77/28	54/18	23/10	<0.001/0.66
Increase in dyspnea or edema or fatigue	27	13	14	0.07
Decrease in well-being	27	12	15	0.07
Psychological distress (#)	23	15 (20.0)	8	0.64
Weight gain > 2 kg	34	22 (29.3)	12	0.68
Switch for teleconsultation (##)	16	11 (34.4)	5	1
Teleconsultation (total)	23	14	9	1
Decrease in physical activity	52	25 (33.3)	27	0.02
Increase in screen time	57	31 (41.3)	26	0.27
Increase in cigarette consumption (9 smokers)	4	3	1	1
Decrease in dietary adherence (###)	22 (17.7)	15 (20.0)	7 (14.3)	0.47

*HFrEF; # Kessler-6 score ≥ 5; ## from planned physical examination; ### salt, water, alcohol