E1.3: Determinants of Functional Status in Elderly Patients with Heart Failure

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Abstract:

**Introduction:** Background: Functional status is a predictor of rehospitalization and mortality in patients with heart failure (HF). Little is known about the multidimensional determinants of functional status in HF. Objective: The purpose of this study was to identify clinical, psychological, and symptom correlates of functional status in elderly patients with HF.

**Method(s):** Data from 389 patients with HF (70% male, mean age 63±10 years, 51% NYHA II/IV) were analyzed to determine the best multivariate model of functional status given variables derived from the Multidimensional Model of Functional Status (MMFS). According to the MMFS, the potential determinants of functional status include demographic (i.e., gender, age, education, financial status, and ethnicity), clinical (i.e., comorbidity, body mass index and adherence behaviors), psychological (i.e., depression and anxiety), and symptom (i.e., fatigue, swelling and shortness of breath) variables. Functional status was measured using the Duke Activity Status Index (DASI), with higher score indicating better functional status (worst possible score =0, best possible score =58.2). Demographic, clinical, psychological and symptom data were collected by interview and medical record review.

**Results:** HF patients had poor functional status (median=10.7, min=0; max=58.2). Symptoms explained 14% of the variance in functional status, followed by demographic variables (R2=.10),...
clinical factors (R2=.08) and psychological factors (R2=.06). Specific variables that predicted worse functional status in patients with HF were female gender, Caucasian race, poor financial status, more comorbidities and more symptoms (total R2=55%, p <.001).

Discussion & Conclusions: These results support the multidimensional nature of functional status and identify gender, race, financial status, comorbidities, and especially symptoms as key determinants.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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