

# Hospitalizacije zbog zatajivanja srca u Kliničkoj bolnici Dubrava u razdoblju od 2007. do 2016. godine

## Heart failure hospitalizations in University Hospital Dubrava 2007-2016

 **Mario Udovičić\***,  
 **Sandra Jakšić Jurinjak,**  
 **Vanja Ivanović**  
**Mihajlović,**  
 **Hrvoje Falak,**  
 **Boris Starčević**

Klinička bolnica Dubrava,  
Zagreb, Hrvatska

University Hospital Dubrava,  
Zagreb, Croatia

**KLJUČNE RIJEČI:** zatajivanje srca, epidemiologija, hospitalizacije.

**KEYWORDS:** heart failure, epidemiology, hospitalizations.

**CITATION:** *Cardiol Croat.* 2018;13(11-12):376. | <https://doi.org/10.15836/ccar2018.376>

**\*ADDRESS FOR CORRESPONDENCE:** Mario Udovičić, Klinička bolnica Dubrava, Avenija Gojka Šuška 6, HR-10000 Zagreb, Croatia. / Phone: +385-98-477-248 / E-mail: [mario.udovicic@gmail.com](mailto:mario.udovicic@gmail.com)

**ORCID:** Mario Udovičić, <http://orcid.org/0000-0001-9912-2179> • Sandra Jakšić Jurinjak, <http://orcid.org/0000-0002-7349-6137> • Vanja Ivanović Mihajlović, <http://orcid.org/0000-0001-6931-5404> • Hrvoje Falak, <http://orcid.org/0000-0002-6502-683X> • Boris Starčević, <http://orcid.org/0000-0002-3090-2772>

**Uvod:** Stope hospitalizacija zbog zatajivanja srca (ZS) smanjuju se u Zapadnoj Europi, no još je malo poznato o trendovima u zemljama Srednje Europe.<sup>1</sup> U ovoj smo studiji analizirali hospitalizacije zbog ZS u Kliničkoj bolnici Dubrava (KBD) u razdoblju od 2007. do 2016. godine.

**Metode i rezultati:** Bolnički informacijski sustav KBD je pretražen za primarne hospitalizacije uslijed ZS bolesnika s prebivalištem na području u nadležnosti KBD u dobi od  $\geq 20$  godina u razdoblju od 2007. do 2016. Ukupno je zabilježeno 4.428 primarnih hospitalizacija uslijed ZS u 3.376 bolesnika (medijan starosti 75 godina, 52,0% muškarci). Najčešći komorbiditeti su bili arterijska hipertenzija (52,0%), fibrilacija atrija (45,3%), ishemijska bolest srca (46,9%) i šećerna bolest (18,9%). Stope hospitalizacija uslijed ZS su između 2007. i 2016. značajno porasle; dok je stopa primarnih hospitalizacija u 2007. godini iznosila 130,7/100.000 stanovnika, u 2016. ona je narasla na 150,5/100.000, što je relativni porast od 15% ( $p=0,023$ ). U isto se vrijeme mortalitet neznajčajno smanjio s 11,7% na 10,6% ( $p=0,718$ ). U istom su razdoblju stope rehospitalizacija unutar 30, 60 i 90 dana te unutar godinu dana iznosile 5,6%, 9,5%, 12,0%, i 21,5%.

**Zaključak:** Usprkos napretku u liječenju, ZS i dalje predstavlja veliki izazov udružen sa značajnim stopama smrtnosti i rehospitalizacija.

**Introduction:** Heart failure (HF) hospitalization rates are decreasing in Western Europe, but little is known about trends in Central European countries.<sup>1</sup> In this study we analyzed the hospitalizations due to heart failure in University Hospital Dubrava (UHD).

**Methods and Results:** The hospital information system of UHD was searched for primary HF hospitalizations of the patients aged  $\geq 20$  years from the local hospital catchment area assigned to UHD for the time period between 2007 and 2016. A total of 4428 primary HF hospitalizations in 3376 patients (median age 75 years, 52.0% male) was recorded. The most common co-morbidities were arterial hypertension (52.0%), atrial fibrillation (45.3%), ischemic heart disease (46.9%) and diabetes mellitus (18.9%). HF hospitalization rates increased significantly from 2007 to 2016. In 2007 main hospitalization rate was 130.7 per 100,000, while in 2016 it was 150.5 per 100,000. This is a relative increase of 15% ( $p=0.023$ ). In the same time, the in-hospital mortality decreased insignificantly ( $p=0.718$ ) from 11.7% to 10.6%. After a first HF hospitalization, any HF readmission rates within 30, 60, and 90 days and at 1 year were 5.6%, 9.5%, 12.0%, and 21.5%, respectively.

**Conclusion:** Despite improvements in management, HF remains a major challenge associated with a significant mortality and readmission rates.

RECEIVED:  
October 19, 2018

ACCEPTED:  
November 5, 2018



### LITERATURE

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