

[436] External Counterpulsation Improves Functional Status in Patients with Ischemic Cardiomyopathy

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External counterpulsation (ECP) is an established therapy for symptomatic coronary heart disease, and is an emerging therapy for systolic heart failure. Here we report our experience with the impact of ECP on the heart failure status of 53 adult (age, mean +/- SEM, 71 +/- 1 years) patients (75% male) with ischemic cardiomyopathy and systolic dysfunction. NYHA Class, health satisfaction score utilizing visual analog scale (HSS), 6 minute walk distance in feet (6MW), LVEF, and B natriuretic peptide (BNP) were prospectively measured before and after a course of 34.6 +/- 0.5 hours of ECP therapy:

Effect of ECP on Functional Status

	NYHA Class	HSS	6MW	LVEF	BNP	Angina episodes/Week
Baseline	2.7 +/- 0.1	0.42 +/- 0.02	907 +/- 62	32 +/- 1	306 +/- 25	10 +/- 2
Post-ECP	1.9 +/- 0.1	0.62 +/- 0.02	1090 +/- 64	38 +/- 2	263 +/- 25	4 +/- 1
p	<0.00001	0.00001	<0.00001	<0.00001	0.006	< 0.00001

We conclude that in our single center experience, ECP has a significant beneficial impact on the functional status of patients with ischemic cardiomyopathy and LV systolic dysfunction.

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Poster: Clinical Care/Management

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