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Abstract: P4521

Sustained symptomatic benefit of enhanced external counterpulsation (EECP) therapy in patients with chronic refractory angina

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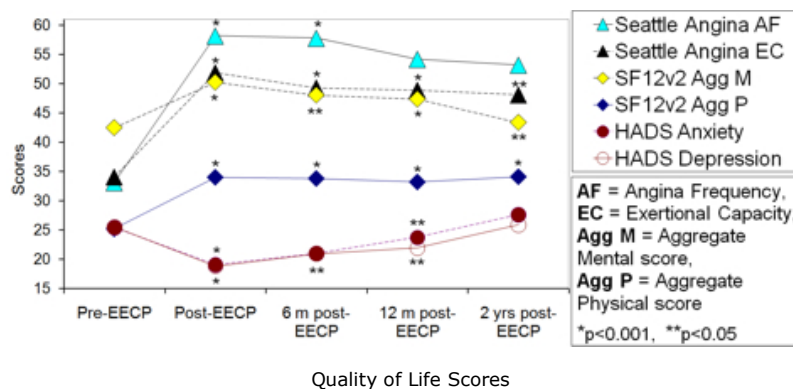
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Purpose: Refractory angina is a demoralising condition and is challenging to treat. These patients have poor quality of life which can be improved with EECP. Whether the benefit is sustained was evaluated using validated scoring systems over two years follow up in a European population.

Methods: Unselected consecutive patients with chronic refractory angina (as defined by the ESC Joint Study Group) were studied by quality of life questionnaires. All patients completed 35 hours of EECP without complications and were evaluated pre and post-EECP, and at 6, 12 and 24 months. Blinded assessments were made using 3 well validated questionnaires: Seattle Angina Questionnaire (SAQ), Short Form (SF12), and Hospital Anxiety and Depression Scale (HADS).

Results: 78 patients were studied (mean age 65±11 years, 77% male, 75% previous MI, 78% CABG, 77% PCI and 22% palliative therapy). The quality of life scores are summarised in the graph. All baseline scores were impaired compared to UK population means, physical scores more so than mental scores. All physical aspects of quality of life improved significantly, with significance sustained throughout 2 years of follow up ($p < 0.05$ or better). The scores of mental health (both HADS and SF12 mental aggregate) improved initially during the first year, but were no longer significant beyond 1 year of follow-up.

Conclusions: EECP improves quality of life in refractory angina, and this improvement is sustained, more so in physical rather than mental health over the two years of follow-up. These findings support the use of EECP in patients with this debilitating disease, but also suggest the need to provide continued psychological support and rehabilitation after EECP.



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