

The Fluid Heart Tracker App- knowing when to make contact for early medical intervention for deteriorating Heart Failure

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What is Heart Failure

Heart failure is a chronic syndrome, often described as an inefficiency of the heart's pump function to meet the requirements of the body .

This causes symptoms and signs of fluid congestion in the body which causes increase in body weight.

2021 - predicated over the next 25 years hospital admission rates to increase by 50%.

Cost of one hospital admission for heart failure is approx. €15,000.

Cost of heart failure in Ireland amounts to **€660 million each year**- hospitalisations driving the costs.

- Body weight increases as fluid accumulates within the body.
- Traditionally weight is manually written in a log book and patient is required to observe if weight increases.
- But patient with heart failure can struggle with this.

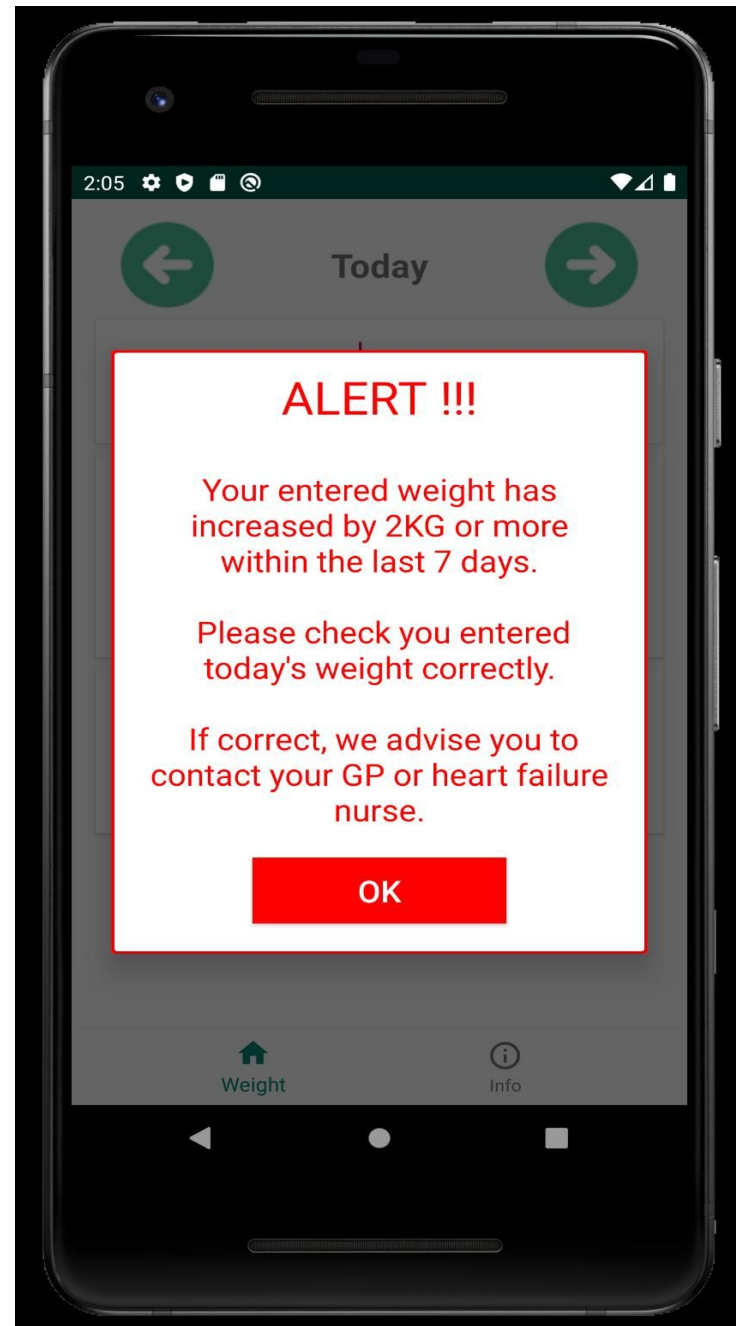
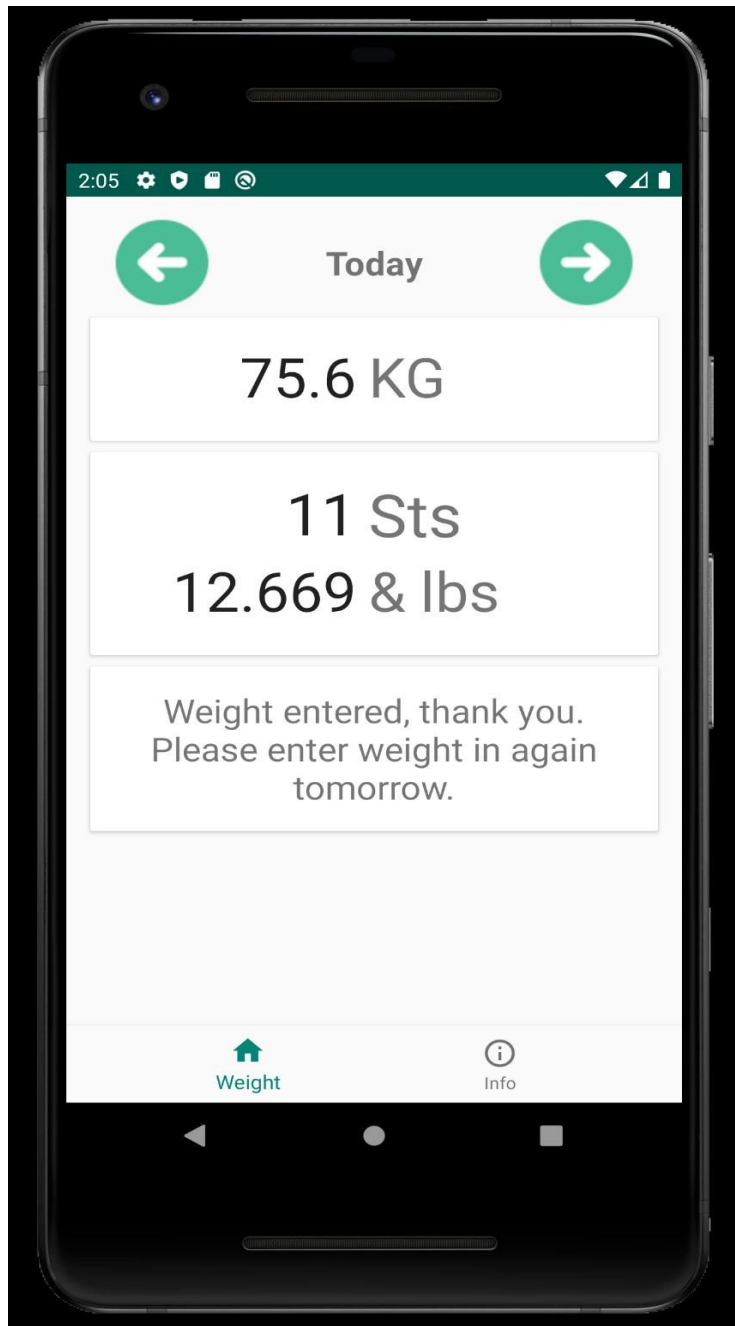




Recognition of significant weight gain is a problem

- Cognitive impairment – 75%
- Low numeracy skills
- Uncertainty

Gap is knowing when to take action





Recognition of significant
wei

- Cc
- Lc
- Ur

5%



en to
take action

Pilot study & Current Study

- A pilot study determined the acceptability and usefulness of the Fluid Heart Tracker-App for patients with class II-III HF in three Irish tertiary hospitals.
- Of the 35 invitees, 31 participated.
- All participants, used the app, found it useful easy to use, and would recommend the app to other patients with HF.

- A larger national study is currently in process over 15 sites. It aims to determine the use, impact, effect and perceived value of the Fluid Heart Tracker App on patients' outcomes and service providers (PhD study in Trinity College Dublin).

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Irish Heart Foundation

NATIONAL HEART FAILURE CLINICAL CARE PROGRAMME

HEART FAILURE MODEL OF CARE

Clinical Strategy and Programmes Directorate, HSE

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