Abstract

Introduction: Diabetes is a comorbidity that confers a worse prognosis to heart failure patients because of a poor functional class and a higher rate of hospitalizations. In addition to that, the safety of the oral anti-diabetic medications had been put into a question.

Objective: To describe the clinical characteristics, the 5-year mortality and the treatment of the diabetic patients included in a heart failure clinic in Colombia

Methods: An observational, descriptive, transversal cohort study was performed, with a retrospective collection of data. The population included were conformed by the patients followed in a specialized heart failure clinic in Medellin - Colombia. The information was registered in a database where the diabetic patients were selected. The results were analysed using the SPSS software version 21.0. Quantitative variables were described as percentage and quantitative variables were described as a Central tendency measures.

Results: 270 patients were included, 28.9% had a past medical history of type 2 diabetes, 61.5% were male., with a mean age of 72.1 +/- 9.9 years. The average body mass index was 28.1 (± 5.8). 50% of the diabetic patients had ischemic cardiomyopathy The mean ejection fraction was 25% (19.8-35.0) and 69.2% had a NYHA functional class II to NYHA III. 55.1% were on insulin, 58.5% received fast action insulin, 22.0% medium action insulin and 78.0% long action insulin. 65.4% of the diabetic patients were on oral anti-diabetic drugs and metformin was prescribed in 88.7% of the patients, DPP4 were used in 15.7% and 44.2% received the combination of insulin and oral anti-diabetic treatment. 20.5% of the patients died during the 5 years follow up because of cardiovascular events.

Conclusion: Type 2 diabetes is highly prevalent in this heart failure clinic were 1 or every 3 patients had this comorbidity. Most of the diabetic patients were overweight, with HFrEF, ischemic cardiomyopathy. And died because of cardiovascular causes. Metformin was the most prescribed medication in this population.