



# How well is HF\* managed in Asia-Pacific?

## - A Gap report study

### PRIMARY OUTCOME

Significant gaps were identified in managing patients with HF in the Asian Pacific region, including inadequate awareness, limited diagnostics, poor long-term follow-up, and insufficient access to GDMT\*



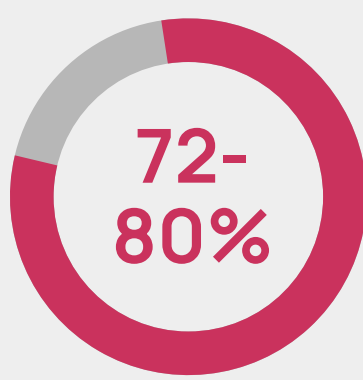
**Burden of HF in Asia**  
**1-3%**  
 Prevalence in Asia with high mortality

### Results

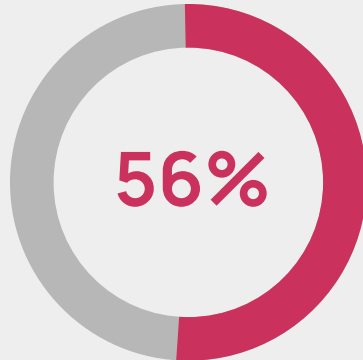
#### Clinical Perspective

Several clinicians treating HF patients in the Asia-Pacific region identified significant gaps in HF management:

#### Gaps in Diagnosis



Lack of awareness of physician and patients



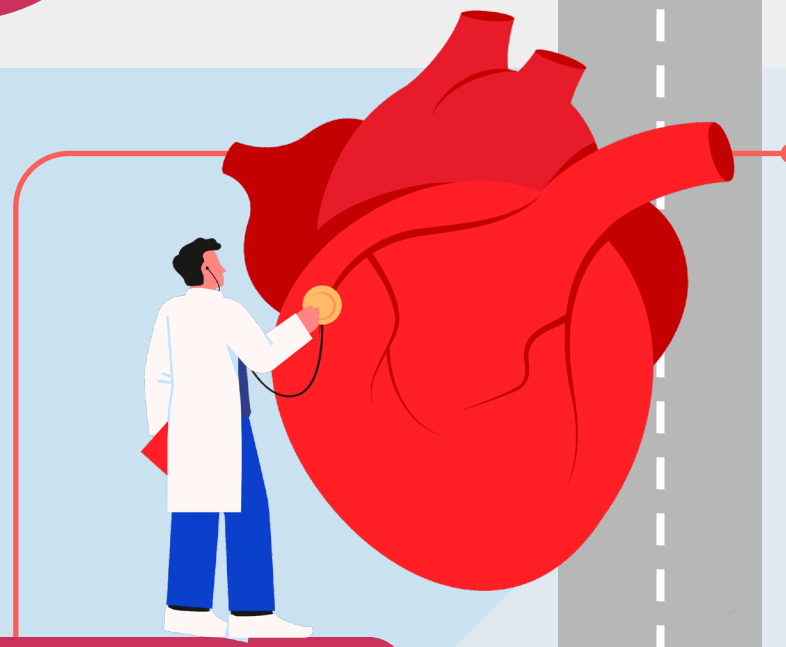
Lack of screening programs



#### Recommendation

##### Educational Interventions

Use digital and printed media to enhance patient and physician education.



#### Recommendation

##### Collaborative Efforts

Partner with the Ministry of Health, insurers, healthcare institutions, payers and the community to drive access and optimisation of treatment.†

#### Diagnostics Test Availability & Utilisation

Low NP\* testing rates despite high biomarker availability

NP availability **84%**

NP levels checked in emergency Majority reported **25% or less**

NP levels checked during hospital stay Majority reported **50% or less**

#### Hospital Stay



Length  
 3-5 days : **46%**  
 6-8 days : **37%**

Long length of stay due to:



**54%**

lack an MDT\*



**60%**

of physicians are the only ones conducting HF education



#### Recommendation

##### Manage patients signs and symptoms with adequate and timely medication to prevent complications

Manage patients "social" environment. Ensure compliance with HF medication. Improve healthcare services and patient education with a MDT approach.



#### Recommendation

##### Holistic Care

Include diet counselling, weight monitoring, and follow-up scheduling in patient care plans at discharge.

#### Post-Discharge

Poor follow-up and limited access to cardiac rehabilitation

**46%**

do not have an established discharge protocol

**55%**

lack a dedicated outpatient HF centre/clinic

†as recommended by the Asian Pacific Society of Cardiology Consensus Statements on the Diagnosis and Management of Heart Failure

For more information on the study, please refer to J.W.C.Tan et al. Journal of Asian Pacific Society of Cardiology 2023;2:e37.



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