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Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

CLINICAL EPIDEMIOLOGY OF CHRONIC HEART FAILURE IN NIGERIA: INSIGHTS AND LESSONS FROM THE IBADAN HEART FAILURE PROJECT

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Background Contemporary data on the long-term outcomes of chronic heart failure are limited in Africa and Nigeria in particular. The chronic arm of the Ibadan heart failure project was set up in 2016 to fill this gap

Methods The project is a real-life, prospective observational hospital-based study being conducted at the University College Hospital, Ibadan. Data were collected using a uniform case report form. Data on sociodemographic, clinical, laboratory, electrocardiographic, echocardiographic, treatment, and outcome information were collected.

Results 2061 patients were recruited as of the end of December 2025, mean age 57.1 ± 15.6, median 58 years, and 55.5% were female. About 39.9% were in NYHA class III/IV. Risk factors (Current smoking-1.1%, overweight/ obesity-, hypertension-73.1%, DM-13.6%, AF-, and other comorbidities-42.4%) were documented. The mean LVEF was 42.5 ± 16.4%, and TAPSE was 1.9 ± 0.61 cm, and 30.2% % had HFpEF. ECG LVH and LBBB were present in 47.4% and 8.4%, respectively. The 6-, 12-, and 24-month hospitalization and mortality were 4.3/10.8, 4.6/18.1, and 5.7/28.2%, respectively.

Conclusion This study provides valuable insights into the clinical characteristics, treatment patterns, and outcomes of CHF in Nigeria. The findings highlight persistent gaps in access to guideline-directed therapy and its influence on outcomes. It provides a framework for understanding the determinants of prognosis and for informing strategies for improving care in Nigeria

Keywords: Chronic Heart Failure, Outcomes, Hospital admission, Mortality