



AP012

Paediatric Cardiology & Congenital Heart Disease • Poster Presentation

DETERMINANTS OF ADEQUATE HEART FAILURE AWARENESS AMONG ADULT PATIENTS IN IBADAN, NIGERIA

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Background Public awareness of heart failure (HF) remains suboptimal, leading to delayed symptom recognition and poor health-seeking behaviour. This study assessed the determinants of adequate HF awareness among adult patients in Ibadan, Nigeria.

Methodology A cross-sectional study involving 500 adult patients was conducted using a structured questionnaire. Adequate HF awareness was defined using a composite score derived from five domains: previous awareness of HF, knowing someone with HF, correct understanding of HF, recognition of HF symptoms, and recognition of major causes. Participants scoring at least four of the five domains were classified as having adequate HF awareness. Sociodemographic characteristics, lifestyle factors, comorbidities, and family history were evaluated as potential predictors. Associations were examined using chi-square tests and multivariable logistic regression. Statistical significance was set at a two-sided $p < 0.05$.

Results Of the 500 participants, 189 (37.8%) demonstrated adequate HF awareness. Most respondents had previously heard of HF (80.2%) and correctly recognised its major symptoms (87.0%) and causes (86.4%), whereas only 82 (16.4%) knew someone living with HF. In multivariable analysis ($n=486$), a family history of HF was the only independent predictor of adequate awareness ($aOR=7.78$; 95% CI: 3.15–19.22; $p<0.001$). Age, sex, education, occupation, smoking, alcohol consumption, hypertension, and household income were not independently associated with awareness.

Conclusion Heart failure awareness was inadequate. Broad, targeted public education is needed to improve early symptom recognition and timely healthcare-seeking among at-risk populations.

Keywords: Heart Failure; Health Literacy; Health Education; Health Behaviour; Nigeria