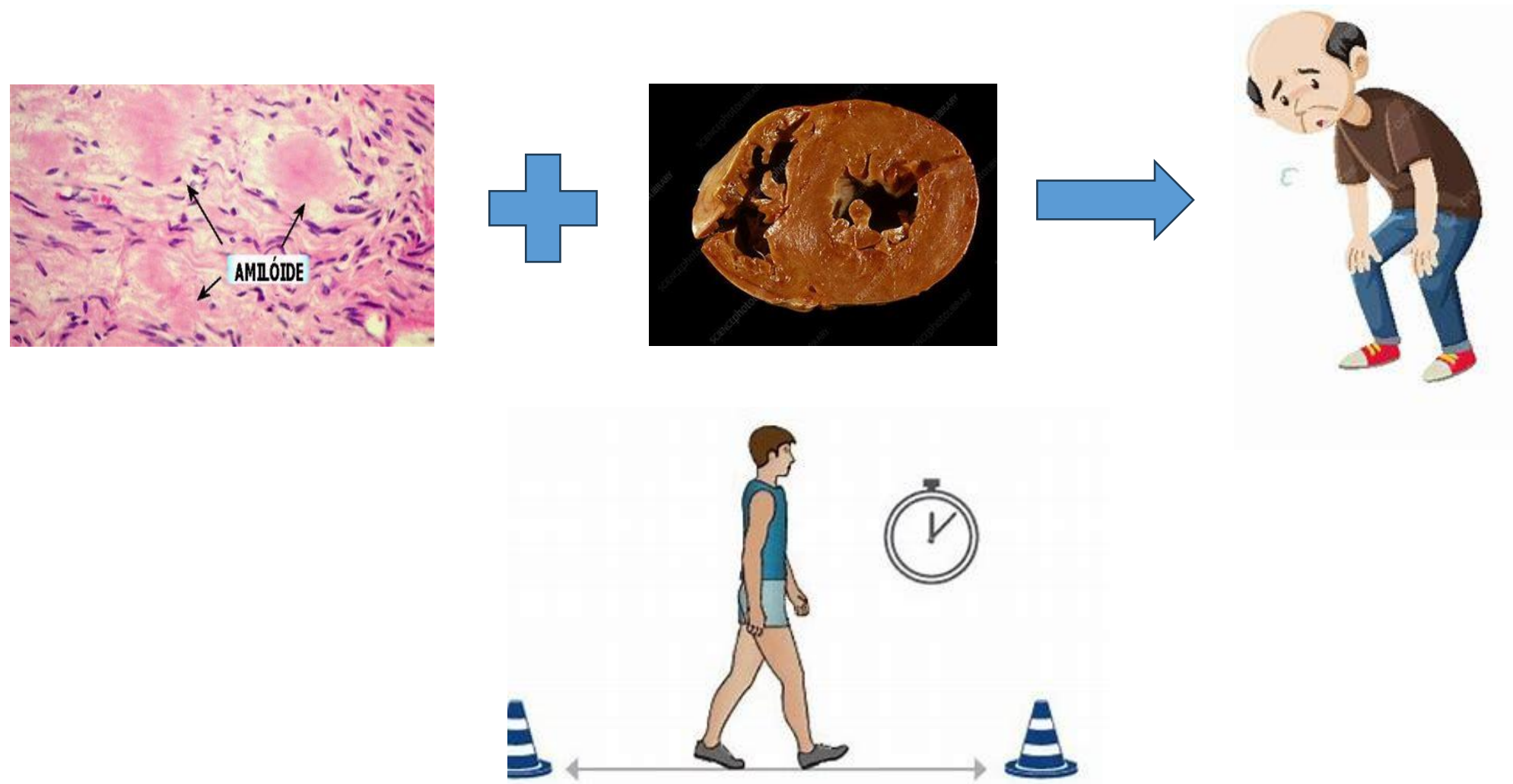


Functional Capacity assessment of Cardiac Amyloidosis patients before treatment and rehabilitation

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Background



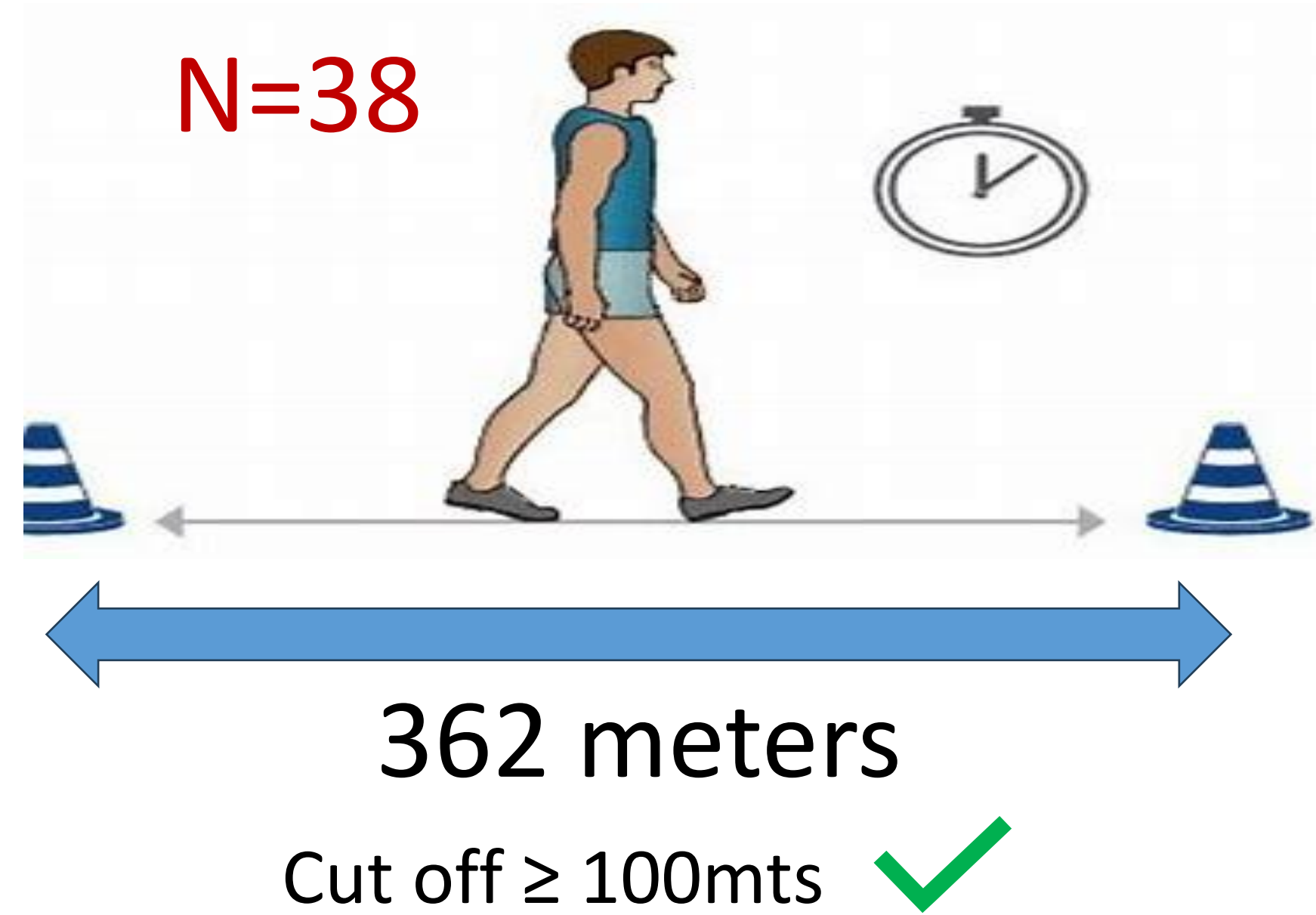
Aim

To evaluate the functional capacity of cardiac amyloidosis patients before starting medication alongside with home-based cardiac rehabilitation program.

Methods

The prescription of transthyretin stabilizers requires a patient's evaluation of the functional capacity. In this study, the functional capacity was assessed by the **6-minute walking test**, according to the ATS guidelines. Patients were consecutively recruited for treatment and prior to this, a 6-minute walking teste was performed. Health related **quality of life** and **heart failure symptoms** were also evaluated using **Minnesota** living with heart failure scale and the **London Chest** Activities of daily living scale. After starting the medication and according to the functional capacity, a **home-based cardiac rehabilitation** program was also recommended, based on aerobic exercise training like cycloergometer, walking or using a treadmill, according to patients' capacity or preferences. Adherence of the rehabilitation program was measured regarding the performance of at least 80% of the sessions prescribed. Patients are contacted twice a month. At one year, a follow-up will be performed.

Results



Adherence to home-based training → 74%
3.7 of 5 sessions per week 🏋️

4 patients → 1 year follow up 🕒

Main measurements

Age
78y

LVEF
72% Reduced EF → mean 38%

MLHF 31.57 ± 27.12 → **Moderate impact** (symptoms and limitations present, but not disabling)

LCADL 20.67 ± 10.94 → **Moderate impact** (difficulty present, but still able to perform activities)

NT-ProBNP
2635 ± 1735

6MWT 362m vs 476m → **Significant reduction** (24% under the expected value)

Conclusions

All the selected patients were elected for treatment. Patients have a significant limitation of their functional capacity, associated with moderate quality of life and moderate symptoms. An improvement in these parameters or at least a slowdown in their progression is expected.

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