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Ventricular ectopic burden as a predictor for survival in subjects less than 65 years old

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Premature ventricular complexes (PVCs) are widely observed in the general population and are commonly asymptomatic. Several studies report a poor prognosis in conjunction with underlying structural heart disease (SHD), however, there is a lack of data implicating their clinical significance in the absence of SHD. A review of literature was conducted to determine the risk factors predisposing to PVCs. Variables explored in the studies included: age, presence or absence of SHD, PVC duration/morphology, morbidity and mortality. Data was collected according to the inclusion (age <65, 8 year follow-up, 24-hour ambulatory monitoring) and exclusion criteria (presence of SHD). Literature review revealed that the presence of PVCs indicate an increased risk of cardiovascular events (e.g. heart failure) in individuals aged >65 years, and is further amplified by factors such as PVC duration and morphology. A PVC burden of as low as 10% may significantly increase risk of PVC-induced cardiomyopathy. The limitations of current literature include: (1) analysis of a 2-minute rhythm strip; (2) short follow-up periods; and (3) failing to account for underlying SHD in <65 years old. The prognostic value of frequent PVCs in subjects <65 years old without underlying SHD is yet to be explored. A retrospective observational study is being conducted at Townsville Hospital to further investigate whether presence of PVCs, in health individuals <65 years old, should be treated as a modifiable risk factor. This will shed light upon whether more aggressive risk factor management is to be implemented and potential of interventions such as PVC ablation.

Biography

Nikhil Sabharwal is currently a 5th year Medical student from James Cook University in Townsville, Australia. He has previously had poster and oral presentations at the Indian Association of Cardiothoracic Surgery Conference and World Congress of Surgery held in Switzerland in 2017. He is actively involved in teaching and mentoring of medical students at his university. He is very enthusiastic about research and aspires to pursue a career in academic surgery. His ongoing research work is entitled: "Women in Cardiac Surgery: An Update" and "Clinical Cardiology and Research: A perspective from Dr Eugene Braunwald".

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