

# 3<sup>RD</sup> WORLD HEART CONGRESS

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## Combination of ivabradine and beta-blockers: Results of an observational study in daily practice in Morocco

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**Introduction:** Several studies confirm that combining ivabradine with beta-blockers, reduce more effectively the heart rate in patients with heart failure and/or angina than beta-blockers alone.

**Methods:** Non-interventional cohort study, conducted in Morocco Cardiology clinical practice, in patients with heart failure or angina treated with ivabradine in combination with beta-blockers. The primary outcome, measured at 1 and 4 months, were HR, NYHA classification, and SEATTLE quality of life questionnaire for angina patients.

**Results:** 497 patients were included, their mean age was  $65.6 \pm 10.3$  years, mean HR was  $89.4 \pm 14.5$  bpm and 61.6% were male. 10.9% treated with less than the initial beta-blockers dosage, 56.8% under initial dosage, 21.9% under less than recommended dosage and 10.4% under recommended dose. After 4 months, the mean HR showed a significant reduction of  $27 \pm 13.8$  bpm ( $p < 0.0001$ ) and no statistical significant difference ( $p = 0.46$ ) observed between beta-blockers dosages which was respectively  $26.2 \pm 0.8$ ,  $28.2 \pm 2$ ,  $32.2 \pm 2$ , and  $26.08 \pm 1.3$ , for initial, recommended, less than initial and less than recommended dosage. 42% of patients became NYHA I, 55% NYHA II, only 4% were NYHA III and no patient remained NYHA IV regardless of BB dosages. There was no-significant difference associated to the BB dose ( $p = 0.53$ ) in the 5 SAQ domain-scores between baseline (V0) and 4 months follow up visit (V2).

**Conclusion:** In this study, ivabradine was effective in reducing HR in CHF and angina patients over a period of 4 months irrespective of the dose of beta-blockers. There was a marked shift from higher to lower NYHA classes independently of the BB administered dose.

### Biography

Anass Assaidi, is a Medical Doctor and an Assistant Professor of Interventional Cardiology at Mohammed VI University of Health Sciences and Cheikh Khalifa ibn Zaid Hospital. He is a Graduate Cardiologist from Aix Marseille II University and Casablanca Medicine University, got Interuniversity Diploma of "Pediatric and Congenital Cardiology" in 2012 from Aix-Marseille II University, "Echocardiography" from Bordeaux II University and "Endovascular treatment of valvular heart disease" from Paris V University. He is an active member of European, French & Moroccan Societies of Cardiology and Member of the Interventional Cardiology Reflection Group. He participated in many research projects related to cardiovascular diseases and author of several publications.

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