

**P1052****Anemia and heart failure: a systematic review**

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**Introduction:** Heart failure (HF) is a common problem and a major cause of hospital admission, poor physical function, impaired quality of life and death. Beyond the direct impact of heart failure on prognosis, several factors contribute to the worse prognosis. Anemia is a common finding in patients with HF. It has been identified as an independent risk factor of both morbidity and mortality of the patients with HF.

**Aim:** The aim of this study was to determine how anemia affects quality of life, readmission, NYHA classification and mortality in people with HF.

**Method:** The method used is the systematic search of Greek and international literature of the electronic databases: PubMed, Cochrane library and CINAHL. The keywords used were "heart failure", "anemia", "readmission", "NYHA class" and "quality of life" in all possible combinations. After the search 21 articles were found appropriate for the current systematic review.

**Results:** All relevant articles were quantitative studies. The eight of the studies were designed as retrospective surveys, the three of them as perspectives surveys and the other nine studies as descriptive studies. The seven of the studies confirmed anemia is a strong independent predictor of increased mortality, hospitalization and re-admission in patients with HF. In analyses of hemoglobin (Hg) as a continuous variable, nine studies showed that a decrease of 1 g/dl in hemoglobin was independently associated with a 13-17% of increase of the risk of death. Anemia was also associated with a higher NYHA function class according to reduced ejection fraction in three studies.

**Conclusion:** The measurement and follow-up of Hg levels and the risk assessment of patients with HF are necessary. In addition to this, further randomized clinical studies are required to specify the necessity for correcting anemia and for determining the therapy option to be selected for correction of anemia in these patients.