

## Heart Failure Management Key Challenges Results of FADOI CAMPANIA HF Study Group Survey

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**Background and Aims:** Heart failure (HF) affects over a million people in Italy, with a prevalence of 2% in the general population and up to 10% in those over 70. It accounts for approximately 190,000 hospital admissions annually, with rehospitalization rates exceeding 40% at six months. Hospitalizations contribute to 70–80% of the over €2 billion in annual HF-related costs. Optimizing in-hospital management is therefore essential.

**Methods:** The FADOI Campania HF study group developed an 18-question survey addressing key challenges in the management of HF during hospitalization and follow-up. It was distributed to FADOI Campania members working in Internal Medicine with significant HF admission volumes.

**Results:** Thirty-nine physicians completed the survey. In HFREF, initial therapy is balanced among ACE-i/ARNI, SGLT2i, and beta-blockers (26–33%); only 10% begin with loop diuretics, none with MRAs. ARNI is regularly used by 89%, though 8% report

bureaucratic barriers. While 74% lack access to multidisciplinary teams, they express a strong interest in having them. Iron deficiency and weight monitoring are regularly performed by 82% and 74%, respectively. All clinicians use serial proBNP; 51% consider it the best marker of clinical improvement. Most (97%) report underrated roles of malnutrition and sarcopenia.

**Conclusions:** Greater standardization and multidisciplinary strategies are needed to optimize HF management and reduce re-hospitalizations.

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