Markers of Decongestion, Dyspnea Relief, and Clinical Outcomes Among Patients Hospitalized With Acute Heart Failure

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Background—Congestion is a primary driver of symptoms in patients with acute heart failure, and relief of congestion is a critical goal of therapy. Monitoring of response to therapy through the assessment of daily weights and net fluid loss is the current standard of care, yet the relationship between commonly used markers of decongestion and both patient reported symptom relief and clinical outcomes are unknown.

Methods and Results—We performed a retrospective analysis of the randomized clinical trial, Diuretic Optimization Strategy Evaluation in Acute Heart Failure (DOSE-AHF), enrolling patients hospitalized with a diagnosis of acute decompensated heart failure. We assessed the relationship among 3 markers of decongestion at 72 hours—weight loss, net fluid loss, and percent reduction in serum N terminal B-type natriuretic peptide (NT-proBNP) level—and relief of symptoms as defined by the dyspnea visual analog scale area under the curve. We also determined the relationship between each marker of decongestion and 60-day clinical outcomes defined as time to death, first rehospitalization or emergency department visit. Mean age was 66 years, mean ejection fraction was 35%, and 27% had ejection fraction ≥50%. Of the 3 measures of decongestion assessed, only percent reduction in NT-proBNP was significantly associated with symptom relief (r=0.13; P=0.04). There was no correlation between either weight loss or net fluid loss and symptom relief, (r=0.04; P=0.54 and r=0.07; P=0.27, respectively). Favorable changes in each of the 3 markers of decongestion were associated with improvement in time to death, rehospitalization, or emergency department visit at 60 days (weight: hazard ratio, 0.91; 95% confidence interval, 0.85–0.97 per 4 lbs; weight lost; fluid hazard ratio, 0.94; 95% confidence interval, 0.90–0.99 per 1000 mL fluid loss; NT-proBNP hazard ratio, 0.95; 95% confidence interval, 0.91–0.99 per 10% reduction). These associations were unchanged after multivariable adjustment with the exception that percent reduction in NT-proBNP was no longer a significant predictor (hazard ratio, 0.97; 95% confidence interval, 0.93–1.02). The rates of death, HF hospitalization, or emergency department visit at 60 days for patients with 0, 1, 2, and 3 markers of decongestion (above the median) were 67%, 64%, 46%, and 38%, respectively (log rank P value=0.05).

Conclusions—Weight loss, fluid loss, and NT-proBNP reduction at 72 hours are poorly correlated with dyspnea relief. However, favorable improvements in each of the 3 markers were associated with improved clinical outcomes at 60 days. These data suggest the need for ongoing research to understand the relationships among symptom relief, congestion, and outcomes in patients with acute decompensated heart failure.


Key Words: diuretics ▪ dyspnea ▪ heart failure

Dyspnea is the most common chief complaint among patients hospitalized with acute decompensated heart failure (ADHF), and its relief is a primary goal of acute therapy. Moreover, relief of dyspnea is a key end point in clinical trials of therapies in ADHF. Presumably, dyspnea resolution is related to decreased pulmonary congestion, and guidelines recommend serial monitoring of markers of decongestion such as urine output and changes in body weight. Reductions in body weight and fluid loss may be related to decreased intravascular volume and should reflect decreased congestion. Elevations of natriuretic peptides released by myocardium, in response to increased wall stress, represents a biochemical marker of increasing congestion.

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Despite the intuitive concept that decreasing congestion should result in improvement in symptoms, information regarding the correlation between changes in markers of decongestion and symptom relief in patients with ADHF is sparse and the results have been inconsistent.\textsuperscript{3,9} Likewise, there are few data evaluating the relationship between markers of decongestion and short-term clinical outcomes.\textsuperscript{10}

Understanding the relationship between markers of decongestion and dyspnea relief has implications at multiple levels including patient care, the mechanistic understanding of pulmonary congestion, the pathophysiology of dyspnea in heart failure, and the selection of clinical trial end points. To address these issues, the present analysis used data from the Diuretic Optimization Strategy Evaluation (DOSE) trial to evaluate the relationships among markers of decongestion (weight loss, net fluid loss, reduction in B-type natriuretic peptide [BNP] levels), symptom relief, and 60-day clinical outcomes.

### Methods

#### Data Source

The analysis used data from the NHLBI Heart Failure Network’s sponsored DOSE trial (ClinicalTrials.gov number, NCT00577135), the study design, and primary results of which have been published previously.\textsuperscript{11,12} Briefly, DOSE was a prospective, randomized, double-blind, controlled trial, enrolling patients admitted to hospitals in 9 regional coordinating centers and their respective satellite sites with ADHF. The study used a 2×2 factorial design randomizing patients to a strategy of high- versus low-dose furosemide treatment and con-

#### Study Population

A total of 308 patients at 26 sites were enrolled between March 2008 and November 2009. Patients admitted with a primary diagnosis of ADHF manifest by at least 1 sign and 1 symptom of ADHF were eligible for enrollment. They were required to have a history of chronic HF requiring outpatient oral loop diuretics. Patients with either reduced or preserved left ventricular ejection fraction were included. Patients with low BNP (<250 pg/mL) or N terminal B-type natriuretic peptide (NT-proBNP) (<1000 pg/mL) were excluded, as were those with systolic blood pressures <90 mm Hg, serum creatinine >3 mg/dL, or requiring vasoactive medications.

#### Exposure Variables

Three exposure variables representing potential markers of decongestion were analyzed. Weight loss was analyzed as the difference in weight from baseline to 72 hours in kilograms. Net fluid loss was calculated as the difference between the sum of total fluid intake and total urine output over 72 hours in milliliters. Change in NT-proBNP was calculated as the percent reduction from baseline to 72 hours.

#### Outcomes

Symptom relief was determined by serial measurements of dyspnea on a 0 to 100 scale (VAS). The VAS asked patients to rate their level of dyspnea from 0 to 100, with the higher number indicating fewer symptoms. Change from baseline to 72 hours in dyspnea was calculated as the area under the curve (AUC) during that time interval. A higher dyspnea VAS AUC indicated a lower total burden of dyspnea over 72 hours. The clinical outcome we analyzed was time to the composite of death, rehospitalization, or emergency department (ED) visit by 60 days.

#### Results

Among 308 patients enrolled, net fluid loss at 72 hours, net weight loss at 72 hours, and NT-proBNP change at 72 hours were available for 242, 294, and 247 patients, respectively. Characteristics of patients are displayed in Table 1. The median age of the study population was 68 years. Approximately three quarters of the population were white and three quarters were male. The median left ventricular ejection fraction was 30%, and 27% of patients had an ejection fraction ≥50%. Approximately half of the population had an ischemic pathogenesis for
the percent change in NT-proBNP at 72 hours was modestly correlated (r = 0.46; p = 0.04). When dichotomizing each marker of decongestion as above or below the median value, we classified patients (among those with complete data) as being above the median for 0, 1, 2, or 3 markers of decongestion. Two hundred eleven patients were available for this analysis. In a stepwise fashion, those with increasing numbers of markers of successful decongestion (above the median value) had decreased rates of reaching the clinical end point of ED visit, rehospitalization, or death within 60 days (Figure). Rates of death, HF hospitalization, or ED visit at 60 days for those with 0, 1, 2, and 3 markers of decongestion were 67%, 64%, 46%, and 38%, respectively (log rank P value=0.05).

**Discussion**
Understanding both the relationship between measures of decongestion and symptom relief among patients with ADHF is relevant for both patient care and investigation of new therapies.3,4 In the present study, weight loss, fluid loss, or change in natriuretic peptide levels were not closely correlated with improvement in dyspnea as measured in a multicenter randomized clinical trial. Among baseline admission variables, only orthopnea on admission was associated with lower dyspnea VAS AUC (worse dyspnea) at 72 hours (P=0.03). However, after adjustment for baseline characteristics, the association was no longer significant (hazard ratio, 0.99; P=0.08).

**Baseline Characteristics Predicting Improved Dyspnea at 72 Hours**

Among baseline characteristics considered in a multivariable linear regression model to identify predictors of improvement in dyspnea at 72 hours, only the presence of orthopnea at baseline was associated with lower dyspnea VAS AUC (worse dyspnea) at 72 hours (P=0.03).

**Relationship Between 72-hour Dyspnea VAS AUC and Clinical Outcome**

The dyspnea VAS AUC (for every 100-point increase) at 72 hours was associated with a small improvement in the 60-day clinical outcome of time to first ED visit, rehospitalization, or death in a univariate Cox model (hazard ratio, 0.99; P=0.01). However, after adjustment for baseline characteristics, the association was no longer significant (hazard ratio, 0.99; P=0.08).

**Relationship Between Markers of Decongestion and Clinical Outcome**

Changes in each of the 3 markers of decongestion were significantly associated with time to first ED visit, rehospitalization, or death by 60 days (Table 3). Each 1000 mL increment in net fluid output was associated with a 6% reduction in risk of the 60-day combined clinical end point. Each 4 lb loss of weight at 72 hours was associated with a 9% reduction in the risk, and each 10% reduction in NT-proBNP from baseline was associated with a 5% reduction in risk. After multivariable adjustment, there was a statistically significant association between both the net fluid loss and weight loss markers and reduction in the risk of time to the composite clinical end point. After adjustment for covariates, percent change in NT-proBNP at 72 hours was no longer significantly associated with the composite clinical end point.

### Table 1. Baseline Characteristics

<table>
<thead>
<tr>
<th>Variable</th>
<th>All Patients (N=308)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, y</td>
<td>68 (56 to 77)</td>
</tr>
<tr>
<td>Male</td>
<td>226 (73.4)</td>
</tr>
<tr>
<td>White race</td>
<td>222 (72.1)</td>
</tr>
<tr>
<td>Weight, lbs</td>
<td>206 (176 to 242)</td>
</tr>
<tr>
<td>Baseline furosemide dose, mg</td>
<td>120 (80 to 160)</td>
</tr>
<tr>
<td>Left ventricular ejection fraction, %</td>
<td>30 (20 to 50)</td>
</tr>
<tr>
<td>Ischemic pathogenesis</td>
<td>176 (57.1)</td>
</tr>
<tr>
<td>Atrial fibrillation/flutter</td>
<td>162 (52.6)</td>
</tr>
<tr>
<td>Baseline systolic blood pressure, mm Hg</td>
<td>115 (104 to 132)</td>
</tr>
<tr>
<td>Baseline heart rate, beats per minute</td>
<td>76 (69 to 85)</td>
</tr>
<tr>
<td>Baseline oxygen saturation, %</td>
<td>96 (94 to 98)</td>
</tr>
<tr>
<td>Jugular venous pressure ≥8 cm</td>
<td>267 (81.4)</td>
</tr>
<tr>
<td>Orthopnea ≥2 pillows</td>
<td>229 (77.9)</td>
</tr>
<tr>
<td>Sodium, mEq</td>
<td>139 (136 to 141)</td>
</tr>
<tr>
<td>BUN, mg/dL</td>
<td>31 (20 to 50)</td>
</tr>
<tr>
<td>Creatinine, mg/dL</td>
<td>1.43 (1.10 to 1.83)</td>
</tr>
</tbody>
</table>

BUN indicates blood urea nitrogen.

*Categorical variables reported as frequency (percent) and continuous variables reported as median (interquartile ratio).

**Table 2. Correlation Between Markers of Decongestion and Change in Dyspnea VAS AUC at 72 Hours**

<table>
<thead>
<tr>
<th>Marker of Decongestion</th>
<th>N</th>
<th>r</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net fluid loss at 72 h</td>
<td>239</td>
<td>0.07</td>
<td>0.27</td>
</tr>
<tr>
<td>Weight loss at 72 h</td>
<td>291</td>
<td>0.04</td>
<td>0.54</td>
</tr>
<tr>
<td>% reduction in NT-proBNP at 72 h</td>
<td>246</td>
<td>0.13</td>
<td>0.04</td>
</tr>
</tbody>
</table>

AUC indicates area under the curve; NT-proBNP, N terminal B-type natriuretic peptide; and VAS, visual analog scale.
sensitivity of the VAS measure of dyspnea, or, likely, some combination of these factors.

Clinical Usefulness of Markers of Decongestion

Net fluid loss and weight loss are both measures of changes in total body fluid.8 The correlation between these 2 markers was only moderate in our study, despite the fact that they ostensibly measure the same process. However, measurement of net fluid loss in hospitalized patients is often inaccurate because of inadvertently discarded urine, assumptions regarding fluid volume in food products, and insensible losses. Error may be introduced into the measure of body weight primarily because of imprecision of the scale or using different scales at different time points. Given these considerations, it is not unexpected that weight loss and net fluid loss would not be perfectly correlated, but they should be reasonable approximations of total body fluid loss if done carefully. Nevertheless, we failed to find a correlation between each of these measures and dyspnea relief at 72 hours. One potential explanation is that dyspnea relief requires more than just volume removal, but rather reduced pulmonary artery wedge pressure. The latter is not only a function of left ventricular end-diastolic volume (preload) but also of afterload and ventricular compliance.13 For example, a patient with pulmonary congestion in the setting of marked hypertension may achieve substantial symptom resolution with nitrate therapy resulting in venodilation (preload reduction) and arterial vasodilation (afterload reduction), even in the absence of changes in volume status.5

Correlation Between Markers of Decongestion and Dyspnea

Another potential explanation for the lack of correlation among weight loss, net fluid loss, and dyspnea relief may be related to the poor ability of currently used dyspnea instruments to accurately capture symptom relief.14 This has been an active topic in the heart failure literature as acute symptom relief is an important end point in trials of new therapies for ADHF.3,4,14 A variety of potential tools to assess dyspnea relief have been used in prior studies, including VASs, Likert scales, and numeric rating scales. Indeed, nesiritide was approved by the Food and Drug Administration in 2001 for the treatment of ADHF; ClinicalTrials.gov NCT01132846). Optimization Strategies Evaluation in Acute Heart Failure (ROSE-AHF; ClinicalTrials.gov NCT01132846).

Comparison With Prior Studies

Prior studies addressing these questions have had variable results. The Ultrafiltration Versus Intravenous Diuretics for Patients Hospitalized for Acute Decompensated Heart Failure (UNLOAD) trial comparing ultrafiltration and intravenous diuretic therapy reported significantly greater reduction in body weight and increased fluid loss in the ultrafiltration arm; however, there was no difference in the dyspnea score between the 2 therapies.8 In contrast, a post hoc analysis of the Efficacy of Vasopressin Antagonism in Heart Failure Outcome Study with Tolvaptan (EVEREST) trial did demonstrate a statistically significant, albeit weak, correlation between weight loss and dyspnea (r=0.20). However, there was no correlation between weight loss and subsequent clinical outcomes.9 Similarly, in the Evaluation Study of Congestive Heart Failure and Pulmonary Artery Catheterization Effectiveness (ESCAPE) trial, there was no association between weight loss and inpatient or outpatient clinical events. However, those in the highest tertile of weight loss had a significantly decreased orthopnea score.10 This study found an association between improvement in dyspnea at 72 hours and clinical outcomes at 60 days. These data are similar to prior work by Metra and colleagues demonstrating a relationship between dyspnea improvement and postdischarge clinical outcomes.17,18 However, in the present study, this association was no longer statistically significant after adjusting for baseline characteristics.

Table 3. Unadjusted and Adjusted Relationship Between Change in Markers of Decongestion at 72 Hours and 60-day Risk of Emergency Department Visit, Rehospitalization, or Death

<table>
<thead>
<tr>
<th>Marker of Decongestion</th>
<th>Unadjusted HR* (95% CI)</th>
<th>Adjusted HR† (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net fluid loss at 72 h (per 1000 mL)</td>
<td>0.94 (0.88–0.99)</td>
<td>0.93 (0.88–1.00)</td>
</tr>
<tr>
<td>Weight loss at 72 h (per 4 lbs)</td>
<td>0.91 (0.85–0.97)</td>
<td>0.92 (0.85–0.98)</td>
</tr>
<tr>
<td>% reduction in NT-proBNP at 72 h (per 10%)</td>
<td>0.95 (0.91–0.99)</td>
<td>0.97 (0.93–1.02)</td>
</tr>
</tbody>
</table>

CI indicates confidence interval; HR, hazard ratio; and NT-proBNP, N terminal B-type natriuretic peptide.

*HR from the unadjusted cox regression model.
†HR from the adjusted cox regression model.

Markers of Decongestion and Short-term Clinical Outcomes

The finding of a moderate correlation between both weight loss and net fluid loss and 60-day death, rehospitalization, or ED visit differs from findings in the ESCAPE trial in which there was no correlation between weight loss and clinical
outcomes. One potential reason for the difference is that the ESCAPE cohort was sicker and, hence, their degree of illness may have mitigated the effects of volume removal as an independent predictor of clinical outcomes.\(^5\) In comparison, patients undergoing ultrafiltration, in the UNLOAD trial, had decreased risk of 90-day clinical events (rehospitalization, unscheduled physician visits) in conjunction with greater average volume removal.\(^8\)

The absence of a significant relationship (adjusted for baseline variables) between percent change in NT-proBNP at 72 hours and 60-day clinical outcomes was unexpected as several small studies have previously documented such a relationship.\(^9-12\) Given that there still appeared to be a trend toward improved outcomes among those with greater reductions, this finding may represent a limitation of our sample size.

Finally, the study found that for each additional marker of decongestion greater than the median value, event rates improve noticeably. This suggests that a strategy of evaluating all available data concerning a given patient’s volume status is preferable than focusing on only one such as the change in weight.

**Clinical Implications**

Our study has several important clinical implications. Individual markers of decongestion as currently measured them do not correlate well with symptom relief. This finding may reflect the heterogeneity of acute heart failure syndromes and the lack of sensitivity of current dyspnea instruments. However, multiple markers of decongestion in the same patient are associated with improved clinical outcomes such as fewer ED visits, readmissions, or death compared with fewer or no markers of decongestion. These results suggest that measuring markers of decongestion continue to have clinical usefulness in the care of hospitalized patients, but should be interpreted in the context of patient reported symptoms and physical examination findings.

**Limitations**

This was a post hoc retrospective observational study of a clinical trial. There may be residual or unmeasured confounding even after multivariable adjusting. Additionally, the sample size was relatively small that decreased our ability to detect a difference when performing the analysis. Measurement errors may have been introduced in determining net fluid balance based on human error. For example, urine output may not fully represent all fluid loss given other insensible losses. Likewise, use of different weight scales or nonstandardization of time-of-day for weight measurement may have introduced error into the weight loss variable. However, our results are meant to inform real-world practice where such measurement is likely to occur. Because this was a clinical trial, exclusion criteria were implemented, in part, related to stability (systolic blood pressure >90 mm Hg, lack of vasoactive medications) and renal function (serum creatinine <3 mg/dL). These exclusions could limit the generalizability of these results to less stable patients or those with marginal renal function.

**Conclusion**

Among 3 markers of decongestion, net fluid loss at 72 hours, weight loss at 72 hours, and percent reduction in NT-proBNP at 72 hours, only percent reduction in NT-proBNP was correlated, albeit modestly, with symptom relief. Among several baseline characteristics considered, only orthopnea at admission was associated with change in dyspnea at 72 hours. Finally, after adjustment for potential confounders, only net fluid loss and weight loss at 72 hours were modestly associated with time to death, rehospitalization, or ED visit at 60 days. These data underscore the current knowledge gaps regarding the relationship among dyspnea, congestion, and outcomes in patients with ADHF: Greater understanding of the biology of dyspnea and decongestion in ADHF will be critical if these concepts are to continue to be targets for drug development.

**Sources of Funding**

This study was funded by National Institutes of Health, National Heart, Lung, and Blood Institute. Dr Kociol was supported by the National Heart, Lung, and Blood Institute’s Heart Failure Network as a Heart Failure Network skills development core fellow.

**Disclosures**

Drs Hernandez and Braunwald report research/grant support from Johnson & Johnson. The other authors have no conflicts to report.

**References**


**CLINICAL PERSPECTIVE**

Congestion is the primary driver of symptoms in heart failure hospitalizations, yet how best to measure congestion is unknown. Using data from the Diuretic Optimization Strategy Evaluation in Acute Heart Failure (DOSE-AHF) study enrolling patients with acute decompensated heart failure, we sought to understand the relationship between commonly measures markers of congestion (weight loss, fluid loss, and change in natriuretic peptide levels) and symptom relief as well as short-term clinical outcomes. We found that changes in weight, measured fluid loss, and the percentage change in N-terminal pro-B-type natriuretic peptide poorly correlated to symptom relief as measured at 72 hours on dyspnea VAS. Yet, we did find a small, statistically significant, correlation between these markers and the short-term clinical outcome of time to death, rehospitalization, or emergency department visit by 60 days. Further, a stepwise inverse relationship between the number of markers of congestion present and better 60-day clinical outcome was observed. These data suggest the need for further research to determine the best clinical measures of adequate decongestion among patients with acute decompensated heart failure.
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Circ Heart Fail. 2013;6:240-245; originally published online December 18, 2012; doi: 10.1161/CIRCHEARTFAILURE.112.969246

Circulation: Heart Failure is published by the American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231
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Print ISSN: 1941-3289. Online ISSN: 1941-3297

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