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Workshop

_ Frage 1

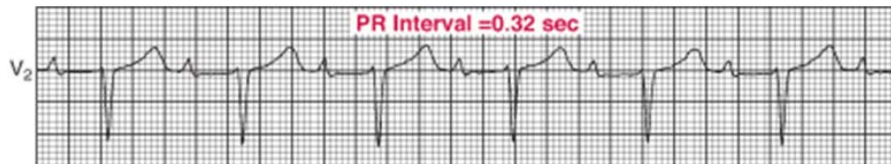
_ Kommentare und Fragen zum Referat

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_ Frage 2

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Was bedeutet das in Hinblick auf kardiale Folgeerkrankungen?

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Analysis of the Electrocardiograms Obtained from 1000 Young Healthy Aviators

Ten Year Follow-up

By Lt. JOHN M. PACKARD, MC, USN, JOHN S. GRAETTINGER, M.D., AND
CAPT. ASHTON GRAYBIEL, MC, USN

Circulation 1954;10:384-400

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SUBJECTS AND PROCEDURE

One thousand pilots and flight students served as subjects for the first electrocardiographic study which was carried out from July 1940 to March 1942.* Nine hundred and fifteen were naval aviators or flight students, and the remainder were advanced student aviators in one of the government sponsored training programs. They were all men whose ages ranged from 20 to 30 years with a mean of 23.7 years. They had been selected for flight training only after meeting the most exacting physical requirements and, in addition, each subject received a careful physical examination at the

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more occurred. Clinical evidence of heart disease had not developed in any of the men with electrocardiograms showing short or long P-R intervals or a marked change in P-R interval within the normal range.

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Long-term Outcomes in Individuals With Prolonged PR Interval or First-Degree Atrioventricular Block

JAMA. 2009;301(24):2571-2577

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Table 1. Baseline Characteristics

Characteristic	All (N = 7575)	Baseline PR Interval	
		>200 ms (n = 124)	≤200 ms (n = 7451)
Age, mean (SD), y	47 (15)	55 (16)	46 (15)
Women, No. (%)	4089 (54)	34 (27)	4055 (54)
Body mass index, mean (SD) ^a	25.8 (4.3)	26.6 (3.4)	25.8 (4.3)
Cigarette smoking, No. (%)	3417 (45)	52 (42)	3365 (45)
Hypertension, No. (%)	2462 (33)	53 (43)	2409 (32)
Diabetes mellitus, No. (%)	661 (9)	24 (19)	637 (9)
Ratio of total to HDL cholesterol, mean (SD)	4.4 (1.6)	4.6 (1.7)	4.4 (1.6)
Valve disease, No. (%)	432 (6)	14 (11)	418 (6)
Prior MI or CHF, No. (%)	169 (2)	12 (10)	157 (2)
Heart rate, mean (SD), beats/min	76 (14)	65 (12)	76 (14)
Electrocardiographic LVH, No. (%)	69 (1)	2 (2)	67 (1)
Atrial premature beats, No. (%) ^b	76 (1)	1 (1)	75 (1)
QRS interval, mean (SD) ms	87 (10)	93 (16)	87 (10)
PR interval, mean (SD) ms	151 (20)	216 (15)	150 (19)
PR interval, median (IQR) ms	149 (137-163)	211 (205-221)	149 (137-162)

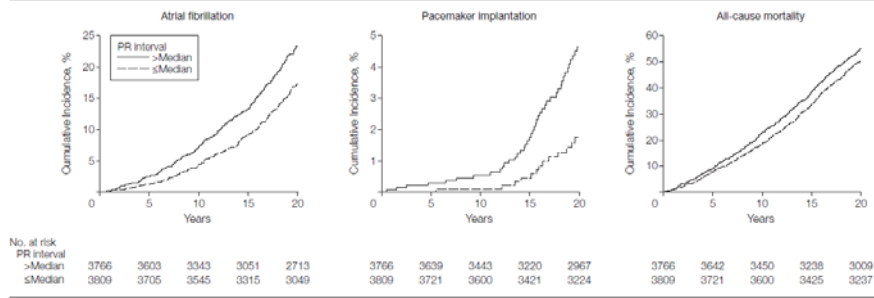
Abbreviations: CHF, congestive heart failure; HDL, high-density lipoprotein; IQR, interquartile range; LVH, left ventricular hypertrophy; MI, myocardial infarction.

^aCalculated as weight in kilograms divided by height in meters squared.

^bDefined based on a 10-second rhythm strip.

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Figure. Cumulative Unadjusted Incidence of Atrial Fibrillation, Pacemaker Implantation, and All-Cause Mortality Among Individuals With Baseline PR Interval Above or Below the Median (149 milliseconds)



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Table 4. First-Degree Atrioventricular Block and Risks of Atrial Fibrillation, Pacemaker Implantation, and All-Cause Mortality^a

End Point	HR (95% CI)							
	All				No Nodal-Blocking Medications			
	Unadjusted	P Value	Multivariable-Adjusted	P Value	Unadjusted	P Value	Multivariable-Adjusted	P Value
Atrial fibrillation ^b	4.26 (2.85-6.38)	<.001	2.06 (1.36-3.12)	<.001	4.91 (3.23-7.48)	<.001	2.36 (1.53-3.64)	<.001
Pacemaker implantation ^c	10.26 (6.66-15.82)	<.001	2.89 (1.83-4.57)	<.001	13.30 (7.76-22.80)	<.001	4.32 (2.46-7.59)	<.001
All-cause mortality ^d	2.72 (2.11-3.51)	<.001	1.44 (1.09-1.91)	.01	2.86 (2.18-3.76)	<.001	1.48 (1.10-1.99)	.01

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Konsequenzen für die Praxis

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_ Frage 2

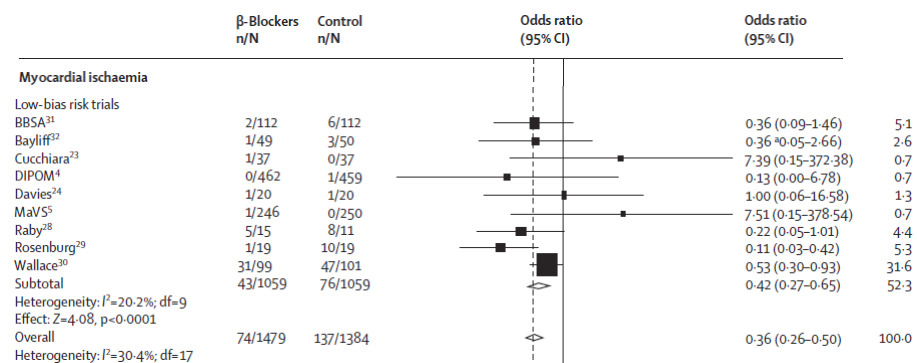
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Grundsätzliche Planung einer Studie

– Was bringt die Einnahme (per os oder i. v.) von Betablockern in der perioperativen Phase bei Patienten mit einer nicht-kardialen Operation?

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Perioperative β blockers in patients having non-cardiac surgery: a meta-analysis



Lancet 2008; 372: 1962-76

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Resultate

- _ 1000 Patienten (P) perioperativ mit einem Betablocker behandelt, in der behandelten Gruppe
 - _ 16 P weniger nicht fataler Myokardinfarkt
 - _ 3 P mehr invalidisierender Schlaganfall
 - _ 45 P mehr klinisch signifikante perioperative Bradykardien
 - _ 59 P mehr mit Hypotonie
 - _ möglicherweise erhöhte Gesamtmortalität (~3 Patienten)