

The St Vincent’s Screening To Prevent Heart Failure Study (STOP): Impact of Natriuretic Peptide Guided Screening and Treatment on Long-Term Prevalence of Left Ventricular Dysfunction, Heart Failure and Cardiovascular Events

History: Natriuretic peptides may be a reliable marker to diagnose the status of heart failure.

Questions to answer: Does natriuretic peptide (NP) guided screening and shared care treatment impact the long-term prevalence of left ventricular dysfunction, heart failure and CV events?

Trial Design	Prospective, randomized N= 1374; average age 64.7 yrs. Control group: over 40 years; risk factors for HF ;screened yrly. for CV risk/ plasma natriuretic peptide (NP); treated by family physician Intervention group : B-Type NP levels over 50 pg/mL ;echocardiography and care shared between the family physician and specialist F/U: average of 4.3 yrs.	
Primary Endpoint	Prevalence of LVD and HF	
Trial Results	Control Group: LV/HF: 8.7% Hospitalization from CV events: 40.4%	Intervention Group: LV/HF: 5.3% Hospitalization from CV events: 22.3%

Take Away: Patients at risk of HF receiving shared care treatment and NP guided screening had a reduction in the long term prevalence of LVD and HF as well as the incidence rate of major CV events.