

The ASTRONAUT Study: Aliskiren Trial On Acute Heart Failure Outcomes

History: Patients hospitalized for heart failure (HF) have high risk of early post-discharge re-hospitalization and mortality.

Question to answer: Does aliskiren, a blood pressure lowering drug, reduce rates of re-hospitalization and CV mortality in hospitalized heart failure patients at 6 months post-discharge?

Trial Design	International, randomized, double-blind, placebo-controlled trial 319 sites; N = 1,639 Randomization: Standard therapy plus daily aliskiren 150 mg (increased to 300 mg) or placebo		
Primary Endpoint	First occurrence of CV death or HF re-hospitalization at 6 and 12 months post-discharge.		
Trial Results	Aliskiren Group (N=821) CV death = 9.5% HF re-hospitalization = 18.9%	Placebo Group (N=818) CV death = 10.5% HF re-hospitalization = 20.6%	P-value 0.60 0.35

Take Away: Patients in both groups demonstrated similar rates of CV death and HF re-hospitalization. No beneficial effects were seen from adding aliskiren to standard care.