



Gulf DYSPNEA

Study Title: Gulf Documentation of ambulatory Sick Patients with heart Failure Registry

Study Acronym: Gulf DYSPNEA Registry

Sponsor: Gulf Heart Association

Registration: Clinicaltrials.gov identifier code is NCT02793180

Principal Investigator: Professor Mohammad Zubaid

Start of enrollment: November 2016

End of enrollment: Estimate one year to enroll 4,000 patients

Target Sample Size: 4000 patients

Study Design: Regional, cross sectional, non-interventional, observational disease survey of all consecutive patients already diagnosed with heart failure and presenting to the outpatient clinic of a physician investigator involved in this registry.

Follow planned: None

Steering Committee:

- Kingdom of Bahrain (Bahrain): Dr Rashed Al Banna and Dr. Adel Khalifa
- Kuwait: Dr Mohammad Aljarallah, Dr. Wafa Rashed, Dr Mustafa Ridha and Professor Mohammad Zubaid
- Qatar: Dr Nidal Asaad
- Sultanate of Oman (Oman): Dr Kadhim Sulaiman
- United Arab Emirates (UAE): Dr Wael Almahmeed, Dr Arif Almulla, Dr Fahad Baslaib, Dr Nooshin Bazargani



Primary Objectives:

- Describe the causes of heart failure in the ambulatory patients in the outpatient setting.
- Describe the distribution of heart failure types in this population in terms of preserved or reduced left ventricular systolic function.
- Assess the management (medicines and devices) these patients receive in the outpatient setting and evaluate degree of physicians' adherence to guidelines of heart failure management.

Secondary Objectives:

- Assess the degree and level of investigations these patients undergo.
- Evaluate the functional status of these patients mainly through mobility, dressing and showering. This has been used by Kansas City Cardiomyopathy Questionnaire and modified in a simple fashion to fit into the CRF and be a variable that can be collected in a reasonable easy fashion.
- Study the influence of risk factors on the causes and management of heart failure in these patients.
- Identify gaps in the management of these patients.
- Compare management practices in this region of the world to the known practice in Western world from published literature.
- Identify areas in heart failure diagnosis and management we need to focus on and might form potential subjects for future research.
- Establish a network of Gulf hospitals and investigators who are willing to do research. This network will serve as a nucleus for future regional and international heart failure projects.

**Inclusion Criteria:**

A patient who:

- Is over the age of 21.
- Has been admitted to hospital with a diagnosis of heart failure, more than 3 months prior to enrolment.
- Has a documented echocardiography study.
- Is presenting to the outpatient clinic of a physician for follow up.
- Provides a written consent.

Exclusion Criteria:

- Prior enrolment in this study.
- Refusal or inability to provide consent.