

CardioSic



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ARITMIE 289

FIBRILLAZIONE ATRIALE (FA) (ARITMIE) ELETTROCARDIOGRAFIA/ CARDIOVERSIONE/ DEFIBRILLAZIONE (ARITMIE) BIOLOGIA MOLECOLARE CARDIOVASCOLARE (GENETICA E BIOLOGIA MOLECOLARE)

ATRIAL FIBRILLATION AND FRAILTY DEVELOPMENT IN OLDER PATIENTS. DO THERAPEUTIC OPTIONS EXERT A PROTECTIVE EFFECT? THE CAFFE STUDY

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The CAFFE study is a prospective observational investigation conducted to evaluate the efficacy of rhythm control strategies in managing atrial fibrillation (AF) in elderly frailty patients.

AF is a cardiac arrhythmia highly prevalent among the elderly, associated with severe complications and rapid functional decline leading to frailty and disability. Currently, AF therapy is based on two different therapeutic approaches: a rhythm control strategy and a rate control strategy.

The literature underscores the lack of clarity regarding the effects of rhythm control versus rate control strategies, especially concerning crucial endpoints for elderly patients, such as the incidence of frailty and disability and the impairment of quality of life (HRQL). The CAFFE study aims to fill these knowledge gaps by focusing on fundamental aspects in the management of older subjects with AF, providing data essential to support therapeutic options finalized at improving clinical outcomes and HRQL.

The multicenter CAFFE study, conducted in Centers of the Universities of Florence, Pisa, and Bologna, evaluates AF management strategies in diverse clinical settings and patient groups.

The study includes a baseline and a follow-up visit (1 month), comprising traditional cardiological and

clinical evaluations, and the Comprehensive Geriatric Assessment with frailty estimation; in particular, different tests will be performed, including the "Short Physical Performance Battery" (SPPB), the "Mini-Mental State Examination" (MMSE), the 15-item Geriatric Depression Scale (GDS-15), the "12-item Short Form Health Survey" (SF-12), the Katz Activities of Daily Living (Katz ADL), the Lawton Instrumental Activities of Daily Living (Lawton IADL), and the "Frail non-Disabled" (FiND) questionnaire.

Specific laboratory analyses will also be performed, defining the state of chronic inflammation and the metabolomic/lipidomic profiles, aiming at characterizing some of the biological mechanisms influencing clinical outcomes and potential predictors of treatment efficacy.

The study will be focused on the comparison of the improvements of functional status and reductions of frailty between patients undergoing a rhythm-control and a rate-control strategy of the arrhythmia. Additionally, the study aims to understand the differential effects of the interventions on depressive symptoms and HRQL, and to investigate the effects of treatment on the neuro-cognitive profile of older AF patients.

Moreover, secondary objectives of the study include

the assessment of age-related different responses to therapy in functional and cognitive status, frailty condition, depressive symptoms, and HRQL.

Concluding, the CAFFE study seeks to provide valuable insights to optimize AF management strategies in order to reduce frailty and to improve functional outcomes, HRQL, and cognitive performance of older patients with the persistent forms of the arrhythmia,

thereby addressing some knowledge gaps of current evidence.

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