

Background

- Despite all the advances in the management of coronary artery disease (CAD), it still represents the leading cause of death all over the world. Still, in Europe, we have been observing a trend towards less mortality of CAD.
- Over the last 2 decades European Society of Cardiology (ESC) has released 2 guidelines for the management of acute myocardial infarction in patients presenting with ST-segment elevation (STEMI). However, its impact on Portuguese patients has yet to be determined.

Purpose

To evaluate the impact of 2012 ESC STEMI guidelines on the prognosis of a cohort of patients admitted for STEMI in a coronary care unit (CCU).

Methods

We analyzed data from 2091 patients admitted for STEMI in a portuguese CCU. Patients were stratified in **2 groups** according to management based on the effective STEMI guidelines and clinical consensus at the time (**before and after 2012**). We compared both groups for severity of CAD, comorbidities, in-hospital stay length, revascularization strategies and mortality rate during in-hospital stay, in 1 month, 6 months, 1 year, 3 years and 5 years.

Conclusions

Portuguese STEMI patients changed over the years: they became younger with a higher comorbidity burden. However, these facts did not reflect on the severity of STEMI on admission. The publication of 2012 STEMI guidelines seemed to bring a superior quality of care to patients, who showed better outcomes when managed accordingly to the publication.

Results

Antecedents	<2012 (n=1149)	>2012 (n=942)	p
Age (years)	67.2±13.8	65.7±13.7	0.011
Male sex (%)	70.8	75.3	0.019
Arterial Hypertension (%)	72.8	68.9	0.064
Dyslipidemia (%)	72	78.4	0.04
Diabetes (%)	59	42.6	<0.001
Active smoking (%)	21.6	26.8	0.06
Sedentary lifestyle (%)	19.1	24.1	0.06

Clinical Characteristics	<2012 (n=1149)	>2012 (n=942)	p
TIMI (points)	2.61±1,4	2,53±1.5	0.343
GRACE (points)	152±41	150±42	0.491
Hospitalisation (days)	5.15±11.3	4.79±3.9	0.349
Reperfusion (%)	97.6	97.3	0.783
Statins pre-hospitalisation (%)	40.7	50.7	0.001
Beta-blockers pre-hospitalisation (%)	22.3	27.6	0.044
ACE-inhibitors pre-hospitalisation (%)	40.1	37	0.302
Aspirin pre-hospitalisation (%)	31.9	29.2	0.351
Mean diseased vessels with > 50% lesion	1.78±0.9	1.82±0.9	0.469
“Blank” coronary angiography (%)	5.4	4.6	0.502

Mortality

