

# Cardiomyopathy

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## Keywords

general practice; heart diseases



Cardiomyopathy is a disease that causes the heart muscle to become weak and ineffective, reducing the heart's ability to pump blood through the body and possibly leading to heart failure.<sup>1</sup> The rate at which cardiomyopathy was recorded by general practitioner (GP) participants in the BEACH program has not changed significantly since 2000. On average, it was managed at 0.9 per 1000 encounters between April 2000 and March 2013, a total of 1175 times over that period. In 9 out of 10 cases, GPs used the general term cardiomyopathy, whereas in the other 10% this was specified as hypertrophic, congestive, secondary or restrictive.

Male patients were three times more likely than female patients, and patients aged ≥45 years were seven times more likely than younger patients to have cardiomyopathy managed (Figure 1). The most common other problems managed with cardiomyopathy were diabetes, atrial fibrillation and hypertension.

## Management of cardiomyopathy

There were 115 medications recorded per 100 cardiomyopathy problems, which is a higher rate than average for all encounters in BEACH (69 per 100 problems). Frusemide and carvedilol were each recorded at a rate of 17 per 100 cardiomyopathy problems managed. Other treatments were recorded at a rate of 21 per 100 cardiomyopathy problems managed, lower than the average rate of 35 per 100 total problems. They comprised clinical treatments, almost all of which were counselling or advice and procedures, the most common of which were INR tests at point of care. Referrals were provided at a rate of 11 per 100 cardiomyopathy problems and most were to cardiologists. Pathology tests were ordered often (40 per 100 cardiomyopathy problems), but imaging orders were infrequent (Table 1). Cardiomyopathy is one of the less commonly managed problems in general practice and the management rate has remained steady over the past 13 years.

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## Reference

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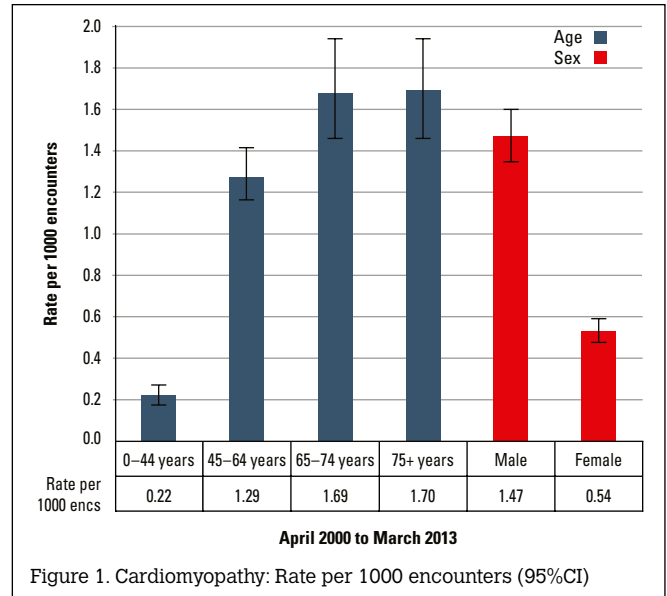


Table 1. Treatments for cardiomyopathy

Treatment	Number of treatments	Rate per 100 cardiomyopathy problems	Proportion of each treatment type (%)
<b>Medications</b>	<b>1351</b>	<b>115.0</b>	<b>100.0</b>
Frusemide	202	17.2	15.0
Carvedilol	194	16.5	14.4
Warfarin	116	9.9	8.6
Perindopril	87	7.4	6.4
Ramipril	82	7.0	6.1
<b>Other treatments</b>	<b>251</b>	<b>21.4</b>	<b>100.0</b>
Advice medication	41	3.5	16.3
Counselling	40	3.4	15.9
INR tests	22	1.9	8.8
<b>Referrals</b>	<b>131</b>	<b>11.1</b>	<b>100.0</b>
Cardiologist	112	9.5	85.5
<b>Pathology tests</b>	<b>471</b>	<b>40.1</b>	<b>100.0</b>
EUC	89	7.6	18.9
Full blood count	72	6.1	15.3
Coagulation	71	6.0	15.1
<b>Imaging</b>	<b>45</b>	<b>3.8</b>	<b>100.0</b>
Echocardiography	29	2.5	64.4