

**TITLE:** Quality of Life Evaluation in Peripartum Cardiomyopathy Patients: A Focus on Women's Heart

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### **ABSTRACT**

**Introduction:** There is limited information available regarding the quality of life (QoL) in patients with Peripartum Cardiomyopathy (PPCM). We assessed how the disease impacted the day-to-day functioning of respondents, who were concerned about their QoL in the two weeks preceding the survey.

**Methods:** The study involved 24 subjects treated at the Institute for Cardiovascular Diseases of Vojvodina from January 2006 to December 2019. The Kansas City Cardiomyopathy Questionnaire (KCCQ) was used to assess their quality of life. The collected data were statistically processed.

**Results:** The mean age of the subjects was  $37 \pm 6.4$  years, with an average time since initial diagnosis of  $5.9 \pm 3.4$  years. Out of 24, thirteen participants completed the questionnaire, and a majority of respondents (53.8%) reported feeling sad or discouraged due to the effects of heart failure on their lives. Only 30.8% of respondents expressed complete satisfaction with the idea of living at their current level due to heart failure. Fatigue and weakness were reported by 76.9% of female participants. The initial left ventricle ejection fraction (EFLV) was predominantly severely impaired, while the currently measured EFLV averaged  $55 \pm 9.6\%$ . At follow-up, 38.4% showed no symptoms of heart failure. A majority (76.9%) were unable to engage in high-intensity physical activities.

**Conclusion:** Although most patients experience cardiac muscle recovery after the acute phase of PPCM, the disease continues to have long-term effects on their quality of life and mental well-being.

**Keywords:** peripartum cardiomyopathy; QoL; KCCQ; quality of life evaluation

## **BIOGRAPHY**

Dr. Marija Vesić was born in 1996 in Sremska Mitrovica, Serbia.

She attended The Faculty of Medicine of the University of Novi Sad, she graduated in September 2021.

During her studies, she was a scholarship recipient of the Ministry of Education, Science and Technological Development, a student demonstrator at the Department of Anatomy, and was actively engaged in scientific research in the field of Internal Medicine - cardiology.

In September 2021, she was admitted to the Department of Cardiology at the Institute for Cardiovascular Diseases of Vojvodina as part of her regular internship, where she will stay for the next eight months.

Since June 2022, she has been employed at the Sremska Mitrovica General Hospital. In 2024, she was approved to register for specialization in the field of internal medicine.

**Presenter Name:** Marija Vesić

**Mode of Presentation:** Oral

