Newcastle University

The Newcastle upon Tyne Hospitals NHS Foundation Trust

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The British Heart Foundation SENIOR-RITA Trial

Invasive Treatment Strategy for Older Patients with Myocardial Infarction

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Take Home Messages

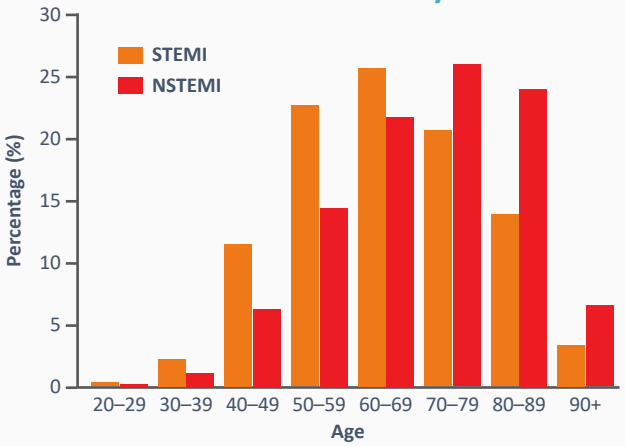
- The SENIOR-RITA trial is the largest trial to date in older adults with heart attacks than all previous trials combined.
- Among older adults with type I NSTEMI, an invasive strategy is safe.
- An invasive strategy did not significantly reduce the combined risk of cardiovascular death or non-fatal myocardial infarction as compared with a conservative strategy.
- Treatment with an invasive strategy did reduce the risk of non-fatal myocardial infarction and subsequent revascularization.
- The results provide a foundation for older heart attack patients and their clinicians to make an informed decision about whether to undergo invasive coronary angiography or not.

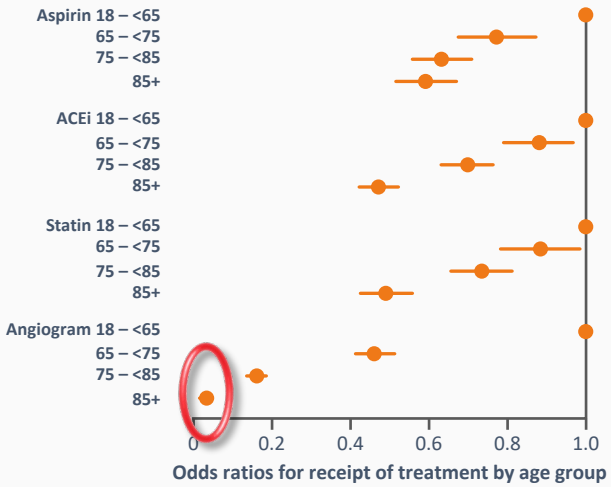
Background: Optimal care underutilised in older patients

50% of NSTEMI occurs in patients aged ≥70years!

NICOR Myocardial Ischaemia National Audit Project (MINAP)

Frequency distribution of STEMI and NSTEMI in 2013/14





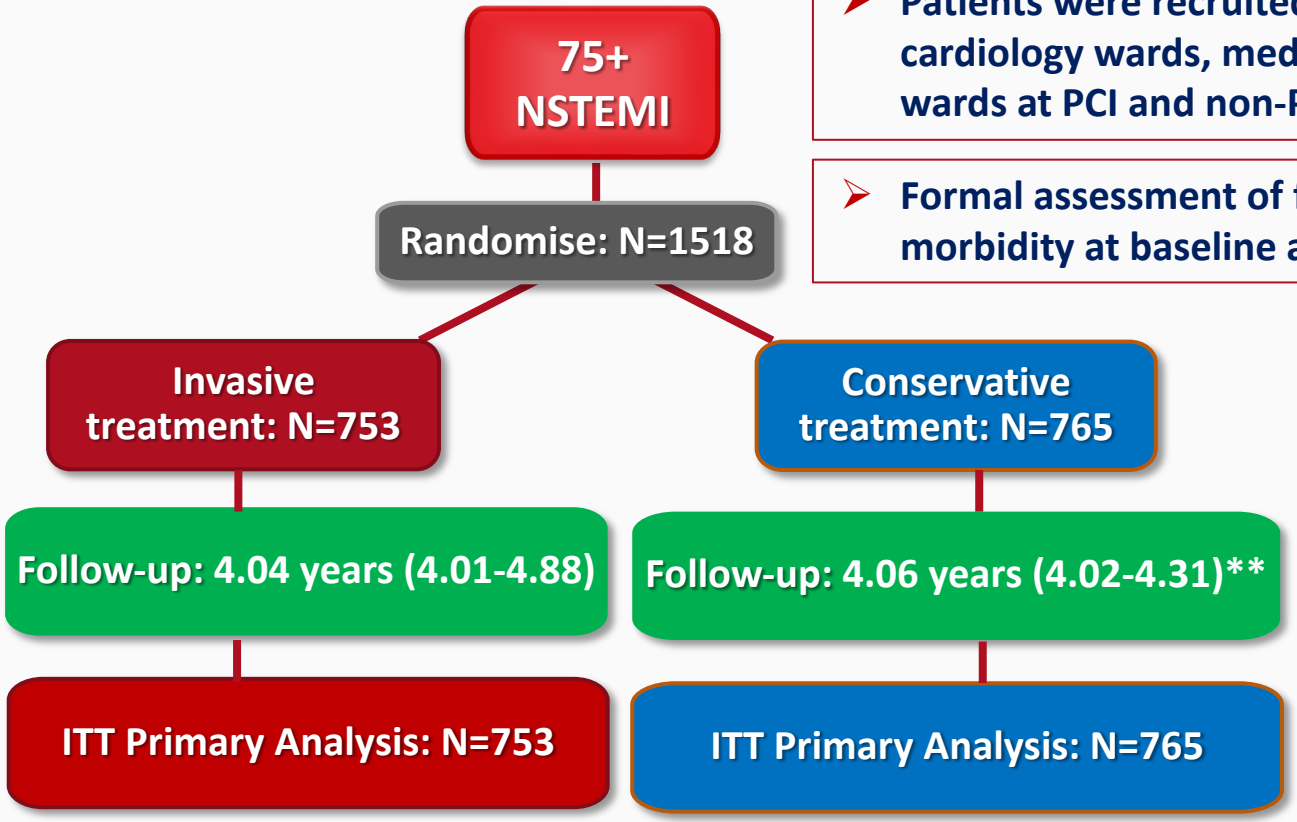
Questions:

- Older adults undertreated?
- What about the rest-86%?
- Fear of complications?
- Futility?
- Care is diverse

Only **14% of those ≥85 years** receive angiography

Zaman J et al. Eur Heart J 2014;35(23):1551–1558.

STUDY FLOW



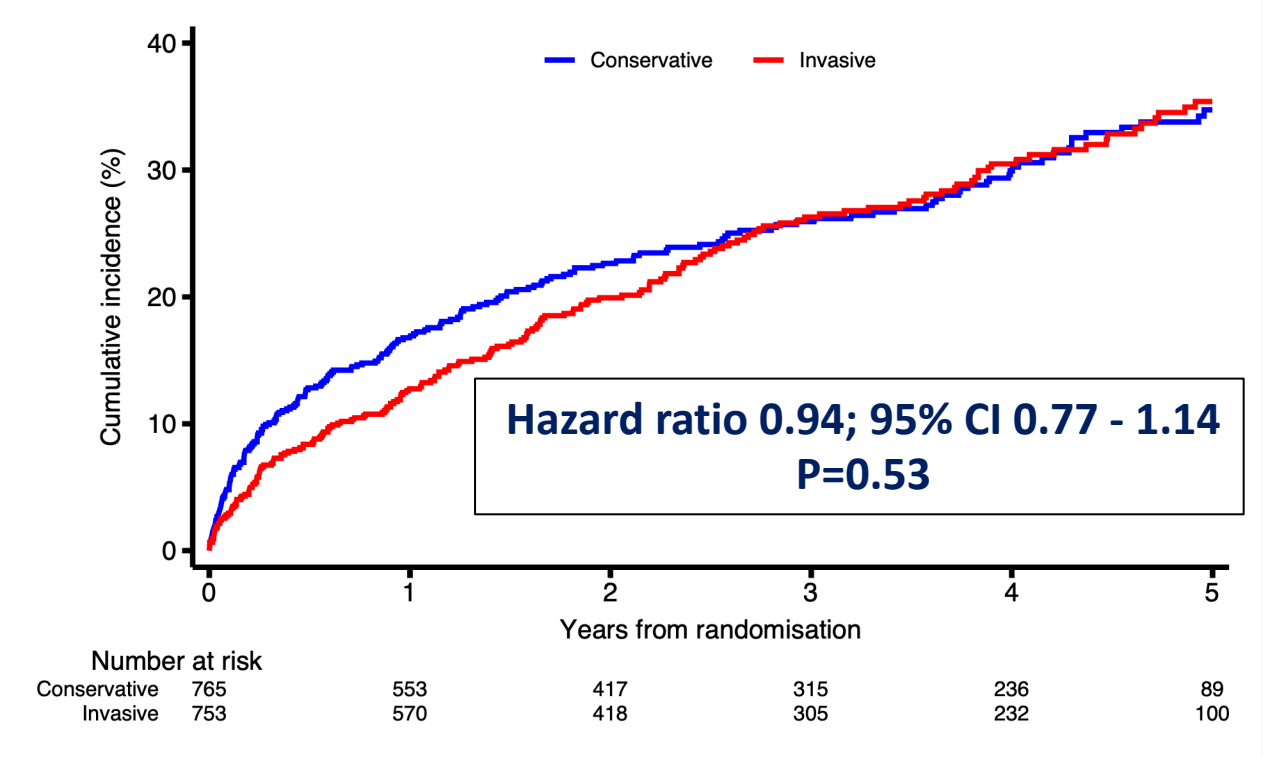
- Patients were recruited from EDs, MAU, cardiology wards, medical wards, geriatric wards at PCI and non-PCI centres
- Formal assessment of frailty, cognition, co-morbidity at baseline and follow-up

Salient features:

- 45% Female
- 72% ≥80 years
- Oldest 103 years
- 80% Prefrail/Frail
- 60% MoCA <26
- Median CCI = 5

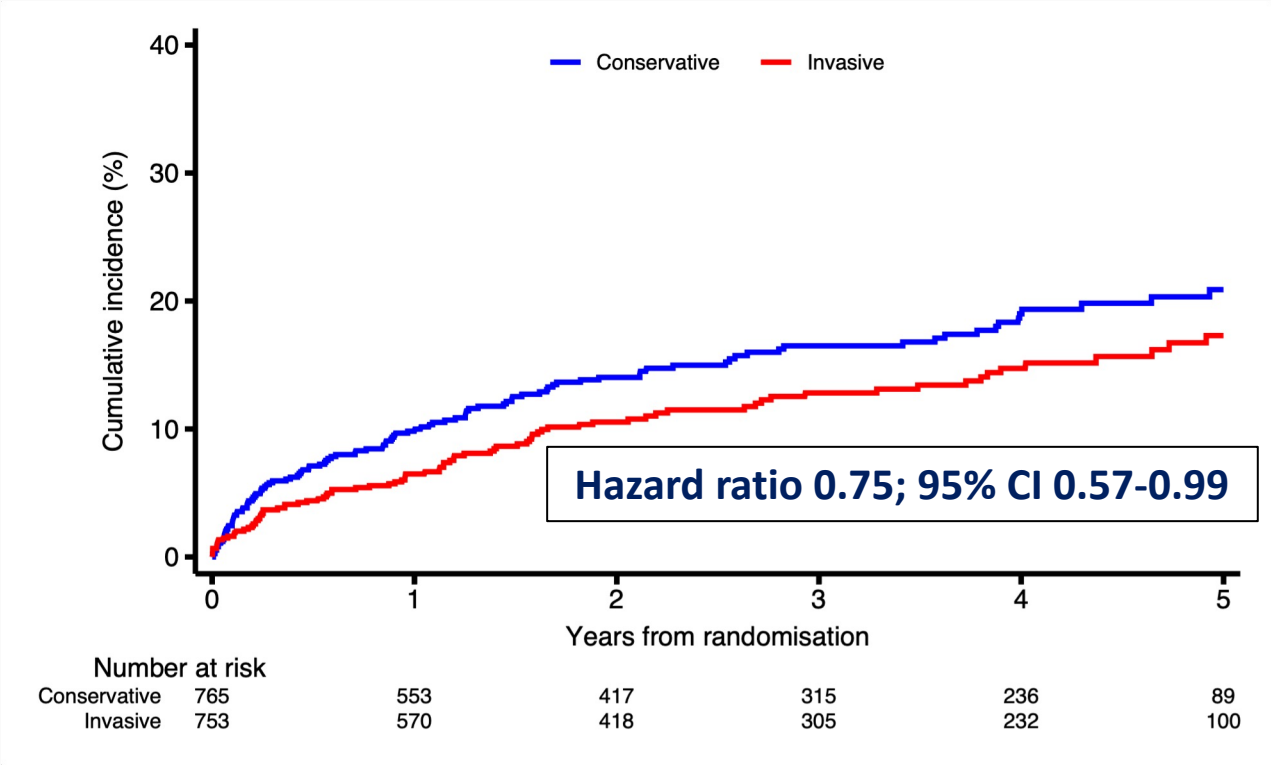
ED-emergency department; MAU-medical admissions unit; PCI-percutaneous coronary intervention
MoCA-Montreal cognitive assessment; CCI-Charlson co-morbidity index; ITT-Intention to treat

PRIMARY OUTCOME: COMPOSITE OF CV DEATH OR NON-FATAL MI

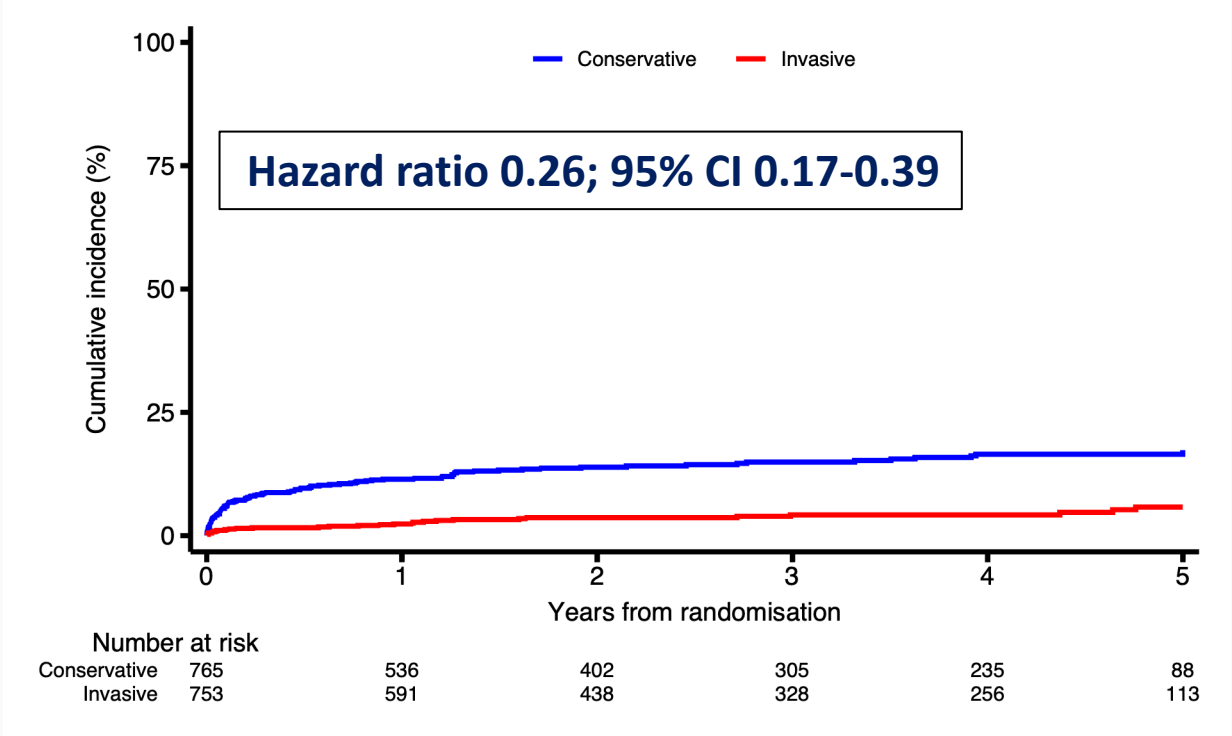


CV-Cardiovascular; MI Myocardial infarction; CI-Confidence interval

NON-FATAL MYOCARDIAL INFARCTION



SUBSEQUENT REVASCULARISATION



Key messages

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