



**Current Medical and Social Issues for Hospitalized
Heart Failure Patients in Japan and Factors for
Improving Their Outcomes**
— Insights From the REAL-HF Registry —

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Supplementary Table 1. Patient Characteristics for the Propensity-Matched Cohort-1

	Introduction of outpatient cardiac rehabilitation		P value
	Presence (n=48)	Absence (n=48)	
Age (years)	69±18	68±15	0.83
Male (%)	28 (58.3)	26 (54.2)	0.68
Living circumstances (alone)	11 (22.9)	10 (20.8)	0.81
History of hospitalized HF (presence)	14 (29.2)	16 (33.3)	0.66
Underlying heart disease			
Ischemic	14 (29.2)	12 (25.0)	0.65
Valvular	15 (31.3)	14 (29.2)	0.82
Hypertensive	8 (16.7)	10 (20.8)	0.60
Other	20 (41.7)	21 (43.8)	0.84
HF severity at admission			0.71
NYHA I	1 (2.1)	0 (0.0)	
NYHA II	12 (25.0)	10 (20.8)	
NYHA III	16 (33.3)	16 (33.3)	
NYHA IV	19 (39.6)	22 (45.8)	
Comorbidity			
Hypertension	29 (60.4)	29 (60.4)	1.00
Diabetes mellitus	16 (33.3)	19 (39.6)	0.52
Dyslipidemia	14 (29.2)	14 (29.2)	1.00
Atrial fibrillation	15 (31.3)	16 (33.3)	0.83
CKD	17 (35.4)	13 (27.1)	0.38

Obesity (BMI \geq 28)	8 (16.7)	13 (27.1)	0.22
Smoking	15 (31.3)	18 (37.5)	0.52
COPD	3 (6.3)	4 (8.3)	0.69
EF (%)	40.5 \pm 17.1	44.7 \pm 17.2	0.24
MMSE score	27 \pm 3	27 \pm 3	0.60
EQ5D score	0.77 \pm 0.18	0.78 \pm 0.23	0.98
Use of home nursing-care services (at 3-month after discharge)	14 (29.2)	13 (27.1)	0.82

Data expressed as mean \pm standard deviation or number (proportion, %).

CKD, chronic kidney disease; COPD, chronic obstructive pulmonary disease; EF, ejection fraction; EQ5D, EuroQol 5 dimensions; HF, heart failure; MMSE, Mini Mental State Examination; NYHA, New York Heart Association.

Supplementary Table 2. Patient Characteristics for the Propensity-Matched Cohort 2

	Completion of outpatient cardiac rehabilitation		P value
	Presence (n=26)	Absence (n=26)	
Age (years)	67±17	67±18	0.99
Male (%)	18 (69.2)	21 (80.8)	0.34
Living circumstances (alone)	5 (19.2)	5 (19.2)	1.00
History of hospitalized HF (presence)	10 (38.5)	6 (23.1)	0.23
Underlying heart disease			
Ischemic	5 (19.2)	6 (23.1)	0.73
Valvular	7 (26.9)	6 (23.1)	0.75
Hypertensive	3 (11.5)	3 (11.5)	1.00
Other	14 (53.9)	14 (53.9)	1.00
HF severity at admission			0.85
NYHA I	1 (3.9)	2 (7.7)	
NYHA II	6 (23.1)	4 (15.3)	
NYHA III	9 (34.6)	10 (38.5)	
NYHA IV	10 (38.5)	10 (38.5)	
Comorbidity			
Hypertension	13 (50.0)	16 (61.5)	0.40
Diabetes mellitus	10 (38.5)	7 (26.9)	0.38
Dyslipidemia	10 (38.5)	11 (42.3)	0.78
Atrial fibrillation	9 (34.6)	9 (34.6)	1.00
CKD	8 (30.8)	6 (23.1)	0.53

Obesity (BMI \geq 28)	3 (11.5)	4 (15.4)	0.68
Smoking	10 (38.5)	10 (38.5)	1.00
COPD	2 (7.7)	0 (0.0)	0.15
EF (%)	38.4 \pm 16.2	41.9 \pm 14.2	0.41
MMSE score	28 \pm 3	28 \pm 2	0.92
EQ5D score	0.76 \pm 0.18	0.68 \pm 0.26	0.42
Use of home nursing-care services (at 3-month after discharge)	6 (23.1)	6 (23.1)	1.00

Data expressed as mean \pm standard deviation or number (proportion, %).

CKD, chronic kidney disease; COPD, chronic obstructive pulmonary disease; EF, ejection fraction; EQ5D, EuroQol 5 dimensions; HF, heart failure; MMSE, Mini Mental State Examination; NYHA, New York Heart Association.