


EACVI survey on the evaluation of left ventricular diastolic function

Marta Sitges ^{1,2,3*}, Nina Ajmone Marsan⁴, Matteo Cameli⁵, Antonello D'Andrea⁶, Ricardo Fontes Carvalho⁷, Espen Holte^{8,9}, Blazej Michalski¹⁰, Tomaz Podlesnikar^{11,12}, Bogdan A. Popescu¹³, Jeanette Schulz-Menger^{14,15}, Ivan Stankovic¹⁶, Kristina H. Haugaa^{17,18}, and Marc R. Dweck¹⁹

¹Cardiovascular Institute, Hospital Clínic, Universitat de Barcelona, Villarroel 170, 08036 Barcelona, Spain; ²Institut d'Investigacions Biomediques August Pi i Sunyer (IDIBAPS), 08036 Barcelona, Spain; ³CIBERCV, Instituto de Salud Carlos III, 28029 Madrid, Spain; ⁴Department of Cardiology, Leiden University Medical Center, 2300 RC Leiden, The Netherlands; ⁵Department of Medical Biotechnologies, Section of Cardiology, University of Siena, Policlinico Le Scotte, 53100 Siena, Italy; ⁶Department of Cardiology, Umberto I° Hospital, Viala San Francesco 84014 Nocera Inferiore (Salerno), Luigi Vanvitelli University, 81100 Caserta CE, Italy; ⁷Cardiovascular Research & Development Unit, Department of Physiology and Cardiothoracic Surgery, Faculty of Medicine, University of Porto, 4200-319 Porto, Portugal; ⁸Clinic of Cardiology, St. Olavs Hospital, Trondheim, 7006 Trondheim, Norway; ⁹Department of Circulation and Medical Imaging, Norwegian University of Science and Technology NTNU, 7491 Trondheim, Norway; ¹⁰Department of Cardiology, Medical University of Lodz, 91-347 Lodz, Poland; ¹¹Department of Cardiac Surgery, University Medical Centre Maribor, 2000 Maribor, Slovenia; ¹²Department of Cardiology, University Medical Centre Ljubljana, 1000 Ljubljana, Slovenia; ¹³Department of Cardiology, University of Medicine and Pharmacy 'Carol Davila', Eurocolab, Emergency Institute for Cardiovascular Diseases 'Prof. Dr. C. C. Iliescu', 022328 Bucharest, Romania; ¹⁴Charité Medical Faculty of the Humboldt University Berlin, ECRC, 13125 Berlin, Germany; ¹⁵DZHK, 13125 Berlin, Germany; ¹⁶Department of Cardiology, Clinical Hospital Centre Zemun, University of Belgrade, Faculty of Medicine, 11080 Belgrade, Serbia; ¹⁷Department of Cardiology, ProCardio Center for Innovation, Oslo University Hospital, 0424 Oslo, Norway; ¹⁸Institute for Clinical Medicine, University of Oslo, Blindern, 0318 Oslo, Norway; and ¹⁹BHF Centre for Cardiovascular Science, University of Edinburgh, Chancellors Building, Little France Crescent, Edinburgh EH16 4SB, UK

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Aims

The aim of this study is to analyse how current recommendations on left ventricular (LV) diastolic function assessment have been adopted. Identifying potential discrepancies between recommendations and everyday clinical practice would enable us to better understand and address the remaining challenges in this controversial and complex field.

Methods and results

A total of 93 centres, mainly from tertiary care settings, responded to the survey. More than three-quarters (77%) of centres follow the 2016 ASE/EACVI recommendations for LV diastolic function evaluation in patients with preserved ejection fraction based upon e' , E/e' , tricuspid regurgitation velocity, and left atrial (LA) volume. These recommendations were generally preferred to the previous 2009 version. Many centres also consider strain assessments in the LV (48%) and left atrium (53%) as well as diastolic stress echocardiography (33%) to be useful as additional assessments of LV diastolic function. Echocardiographic assessments of LV diastolic function were used frequently to guide therapy in 72% of centres.

Conclusion

There is widespread adoption of current recommendation on the evaluation of LV diastolic function and these are frequently used to guide patient management. Many centres now also consider LV and LA strain assessments useful in the clinical assessment of diastolic function. These may be considered in future recommendations.

* Corresponding author. Tel: +34 932 27 17 94. E-mail: msitgesclinic.cat

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the large majority reported indexed (84%) rather than non-indexed values of LA size (16%). Nine centres (10%) reported using 3D LA volumes.

Routine reporting of pulmonary vein flow velocities is done in seven centres (8%), whilst 72% centres never or only occasionally report them.

Most centres (75%) do not use agitated saline contrast to improve the detection of tricuspid regurgitation and the estimation of pulmonary pressures. Fifty-six percent of centres reported occasionally using a right heart catheterization to measure the pulmonary artery pressure when this cannot be estimated by echocardiography. Only 11% do it frequently (>50% patients), whilst a third of centres never use it.

Additional assessments of LV diastolic function

The approach to patients with intermediate diastolic function (two positive 2016 criteria and two negative) varied widely across our survey (Figure 3A). In particular, there was low agreement as to which parameters respondents would use next to help adjudicate diastolic function. Based on a multiple-choice option, the most frequent selected parameters were LV global longitudinal strain (47% of responses), mitral inflow assessment during a standardized Valsalva manoeuvre (40% of responses), pulmonary vein flow velocities (37% of responses), LA longitudinal strain (34% of responses), and diastolic stress echo testing (24%). LV propagation velocity using colour Doppler M-mode was less popular (only 12% of centres reported its use). Nearly two-thirds of centres (63%) reported performing stress echo to assess LV diastolic function in their clinical practice, although only a quarter (23%) reported using it routinely (>5 cases/month).

When respondents were asked to propose the most useful novel markers of diastolic dysfunction in clinical practice and which markers should be incorporated in future recommendations, the most frequent proposals were LA longitudinal strain (53%), LV longitudinal global strain (49%), and diastolic echo stress testing (34%) (Figure 3B).

Diastolic function evaluation in difficult scenarios

LV diastolic function evaluation in challenging scenarios was also surveyed. In patients with atrial fibrillation, 20 (22%) responded they would not attempt the evaluation of diastolic function, whilst 12 (13%) use the same assessments as patients in sinus rhythm. Thirty-seven (40%) centres said they would assess diastolic function in patients with atrial fibrillation by averaging at least five beats for each parameter. Seven (8%) centres stated they would exclude LA volume as a criterion for LV diastolic dysfunction diagnosis in the context of atrial fibrillation.

In patients with severe mitral regurgitation, 27 (29%) of centres would assess diastolic function in the same way as in patients without, whilst 32 (35%) centres would not measure it at all. Twelve (13%) centres stated that they would exclude LA volume and E/e' as criteria for diagnosing LV diastolic dysfunction in patients with severe mitral regurgitation, whilst 7 (8%) centres said they would assess the isovolumic relaxation time in these patients.

Clinical implications of diastolic function assessments

Regarding follow-up of patients with HFpEF and elevated LV filling pressures, the majority of centres ($n = 53$, 57%) would repeat LV diastolic assessments in response to a change in symptomatic status, whilst 28 centres (30%) would routinely repeat this form of imaging on a yearly basis. Echocardiographic assessments of LV diastolic function were used frequently (>50% of patients) to guide therapy in the large majority of centres ($n = 67$, 72%).

Discussion

This global survey provides new insight into the contemporary evaluation of LV diastolic function, focusing upon the application of the 2016 ASE/EACVI Recommendations and opinions regarding its approach. We observed good general adoption of these recommendations and a general preference for them in comparison to the 2009 iteration. Seventy-seven percent of the centres followed the 2016 recommendations in >50% of patients, and 54% of them did so in >75% of patients.

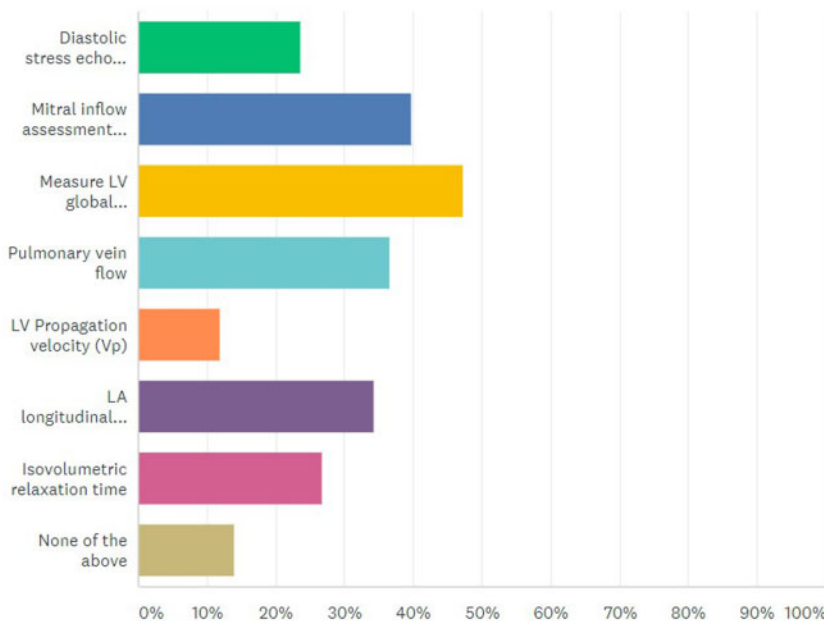
The 2016 approach is based on the assessment of e' , E/e' , tricuspid regurgitation velocity, and LA size. The role of the E/e' ratio has been widely discussed and its accuracy in estimating LV filling pressures is still a matter of controversy with reported reduced accuracy in normal subjects, in patients with heavy mitral annulus calcification or significant mitral regurgitation, and with conflicting results in haemodynamic validation studies.^{5,6} Nevertheless e' and E/e' remain cornerstones of the 2016 recommendations for evaluation of diastolic function and reported in the vast majority of responding centres.

Similarly, the assessment of LA size is widely performed among responding centres with good progress having been made in evaluating LA size beyond traditional anteroposterior LA diameters. Indeed, most centres (70%) reported measuring indexed LA area or volumes based on 2D apical views. Further work needs to be done to incorporate 3D echocardiography measurements of LA volume, which were only used in 10% of participating centres, despite being considered the reference method for the assessment of LA size.⁷ The reported low use of 3D echocardiography to describe LA size is in keeping with a previous survey on chamber quantification where also only 10% of centres used 3D echocardiography to assess LA volume.⁸ The development of dedicated commercialized software available on standard acquisition echo systems should improve adoption in the future.

The final parameter of LV diastolic dysfunction recommended for routine evaluation in the 2016 Recommendations is the assessment of pulmonary artery pressures. This is a routine measurement made on standard echocardiographic assessments, the estimation of which can be improved using echo contrast. However, in this survey, only few centres reported the use of such contrast despite its proven efficacy.^{9,10} Similarly, only a minority of centres would consider right heart catheterization for the measurement of pulmonary artery pressures when echocardiographic assessments are not available despite its clear indication according to current Guidelines in the management of heart failure.¹

A Which parameters do you perform in indeterminate cases in order to improve classification within the indeterminate group? (multiple choice)

Answered: 93 Skipped: 0



B Which of the following do you find most useful in clinical practice and would you like to see incorporated in the new recommendations on diastolic function assessment? (Multiple choice)

Answered: 92 Skipped: 1

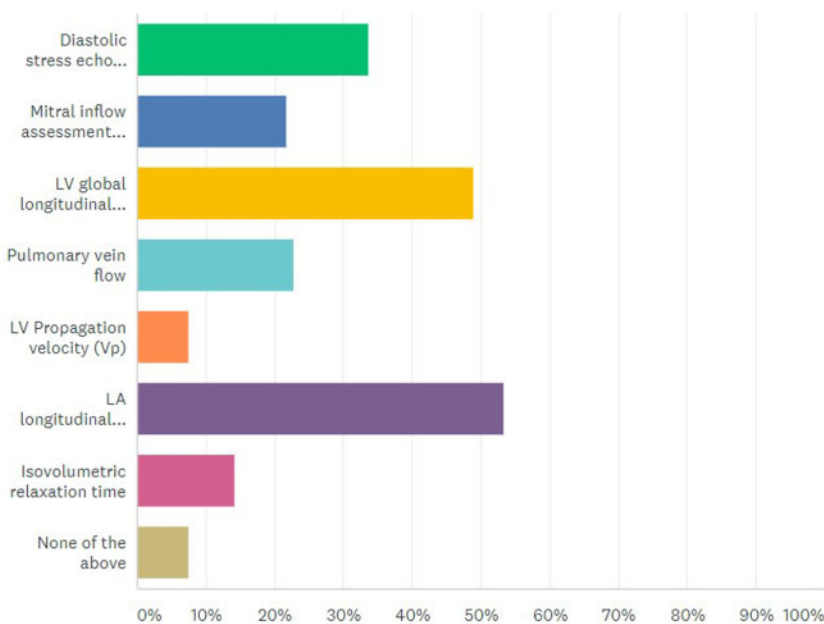


Figure 3 Responses to the used approach (A) and the most used parameters (B) in the indeterminate cases.

Many centres reported the use of additional parameters to assess LV diastolic function, particularly in indeterminate group patients and also in difficult clinical situations such as atrial fibrillation and mitral regurgitation. Among these added parameters the most frequently used and proposed were LV global longitudinal strain and LA strain, with most centres agreeing that these are useful parameters in the evaluation of LV diastolic function. Education of sonographers and cardiologists in appropriate image acquisition and analysis, automation of measurements in order to facilitate fast and reproducible daily use, as well as the establishment of robust standardized reference values between different vendors will help in the widespread adoption of these advanced measurements. This work is currently underway and related evidence is growing.^{11,12} Future recommendations on the assessment of diastolic function may need to consider incorporation of strain assessment.

The use of diastolic stress echocardiography appears to be controversial according to our survey results. Whilst a majority of respondents believe in the potential utility of this test (up to 63%), its current performance in clinical practice was low with most centres (76%) not performing diastolic stress echo or performing <5 cases per month. Diastolic stress echocardiography has been proposed as a useful tool to further evaluate LV diastolic function. Several studies have demonstrated its diagnostic and prognostic value, in particular in patients with exertional symptoms but normal or indeterminate diastolic function at rest.^{13,14} However, it does require an additional test and the administration of a stressor.

Surprisingly low use of pulmonary vein flow measurements was also noted in this study. With contemporary echocardiographic technology, scanners provide sufficient quality of Doppler to obtain accurate pulmonary vein flow velocities, in most transthoracic studies. Pulmonary vein flow particularly combined with mitral inflow, still provides an important insight into LV filling pressure if A flow reversal can be properly recorded.¹⁵ Further education is required to increase the use of both diastolic stress echocardiography and pulmonary vein flow measurements in the assessment of LV diastolic function. Of note, the use of velocity flow propagation from colour M-mode was testimonial. Whilst providing a potential measure of LV intraventricular gradients,¹⁶ this approach still requires commercialization and automatization before it is likely to be widely adopted in clinical practice.¹⁷

Finally, it is important to note that nearly three-quarters of respondents felt that their assessments of LV diastolic function had a frequent impact on clinical decision making and therapy. This proportion is likely to improve further as new therapies for HPPeF are developed and become available.

Limitations

The overall number of survey respondents is relatively low, and the majority worked in tertiary care centres with a high volume of patients. The findings of this survey may therefore not be generalizable to other clinical environments.

Conclusions

Most of the surveyed centres follow current 2016 ASE/EACVI recommendations for the assessment of LV diastolic function and these

diastolic assessments frequently impact clinical decision making and therapy. Furthermore, many centres consider strain assessments useful in the clinical assessment of diastolic function. These should be considered in future recommendations.

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