# The Impact of Transcatheter Aortic Valve Implantation on Quality of Life: A Mixed Methods Study

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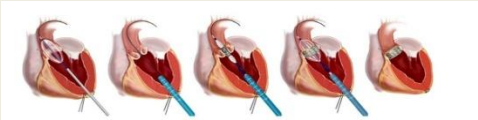
## Purpose

TAVI is considered to be the gold standard of care for inoperable patients diagnosed with severe symptomatic acquired aortic stenosis. Little in known about patients' views concerning **how** TAVI impacts on QoL during early recovery.

## Methods

Mixed methods study design (QUAL-quant). Data from in-depth interviews with 43 subjects (39% male; mean age 81.7 years) at 1 & 3 months post-TAVI, from a regional UK centre, were analyses using framework method. QoL data (SF-36 and EQ5D) were collected concurrently before, 1 & 3 months post TAVI. Quantitative data were analysed using ANOVA.

## Figure 1. Themes/categories



### Shortened Life

Facing Mortality: 'My son said can my Dad have his operation next year, and they said no. What happens if I don't have it? He'd be dead within a year'. (M,88 yrs, NYHA III).

Deciding to have TAVI: 'The quality of life I had was so poor by that time it was well worth the risk' (F,91, NYHA IV)

### Limited Life

Symptom burden: 'It was pretty drastic really. I couldn't breathe. I could only walk a few yards, I couldn't breathe at all'. (F,87 yrs, NYHA III).

Functional and social restrictions: 'Some days I wished it was all over, I really did, because it was so painful to breathe and well, your life isn't the same, you can't get out, can't go shopping or anything' (F,84 yrs, NYHA III).

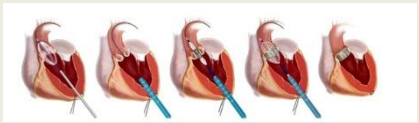
### Extended Life

Survival: 'I'm just thankful its over and done with and there is a light at the end of the tunnel where there wasn't before' (F, 86 yrs NYHA III). 'I've got maybe a few more years to live' (M, 87 yrs, NYHA III).

### Changed Life

Symptomatic relief: 'Well I knew I was feeling better because I aren't breathless (F, 86 yrs, NYHA III). 'I do exactly what I used to do ten years ago. (M, 85 yrs, NYHA II).

Feeling Safe and Secure: 'I want to feel as though I can do what I want, go where I want, not bother, not worry about anything, you know like chest pains or anything like that' (M, 82 yrs NYHA III).



## Results

Themes & Categories are shown in Figure 1. Quantitative data supported interview findings with gradual improvements in mean EQ-5D scores and SF-36 physical and mental component scores at 1 and 3 months compared to baseline.

## Conclusion

TAVI had an impact on QoL in two ways. From a psychological perspective recipients had confidence that they no longer faced imminent death and that TAVI had extended their life. Most recipients experienced relief of physical symptoms enabling them to live fuller lives. Self-reported QoL improved in 70% of participants 3-months post TAVI compared to baseline.

Declarations of interest: Nothing to declare. This poster presents independent research funded by the National Institute for Health Research (NIHR) under its Research for Patient Benefit (RfPB) Programme (Grant Reference Number PB-PG-1208-18173). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health. Author contact Felicity.Astin@cht.nhs.uk or F.Astin@hud.ac.uk.