

RESEARCH REPORT

**CARDIOVASCULAR AND RENAL OUTCOME OF SODIUM GLUCOSE
COTRANSPORTER-2 INHIBITOR (SGLT2I) VERSUS
MINERALOCORTICOID RECEPTOR ANTAGONIST (MRA) IN HEART
FAILURE WITH REDUCED EJECTION FRACTION (HFrEF)
PATIENTS: SYSTEMATIC REVIEW AND META ANALYSIS**



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INTERNATIONAL CLASS MEDICAL PROGRAM

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SURABAYA

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Research Report

To fulfill the undergraduate requirements of the International Medical Program

Faculty of Medicine Universitas Airlangga

Author

I Putu Agus Arsana

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FACULTY OF MEDICINE

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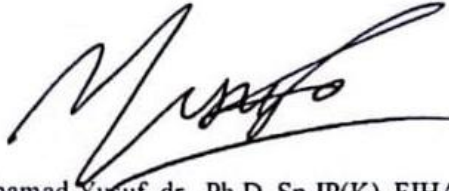
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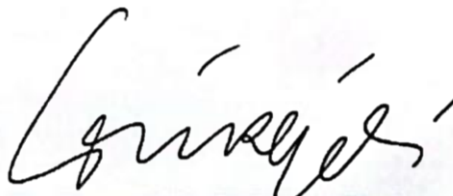


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Dengan ini menyatakan karya tulis ilmiah yang saya buat sebagai pemenuhan adalah benar-benar hasil karya saya sendiri dan bukan plagiarisme, bukan jiplakan karya orang lain.

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I would be honored in this opportunity to express my inmost gratitude to individuals that gives outstanding contribution and dedication in the making of this research:

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I thoroughly understand this research is far from excellence also truly appreciate the advice and criticism given in order to further improve this research. Lastly, I earnestly apologize for my demeanor that may cause inconvenience. I hope this research is beneficial to society and furthermore.

Surabaya, 17 Januari 2022

I Putu Agus Arsana

SUMMARY

Overall number of people with heart failure is increasing because of a substantial increase in predisposing or comorbid diseases. It is now known that sodium glucose cotransporter 2 inhibitor (SGLT2i) has a favorable effect on the prognosis of heart failure reduced ejection fraction (HFrEF) patients. However, there are still no studies or trials that directly compare SGLT2i with other first-line HFrEF pharmacotherapy drugs.

This study is aimed to determine the effect of SGLT2i on cardiovascular and renal outcome in HFrEF, determine the effect of MRA on cardiovascular and renal outcome in HFrEF, compare the effect of SGLT2i with MRA, and find whether combination of SGLT2i and MRA is better than monotherapy.

This research is systematic review and meta-analysis with literature research using e-database such as Scopus, Pubmed, Science direct, and ClinicalTrial.gov. The primary efficacy outcome was the composite of cardiovascular death or hospitalization for heart failure. Study Quality Assessment was done by version 2 of the Cochrane risk of bias tool for randomized trial (RoB 2). Fixed or random effect Mantel-Haenszel model was used for dichotomous data to calculate the pooled risk ratio (RR) and 95% confidence interval (CI). Indirect treatment comparison (ITC) analysis and assessing confidence was performed on Confidence in Network Meta-Analysis (CINeMA) with a fixed model. The use of $P < 0.05$ was considered to indicate statistical significance.

Total of seven trials were included. SGLT2i was found to significantly in reduce the risk of cardiovascular death or hospitalization for heart failure by 24%

(RR 0.76, 95% CI 0.70-0.81), cardiovascular death by 15% (RR 0.85, 95% CI 0.75-0.96), hospitalization for heart failure by 28% (RR 0.72, 95% CI 0.65-0.80), and worsening renal function by 39% (RR 0.61, 95% CI 0.47-0.80). The reduction in cardiovascular death or hospitalization for heart failure was of similar magnitude in patients with or without diabetes mellitus (RR 0.74, 95% CI 0.69-0.81 vs RR 0.78, 95% CI 0.68-0.89). MRA also was found to significantly reduce the risk of cardiovascular death or hospitalization for heart failure by 22% (RR 0.78, 95% CI 0.68-0.90), cardiovascular death by 20% (RR 0.80, 95% CI 0.74-0.87), hospitalization for heart failure by 20% (RR 0.80, 95% CI 0.69-0.93), but non-significant on worsening function (RR 1.13, 95% CI 0.44-2.93). Indirect treatment comparison showed that MRA and SGLT2i had similar effects on primary outcome (RR 1.083, 95% CI 0.991-1.183). And combination of SGLT2i and MRA better than MRA monotherapy (RR 0.77, 95% CI 0.69-0.85).

In conclusion, SGLT2i and MRA could safely and give excellent prognosis on cardiovascular outcome in HFrEF patients. SGLT2i safely reduces worsening renal function, but not in MRA. SGLT2i and MRA demonstrate similar effects, while combination of SGLT2i and MRA results in a better cardiovascular protective effect.

It is hoped that further meta-analysis research will be more in-depth and homogeneous in terms of methods, characteristics, inclusion and exclusion criteria, so as to minimize bias in further systematic studies. Further large trials are needed regarding the effectiveness and safety of several drugs such as canagliflozin, ertugliflozin, finerenone, and canrenone against HFrEF.

ABSTRACT

**CARDIOVASCULAR AND RENAL OUTCOME OF SODIUM GLUCOSE
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Aims: This study is aimed to determine the effect of SGLT2i on cardiovascular and renal outcome in HFrEF, determine the effect of MRA on cardiovascular and renal outcome in HFrEF, compare the effect of SGLT2i with MRA, and find whether combination of SGLT2i and MRA is better than monotherapy.

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Result: Total of seven trials were included. SGLT2i was found to significantly in reduce the risk of cardiovascular death or hospitalization for heart failure by 24% (RR 0.76, 95% CI 0.70-0.81), cardiovascular death by 15% (RR 0.85, 95% CI 0.75-0.96), hospitalization for heart failure by 28% (RR 0.72, 95% CI 0.65-0.80), and worsening renal function by 39% (RR 0.61, 95% CI 0.47-0.80). The reduction in cardiovascular death or hospitalization for heart failure was of similar magnitude in patients with or without diabetes mellitus (RR 0.74, 95% CI 0.69-0.81 vs RR 0.78, 95% CI 0.68-0.89). MRA also was found to significantly in reduce the risk of cardiovascular death or hospitalization for heart failure by 22% (RR 0.78, 95% CI 0.68-0.90), cardiovascular death by 20% (RR 0.80, 95% CI 0.74-0.87), hospitalization for heart failure by 20% (RR 0.80, 95% CI 0.69-0.93), but non-significant on worsening renal function (RR 1.13, 95% CI 0.44-2.93). Indirect

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Conclusion: SGLT2i and MRA could safely and give excellent prognosis on cardiovascular outcome in HFrEF patients. SGLT2i safely reduces worsening renal function, but not in MRA. SGLT2i and MRA demonstrate similar effects, while combination of SGLT2i and MRA results in a better cardiovascular protective effect.

Keywords: Sodium glucose cotransporter 2 inhibitor, mineralocorticoid receptor antagonist, heart failure with reduced ejection fraction, meta-analysis

TABLE OF CONTENTS

FORM OF APPROVAL	Error! Bookmark not defined.
STATEMENT OF ORIGINALITY	Error! Bookmark not defined.
ACKNOWLEDGEMENT	iv
SUMMARY	vii
ABSTRACT.....	ix
TABLE OF CONTENTS.....	xi
LIST OF TABLES	xiv
LIST OF FIGURES	xv
LIST OF ABBREVIATIONS	xvii
CHAPTER I	1
1.1. Background	1
1.2. Research Question	3
1.3. Research Objectives	4
1.4. Significances of the Study	5
1.5. Research Risk	6
CHAPTER II.....	7
2.1. Heart Failure Definition	7
2.2. Epidemiology of Heart Failure.....	8
2.3. Classification of Heart Failure	9
2.4. Pathophysiology of Heart Failure with Reduced Ejection Fraction.....	11
2.5. Diagnosis of Heart Failure with Reduced Ejection Fraction.....	16
2.6. Heart Failure with Reduced Ejection Fraction Management	17
2.7. Prognosis of Heart Failure with Reduced Ejection Fraction	20
CHAPTER III	22

3.1.	Conceptual Framework	22
3.2.	Narrative Explanation.....	23
3.3.	Research Hypothesis	24
CHAPTER IV		26
4.1	Types and Research Design	26
4.2	Research Flow	27
4.2.1	Research Question.....	27
4.2.2	Inclusion and Exclusion Criteria.....	29
4.2.3	Study Identification.....	30
4.2.4	Determination of the study.....	31
4.2.5	Evidence Quality Assessment.....	31
4.2.6	Data Extraction.....	32
4.2.7	Research Analysis and Synthesize	32
4.2.8	Final Report.....	33
CHAPTER V.....		34
5.1.	Study Search and Identification Result	34
5.2.	Study Quality Assessment.....	35
5.3.	Characteristics of Study.....	38
5.4.	Meta Analysis Results	41
5.4.1.	Effect of SGLT2i on Cardiovascular and Renal Outcome in HFrEF Patients	41
5.4.2.	Effect of MRA on Cardiovascular and Renal Outcome in HFrEF Patients	45
5.4.3.	Comparison of SGLT2i against MRA on Composite Cardiovascular Death or Hospitalization of Heart Failure ITC Method in HFrEF Patients...	48
5.4.4.	Combination of SGLT2i and MRA in HFrEF Patients.....	49
CHAPTER VI		50

6.1	Mechanism of Action of SGLT2i.....	50
6.2	Mechanism of Action of MRA.....	51
6.3	Effect of SGLT2i on Cardiovascular and Renal Outcome in HFrEF patients.....	52
6.4	Effect of MRA on Cardiovascular and Renal Outcome in HFrEF patients	54
6.5	SGLT2i and MRA in HFrEF	56
6.6	Study Limitations	56
CHAPTER VII.....		58
7.1.	Conclusion.....	58
7.2.	Suggestion	58
7.2.1.	Suggestion for further research	58
7.2.2.	Suggestion for practitioner	59
REFERENCES.....		60

LIST OF TABLES

Table 2.1 NYHA classification (Yancy et al., 2013)	9
Table 2.2 Classification based on heart structure disorder (Yancy et al., 2013)....	10
Table 2.3 Classification based on LVEF (Ponikowski et al., 2016)	11
Table 4.1 PICO Research Question	28
Table 4.2 Inclusion and Exclusion Criteria.....	29
Table 5.1 Quality Assessment of study.....	38
Table 5.2 Summary Characteristics of Included Studies	39

LIST OF FIGURES

Figure 2.1 Neurohormonal Activation System in Initiation of HFrEF (Hartupee & Mann, 2018)	9
Figure 2.2. Activation of Sympathetic Nervous System in HFrEF (Zipes, 2018)	14
Figure 2.3. (A) Pattern of Ventricular Remodelling in Response to Hemodynamic Overload (B) Morphology of myocyte in response to Hemodynamic Overload (Zipes, 2018)	15
Figure 2.4. Management Patients with HFrEF (McDonagh et al., 2021)	17
Figure 2.5. Pharmacotherapy Class I Recommendations for Patients with HFrEF (McDonagh et al., 2021)	18
Figure 3.1. Conceptual Framework	22
Figure 4.1. Systematic Review and Meta-Analysis Flow	27
Figure 4.2. PRISMA Flow Chart	31
Figure 5.1. Research PRISMA Flow Diagram.....	34
Figure 5.2. Meta-analysis result of SGLT2i on composite of cardiovascular death and hospitalization for heart failure in patients with HFrEF.....	41
Figure 5.3. Meta-analysis result of SGLT2i on cardiovascular death in patients with HFrEF.....	42
Figure 5.4. Meta-analysis result of SGLT2i on hospitalization for heart failure in patients with HFrEF	42
Figure 5.5. Meta-analysis result of SGLT2i on worsening renal function in patients with HFrEF	43
Figure 5.6. Meta-analysis result of SGLT2i on primary outcome in HFrEF with diabetes mellitus (A) and without diabetes mellitus (B).....	44
Figure 5.7. Meta-analysis result of MRA on composite of cardiovascular death and hospitalization for heart failure in patients with HFrEF	45
Figure 5.8. Meta-analysis result of MRA on cardiovascular death in patients with HFrEF.....	46
Figure 5.9. Meta-analysis result of MRA on hospitalization for heart failure in patients with HFrEF	46
Figure 5.10. Meta-analysis result of MRA on worsening renal function in patients with HFrEF	47

Figure 5.11. Indirect Comparison of SGLT2i and MRA on primary endpoint	48
Figure 5.12. Grading of the comparisons with Confidence in Network Meta-Analysis (CINeMA)	48
Figure 5.13. Meta-analysis result of combination SGLT2i and MRA against monotherapy in patients with HFrEF	49

LIST OF ABBREVIATIONS

HFrEF	: Heart Failure with reduced ejection fraction
HFpEF	: Heart Failure with preserved ejection fraction
HFmrEF	: Heart Failure mid-range ejection fraction
DM	: Diabetes Melitus
FDA	: Food Drug Administration
SGLT 2	: Sodium-Glucose Co-transporter-2
PICO	: Population, Intervention, Comparison, Outcome
PRISMA	: Preferred Reporting Items for Systematic Reviews and Meta-Analyses
NIH	: National Institutes of Health's
WHO	: World Health Organization
NYHA	: New York Heart Association
LVEF	: Left Ventricular Ejection Fraction
QoL	: Quality of Life
RoB	: Risk of Bias
EMPEROR-Reduced	: Empagliflozin Outcome Trial In Patients With Chronic Heart Failure With Reduced Ejection Fraction

CANVAS	: Canagliflozin Cardiovascular Assessment Study
DECLARE-TIMI	: Dapagliflozin Effect on CardiovascuLAR Events
DAPA-HF	: Dapagliflozin and Prevention of Adverse-Outcomes in Heart Failure
SOLOIST WHF	: Effect of Sotagliflozin on Cardiovascular Events in Patients With Type 2 Diabetes Post Worsening Heart Failure
EMPHASIS-HF	: The Eplerenone in Mild Patients Hospitalization and Survival study in Heart Failure
EPHESUS	: Eplerenone Post-Acute Myocardial Infarction Heart Failure Efficacy and Survival Study Investigator
RALES	: Randomized Aldactone Evaluation Study Investigators