

Title: Extended ECG Monitoring in HCM

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Dr Juan Caro Codon

"- Good morning. My name is Juan Caro Codón. I'm a consultant from Hospital Universitario La Paz and we are going to discuss extended ECG monitoring in patients with hypertrophic cardiomyopathy.

Importance of the Study

Well, the TEMPO-HCM study is in fact a call for new research regarding extended ECG in this group of patients because what we have learned from this study is that non-sustained VTs are absolutely prevalent among these population and this raises questions regarding its true ability to discriminate high risk from low-risk patients regarding sudden cardiac death. And we also think that it's very important because there is a signal here that perhaps is an useful technique to screen for atrial fibrillation in these patients.

Study Design, Patient Cohort and Outcome Measures

We are conducting a prospective observational multicenter registry including patients with diagnosis of hypertrophic cardiomyopathy and we aim for a low-risk score. So we are excluding patients with an already implanted ICD and what we do is to use a dedicated device for ECG monitoring for 30 days and we compare the rate of clinically relevant arrhythmias during 30 days versus the first 24 hours. And what we have found is that the detected incidence of significant arrhythmias is much higher with extended ECG monitoring than with 24 hours monitoring.

Findings to Date

The findings is that there are absolutely more arrhythmias using extended ECG monitoring, and that difference was highly significant, and it was mainly driven by the

certainly high prevalence of non-sustained VTs in the low-risk patients with hypertrophic cardiomyopathy during extended ECG monitoring.

Influence of Findings on Practice and Guidelines

I think that we should start considering extended ECG monitoring in patients with hypertrophic cardiomyopathy in order to adequately screen for atrial fibrillation and that we should be very careful when some patients show us in their device some episode of non-sustained VT, we should be very careful to adopt clinical With that information, we should encourage research in this area.

Next Steps

The next obvious steps are to include more patients in our registry. We are trying to aim for a large cohort and we are expecting to continue the follow-up and to report clinical outcomes from these patients, which I think, they will be very, very interesting.”