

# Supplementary Material: Randomized Controlled Trial Comparing a Multidisciplinary Intervention by a Geriatrician and a Cardiologist to Usual Care after a Heart Failure Hospitalization in Older Patients: The SENECOR Study

Marta Herrero-Torres, Neus Badosa, Cristina Roqueta, Sonia Ruiz-Bustillo, Eduard Solé-González, Laia C. Belarte-Tornero, Sandra Valdivielso-Moré, Olga Vázquez and Núria Farré

Table S1. Schedule of events.

	Pre-Discharge	Baseline Visit	Month 3	Month 6	Month 12
Written informed consent	x				
Canadian Study of Health and Aging Clinical Frailty Scale	x				
Echocardiogram	x				
Electrocardiogram	x				
Blood test <sup>1</sup>	x				x
Lawton test	x	x			x
Barthel test	x	x			x
Pfeiffer test	x	x			x
Medical history and baseline characteristics		x			
Geriatrician assessment (intervention group only) <sup>2</sup>		x			x
Quality of life (EQ-5D, VAS, KCCQ)		x			x
Current medication		x	x	x	x
Physical examination, weight, blood pressure, heart rate, SpO <sub>2</sub>		x	x	x	x
NYHA functional class		x	x	x	x
Hospitalization, ED visit or IV ambulatory diuretics		x	x	x	x

<sup>1</sup> Blood test: creatinine, glomerular filtration, hemogram, ferritin, transferrin saturation, total proteins, albumin, thyroid-stimulating hormone (TSH), liver function test, vitamin B12, folic acid, and vitamin D. On discharge day, an analysis of ultrasensitive troponin T and N-terminal prohormone of brain natriuretic peptide (NT-proBNP). <sup>2</sup> Gijón socio-family assessment scale (abbreviated and modified) (Barcelona version), Geriatric Depression Scale Yesavage, Mini-Nutritional Assessment Short Form, presence of geriatric syndromes (constipation, falls, pressure ulcers, polypharmacy, incontinence, insomnia). ED: Emergency room, EQ-5D: European Quality of Life -5 Dimensions test, IV: intravenous, NYHA: New York Heart Association, KCCQ: Kansas City Cardiomyopathy Questionnaire (KCCQ), SpO<sub>2</sub>: Oxygen saturation, VAS: Visual Analog Scale.

**Table S2.** Geriatrician assessment and interdisciplinary interventions carried out in each area evaluated at the baseline visit.

Sphere or Geriatric Syndrome Assess	Type of Intervention	Number of Patients (%) Who Received the Intervention
Social sphere	Intervention by a health social worker	1 (1.4)
Emotional sphere	Pharmacological treatment of depression	7 (9.9)
Nutritional status	Education and intervention of nutritional status	43 (60.6)
	Administration of supplemental enteral nutrition	1 (1.4)
Daily living activities	Functional rehabilitation program (home physiotherapy)	15 (21.1)
	Physical exercise guidelines	21 (30)
	Education of improving the basic activities of daily living	3 (4.2)
Constipation	Intervention of constipation	14 (19.7)
Falls	Fall prevention education	20 (28.2)
Pressure ulcers	Intervention in pressure ulcers	0 (0)
Polypharmacy	Review of medicines and deprescription	11 (15.5)
Incontinence	Education of urinary incontinence	25 (35.2)
	Education of fecal incontinence	2 (2.8)
Insomnia	Non-pharmacological treatment for insomnia	19 (26.8)
	Pharmacological	5 (7)
Dementia/cognitive impairment	Education on cognitive impairment	4 (5.6)
	Referral to the dementia outpatient clinic	1 (1.4)
	Health education on the management of delirium	5 (7.1)

Data are based on the 71 patients that completed the baseline visit.