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STUDY OF PHYSICAL ACTIVITY INDICATORS IN PATIENTS WITH CHF AND LIVER FIBROSIS

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Aim of the study: to study the level of physical activity in patients with CHF and liver dysfunction.

Material and methods: The study included 130 patients aged 45 to 75 years with chronic heart failure (CHF) and signs of liver damage. According to the results of indirect electrography, the patients were divided into 4 groups, 32% (n=48) of patients were included in the group with liver stiffness less than 7.0 kPa, 36% (n=54) were included in the second group with liver stiffness from 7.0 to 9.5 kPa, in the third group with liver stiffness from 9.5 to 12.5 kPa - 22% (n=33) and in the fourth group with liver stiffness more than 12.5 kPa - 10% (n=15) of patients.

Results: When studying the level of physical activity in patients with CHF and liver fibrosis, it was revealed that in patients with a mild degree of fibrosis (group with an indicator of less than 7.0 kPa), the physical activity indicator was 120 ± 15 points, in patients with a moderate degree of liver fibrosis (group with an indicator of 7.0 to 9.5 kPa) -110 ± 14, in the third group with a high level of fibrosis (group of patients with from 9.5 to 12.5 kPa) it was 100 ± 13 points and in the group of patients with cardiac cirrhosis (more than 12.5 kPa) this figure was 90 ± 12 points.

Conclusion: Patients with higher levels of liver fibrosis were found to experience more limitations in physical activity, which is associated with overall worse physical performance and increased symptoms such as fatigue and weakness. Increased liver stiffness may be associated with increased severity of chronic heart failure, which further limits patients' mobility.