

Table 1. Baseline Characteristics and Heart Failure Profile

Characteristic	CDMC (n=16)	UC (n=56)
Female (%)	4 (25%)	15 (27%)
Age in years, mean, SD	53±13	62±8
Ethnicity, No. (%)		
Hispanic	5 (31%)	29 (52%)
Non-Hispanic	11 (69%)	27 (48%)
Financial Class, No. (%)		
Medi-Cal	12 (75%)	28 (50%)
Medicare	4 (25%)	22 (39%)
Commercial	None	6 (11%)
LVEF, No. (%)		
<20%	3(19%)	20 (36%)
20-25%	2 (12%)	10 (18%)
25-30%	2 (12%)	6 (11%)
30-35%	3 (19%)	10 (18%)
35-40%	3 (19%)	5 (9%)
40-45%	3 (19%)	2 (3%)
45-50%	3 (19%)	3 (5%)
Patients received, No. (%)		
HF specific DC instructions	15 (94%)	49 (88%)
ACE inhibitor/ARB at DC	11 (69%)	44 (78%)
β-blocker at DC	16 (100%)	47 (84%)
LVD assessment within 1 year	16 (100%)	56 (100%)
Length of stay in days, SD	4.12±1	4.39±.59
Co-morbidity, No. (%)		
Other CVD, PVD	14 (88%)	39 (70%)
Diabetes	6 (38%)	21 (38%)
Renal disease	6 (38%)	23 (41%)
Obesity	4 (25%)	2 (3%)

Note: SD = standard deviation, LVEF = left ventricular ejection fraction, HF = heart failure, DC = discharge,

ACE =angiotensin converting enzyme, ARB = Angiotenson retention blocker, LVD = left ventricular dysfunction,

CVD = cardiovascular disease, PVD = peripheral vascular disease.