

Table 1 Baseline and follow-up characteristics of congestive heart failure patients

Patients	(n = 101)
Gender, male (%)	80
Age (SD), yr	58 (13)
Nationality, Saudi (%)	87
Mortality (%)	3
Patients, HEL (%)	42
Caregivers, HEL (%)	74
Ejection fraction (SD)	23 (9.4)
Mortality score (SD)	37 (6.9)
Readmission score (SD)	25 (4.3)
CRTD (%)	18
Atrial fibrillation (%)	7
Education booklet given (%)	48
Medications (%)	
Furosemide	87
β -Blockers	89
ACEI/ARB	68
Hydralazine	18.8
Nitrates	32
Spironolactone	59
Digoxin	6
Readmission (%)	19
1 readmission	10
2 readmissions	3
3 readmissions	6
Length of stay (SD), d	8 (5.8)

ACEI = angiotensin converting enzyme inhibitor; ARB = angiotensin receptor blocker; CRTD = cardiac resynchronisation therapy defibrillator; HEL = high education level; SD = standard deviation.