

Arooj Shahid^a Muhammad Saadullah Khan^b Syeda Komal Fatima^c Amina Bibi^d

Role of BNP and Pro-BNP as Prognostic Factors in Predicting the Mortality of Patients of Chronic Heart Failure (CHF)

Abstract Diseases like heart failure is quite serious as the indications are not very clear to declare about its prognosis in the patient. This review depicts a study about the use of Btype natriuretic peptide levels to make an estimate about different heart functions. These calculations are very useful in the prognosis of heart diseases changes in functions of diastole. BNP and ANP are the natriuretic peptides that are reported to be raised in dysfunction of left ventricles. BNP and NT-proBNP are the markers whose levels can be observed in plasma serum are being used because of the available tests and assays on commercial scale. By the prognostic comparison study of NT-proBNP and BNP for the clinical diagnosis of HF disclosed that no statistical difference was found between them.

Key Words: Natriuretic Peptides, Prognostic Factors, B-Type Natriuretic Peptide, Heart Failure, CHF, Mortality Rate

Introduction

Patients with persistent cardiovascular breakdown (CHF) actually have high paces of mortality and clinic readmission with not much progress in therapy. The basic goal is to design medicines in a better way which can be achieved by having a generally straightforward prognostic marker in cardiovascular breakdown patients. There is a diversity of prognostic markers yet, natriuretic peptides are shown to have demonstrated as an amazing prognostic marker in the treatment of cardiovascular breakdown as well as in those with cardiovascular sickness and in everyone as a whole. Natriuretic peptides not only anticipate forecast however they also aid in the treatment of cardiovascular breakdown patients properly by utilizing them as an objective treatment.

We will assess how these peptides estimates may find a way into regular clinical practice. ANP (Atrial natriuretic peptide) and BNP (B type natriuretic peptide) are incorporated as with more atomic mass antecedents with afterward cut inside their C-terminal districts to obtain naturally dynamic peptides that are ANP and BNP. As N-terminals are in excess, they delivered into the dissemination as both of them

have dynamic structures. The comparison of N-terminal proANP and N-terminal proBNP and the plasma BNP and ANP are expanded in the state which expand volume of the ventricle extension followed by pressing factor surcharge.

ANP and BNP in Brain

The chief origin of BNP in the plasma is the heart ventricles which subsequently proposed to be more delicate and explicit marker of different problems related to ventricles and diagnosis than other natriuretic peptides. Undoubtedly BNP in plasma is more significant indicator of lethality and mortality in patients with constant suggestive cardiovascular breakdown than ANP in plasma. This prognostic data is related to different factors recently connected with a helpless outlook. Interestingly, BNP additionally predicts all reason of mortality among the people and also in the people with no proof of systolic dysfunction of left ventricles. Likewise, BNP for left ventricular brokenness and guess in people with intense coronary disorder and also in people with cutting edge congestive cardiovascular breakdown

^a Pharm-D, Department of Pharmacy, Faculty of Biological Sciences, Quaid-i-Azam University, Islamabad, Pakistan.

^b Pharm-D, Department of Pharmacy, Faculty of Biological Sciences, Quaid-i-Azam University, Islamabad, Pakistan.

^c Pharm-D, Department of Pharmacy, Faculty of Biological Sciences, Quaid-i-Azam University, Islamabad, Pakistan.

^d Senior Chief Pharmacist, Federal Government Polyclinic Institute, Islamabad. Email: amnabibi@gqu.edu.pk

(Corresponding Author)

has been demonstrated to be a more delicate biomarker than ANP.

ANP and BNP Outcome Prediction

It isn't astonishing fact that a peptide associates with the intracardiac pressure results in prediction of different diseases. Predominantly BNP had appeared to foretell short and long drag which ultimately results cardiovascular breakdown. The medicines are getting considerably more complex and expensive for this condition. We now have the basic drug treatment as well as different types more costly elements such as implantable cardioverter-defibrillators and transplantation. Ongoing methods of surveying ill people for these complicated intercessions are costly, intrusive, and sluggish. It would be more worthy if we choose costly medicines via one straightforward blood test like BNP.

Foresight of disease in the Population

Natriuretic peptides are well known to be brought and anticipate result in indicative and asymptomatic debilitation of left ventricles. Likewise, both of them foretell transience in the populace generally paying little attention to systolic capacity of left ventricles or proof of cardiovascular infection. From a community-based investigation of 1640 individuals matured in the range of 25 and 74 years in Glasgow, the BNP autonomously anticipated transience in this group. One of incredibly intriguing discovery was that even ill people with more protected systolic capacity of left ventricles who had an elevated BNP level had a more regrettable diagnosis. Factors such as an elevated BNP like left ventricular hypertrophy that can be treated as an autonomous indicator of future cardiovascular occasions and nephritic hindrance must be well reviewed.

Additionally, BNP has been demonstrated as an indicator of long-term transience in an older community without the exception of proof of different heart disease. Specifically, decrease in diastolic loading of left ventricles up with increase of age and BNP had shown as a free diagnosis marker of transience in disengaged diastolic cardiovascular breakdown.

BNP-A Superior Prognostic Marker

Natriuretic peptides started as helps to finding and prognosis, they seem to execute surprisingly much better as diagnosis markers and remedial pick out. N-terminal BNP and BNP are preferable diagnostic markers over either ANP or N-terminal ANP to assess

result in cardiovascular breakdown patients. The great free indicators of transience and readmission in this gathering of patients are due to the raised plasma level of BNP. Sequential testing of BNP further upgrades its prognostic worth—that is helpless diagnosis if BNP doesn't fall to the estimated amount after forceful treatment.

Apparently, this basic and fast test may surpass alternate methods of hazard separating cardiovascular breakdown patients. Regardless of pharmacological treatment the patients with a constantly high BNP maybe are considered for different medicines to improve longevity, like an ICD or cardiovascular transplantation. In patients without cardiovascular breakdown the prognostic capacity of BNP appears to happen more likely. For instance, in patients with support of an intense coronary condition, regardless of whether it is ST or non-ST section elevates myocardial dead tissue or insecure angina. BNP and NT-proBNP have appeared as amazing biomarkers in different cardiovascular sicknesses. The two markers can be recognized in serum plasma utilizing popularly accessible examines. BNP and NT-proBNP symptomatic presentation is equivalent and there is no significant contrast between them.

BNP/NT-proBNP is perceived as a potential biomarker in prohibiting HF in various clinical settings nowadays and is suggested in the analytic pathways of public and global rules for identification of heart failure. Estimations of plasma BNP/NT-proBNP fixations give significant prognostic data on cardiovascular mortality and dismalness in patients with HF paying little mind to launch division, sexual orientation and NYHA useful class. Depending on plasma BNP level enhancement of clinical treatment for HF is demonstrated to be advantageous just in patients < 75 years of age. Notwithstanding, there is no strong proof to recommend routine estimation of natriuretic peptide can manage restorative systems. If BNP guided treatment is valuable in patients beyond 75 years old years, then further exploration is expected to decide. ([Uddin et al., 2017](#))

Importance of BNP in Heart Failure in Clinical Settings

BNP resembles in structure with some other peptide hormones like ANP, CNP and urodilation. For the very first time, this peptide hormone was extracted from brain of pork in 1988 ([Sudoh et al., 1988](#)). Ventricular cardiomyocytes are responsible for the major production of BNP in humans. This BNP is first

formed as a peptide containing 134 peptides. This molecule is called as pre-pro-BNP. This pre-pro-BNP is subjected to the breakdown at 26th amino acid, thus forming the pre-hormone, pro-BNP, containing 108 amino acids. Prior to the release of BNP in circulation, this 108-amino acid peptide is again subjected to cleavage. This cleavage results in the production of

two molecules: biologically active BNP; and a biologically inactive N-terminal pro B-type natriuretic peptide NTproBNP ([Schellenberger et al., 2006](#)). Both of these peptides have different pharmacokinetic properties and are explained in table 1 (Aniels & Maisel, 2007).

Table 1. BNP vs NTproBNP

Characteristics	BNP	NT-proBNP
Amino acid	32	76
Molecular weight kDa	3.5	8.5
Half life, min	20	120
Clearance mechanism	Neutral endopeptidase, natriuretic peptide receptor-C, and renal clearance	Renal clearance
Correlation with GFR	Moderate	Strong
Stability in vitro at room temp.	4h	Upto 72 hr
Biologically active	Yes	No
Clinical range, pg/ml	0-5000	0-35000

Whenever there is stress on the cardiac wall either by increased pressure or volume overload, the cardiac myocytes produce BNP and NTproBNP ([Bonow, 1996](#)). These hormones reverse the conditions that stimulated their production, by acting on the vascular smooth muscles to relax (decreasing the pressure) and on capillaries increase the permeability (decreasing the volume overload) ([Nakagawa et al., 1995](#)). These hormones also act on the kidney. Glomerulus filtration is increased, release of renin is inhibited, and sodium reabsorption is also reduced by the action of BNP on kidney. It reduces the production and secretion of aldosterone as well as ADH ([Burke & Cotts, 2006](#)).

BNP as Diagnostic Biomarker

Over the last few years, a significant number of studies are conducted to find the importance of B-type Natriuretic Peptides in the diagnosis of heart failure. Following are a few studies that performed by different researches in this regard.

BNP in ERs

According to the study performed by Dao et al for the use of BNP in diagnosis of CHF, 90 pico-gram per milliliter blood concentration of BNP foretells about chronic heart failure with a great accuracy of 95% ([Dao et al., 2007](#)). Concentration of BNP is considered to be peculiar in identification of chronic heart failure in emergency setting. McCullough et al evaluated the data of Breathing Not Properly

Multinational study (BNPMS) and stated the CHF is least likely to occur with concentration of BNP <100 pico-gram per milliliter and probable at concentration 500 pico-gram per milliliter ([McCullough et al., 2006](#)).

NTproBNP is valuable marker in diagnosis or exclusion of acute CHF in ER. The ProBNP investigation of Dyspnea in Emergency Department (PRIDE) is the largest investigation till now and exactly develop the use NTpro BNP for diagnosing acute heart failure in ERs ([Januzzi et al., 2005](#)). NTproBNP along with the chemical analysis is prioritized over clinical analysis alone. NTproBNP is particularly more effective in assessment of patients in ERs for with vague clinical evaluation in current ESC Guidelines for Heart failure ([Dickstein et al., 2008](#)). Dickstein et al. introduced BNPs as evaluating tools patients symptomatic for Heart failure. According to ESC guidelines, HF isn't likely to occur if level of BNP is < 100pico-gram per milliliter and NTproBNP > 2000 picogram per milliliter.

The NICE guidelines group suggests:

1. Patient with BNP greater 400 pico-gram per milliliter or NTproBNP 400-2000 pico-gram per milliliter: ECG and medical examination to be done within two weeks of appearance of symptoms.
2. Patient with BNP between 100 and 400 pico-gram per milliliter or NTproBNP 400-2000 pico-gram per milliliter: ECG and medical

examination to be done within six weeks of appearance of symptoms.

3. Patient with BNP less than 100 pico-gram per milliliter or NTproBNP 400-2000 pico-gram per milliliter in absence of therapy for heart failure: no need to perform ECG and detailed medical examination ([Mant et al., 2010](#)).

Mant et al. clarified in systemic reviews that ECG, BNP and NTproBNP are highly effective modalities (89%, 93%, and 93% respectively) ([Mant et al., 2009](#)). BNP was more effective the ECG with ratio of ECG/BNP of 0.32. Diagnosis accuracy was more with BNP and clinical examination as compared to ECG and clinical examination. Moreover, several studies have proved that BNP and NTproBNP have almost same diagnostic efficacy ([Zaphiriou et al., 2005](#)) ([Mahmoud et al., 2006](#)). While some authors have stated NTproBNP to be more accurate than BNP in diagnosis ([O'Donoghue et al., 2005](#)).

BNP in Primary Healthcare Department

According a research performed by Hill et al., NTproBNP measurement showed marginally better accuracy as compared to BNP in screening for HF in asymptomatic at risk population ([Hill et al., 2008](#)). The availability of NTproBNP measurement to the medical practitioners decreases the over-diagnosis of HF at primary healthcare department, this increasing the accuracy of HF diagnosis ([Wright et al., 2003](#)).

In HF Patients, BNP as a Prognostic Indicator

Several researches have been conducted to investigate the prognostic importance of natriuretic peptide. In following studies of large cohorts of HF patients, BNP/NT-proBNP has been studied for predictive usage.

Prognostic Value in Patients with LV Systolic Dysfunction

In the broader research of 452 patients with LVEF < 35 percent, it was found that the levels of BNP were a strong independent imminent death predictor ([Berger et al., 2002](#)). The future investigation of the Heart Failure Hospital (CHHF) in Copenhagen demonstrated NT-proBNP measures offer more prognostic data, irrespective of LVEF, and a significant indicator of one-year death in HF patients in hospital, irrespective of systolic dysfunction. In a large proportion of severe CHF patients, the COPERNICUS NT-proBNP sub study examined the prognostic significance of NT-proBNP

has repeatedly been linked to a high risk for all causes of mortality or HF in individuals with severe CHF.

The BNP admission level and hospital mortality are strongly associated, independent of the ejection fraction. BNP also has a strong association with cardiovascular hospitalizations in 90 days when admitted to the emergency department ([Kagiyama et al., 2019](#)). However, for long-stay prognosis, BNP discharge level is more beneficial. Measuring natriuretic peptide at discharge has indicated that the re-admission or mortality of decompensated HF in hospitals has been predicted for at least six months. In addition, changes in natriuretic peptides throughout hospitalization have been proposed as the most powerful predictor of unfavorable results, with increased intake amounts during admission related with poor prognosis and decrease in amounts related with improved prognosis.

Predictive Value in Chronic HF Patients and with Preserved LV Systolic Function

In certain research, the death rate and hospitalization rates in HF patients with preserved LV systolic function have been equal in HF patients with impaired systolic function while in others, the prognosis of systolic preservation was more benign in patients. NT-proBNP rises with the severity of both ventricular systolic and diastolic dysfunctions ([Grewal et al., 2009](#)). CHHF's results reveal that NT-proBNP level assessment is beneficial for predicting the likelihood of mortality in patients with systolic disorder and with preserved systolic function within twelve months of hospitalization. NT-proBNP levels at release or any changes to the concentration is also effective in identifying individuals at risk of terrible consequences irrespective of their systolic function during hospitalization. Every patient with chronic HF and preserved LV systolic function for predicting unfavorable cardiovascular incidence has demonstrated positive findings of the BNP/NT-proBNP test but still has not a very good predictive value, because there is limited data in the class of these patients.

BNP's Role in Managing HF

In a short trial, Troughton et al. studied the notion of titration of HF medication to attain the target BNP level, which demonstrated borderline positive effects in those patients who received guided BNP therapy. Later on, the effectiveness of a biomarker-oriented strategy for the elderly relative to younger patients were addressed by TIME-CHF and BATTLESCARRED

([Pfisterer et. al., 2009](#)) and it was proven that guided care by NTproBNP had improved clinical results in individuals younger than 75 but not older than 75. PRIMA research also showed that in the NT-ProBNP directed group, mortality was decreased, although not statistically significant ($p=0.206$) as compared with the clinically controlled group.

In individuals below 75 years old, however, a better outcome has been reported. In order to examine the effects of biomarker guidance on death in patients with chronic HF, Felker performed a quantitative meta-analysis of the available randomized controlled studies ([Felker et. al., 2009](#)). The key conclusion of this meta-analysis is that the chronic therapy titration based on periodic detection of natriuretic peptides is greater than control techniques, reducing the risk of all-cause death by about 30 percent. The latest meta-analysis showed that the overall mortality rate of those under 75 years of age is significantly declining, which is equivalent to the results from the preceding studies ([Porapakham et. al., 2010](#)). There is currently too little information available to give a solid conclusion on target BNP values and treatment values. Increase BNP levels notify the doctor. The frequency of monitoring of natriuretic peptide levels and the fact that a certain level of BNP should be treated, or the level of BNP reduced by a certain percentage is not obvious.

Conclusion

Although natural peptides have begun as diagnostic tools, they seem to work much better as predictive indicators and even as therapeutic targets. In order to assess results in cardiac failure patients, BNP and N-terminal BNP are better predictive marker than both

the N-terminal ANP and ANP. Higher plasma BNP concentrations have been demonstrated to be effective independent death and readmission predictors in this patient population. Periodic testing for BNP boosts its forecast value further—that is, if the BNP does not decrease after vigorous therapy, the prognosis would be quite unfavorable. This inexpensive and fast test appears to exceed any other risk stratification method for individuals with heart failure.

In addition, interventions for survival improvement, including ICD or heart transplantation, may be needed in individuals with chronically high BNP, despite the pharmacological therapy. The predictive capacity of BNP appears in patients without the cardiac insufficiency, for instance, individuals with acute coronary syndrome (ST or NT segment elevation of myocardial infarction or unstable angina). The advancement of BNP testing methods should encourage its introduction into clinical therapy. This is because quick immune radiometric assay techniques have recently been introduced and almost patient tests have developed, which may result within 15 minutes. The current challenge with BNP as the prognostic tool is that, as it fluctuates with patients' sex and age, we still have little knowledge about the normal range and the ideal cut-off value for many groups. A great function for BNP in the future would be to apply it in the same way as HbA1c to diabetics in the same way, to individualize the treatments of each individual patient in order to better its own prognostics. This might be a better way to use BNP than a diagnostic marker, given this is not based on a cut-off, but on a relative concentration change.

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