

## 1. Introduction

Non-ST-segment elevation myocardial infarction (NSTEMI) is the most common type of heart attack in older adults, affecting around 20,000 older adults in the UK each year.

The SENIOR-RITA trial (Kunadian V et al, NEJM 2024) showed that an invasive strategy in older patients with NSTEMI reduces the risk of future heart attacks but does not lead to patients living longer.

## 2. Aim

Do older adults with **normal cognition** benefit from an invasive treatment strategy for myocardial infarction compared to a conservative treatment strategy?

## 3. Methods

1518 patients with NSTEMI  $\geq 75$  years of age



Patients were followed-up for a median of 4.1 years

546 patients with normal cognition



Montreal Cognitive Assessment (MoCA)  $\geq 26$

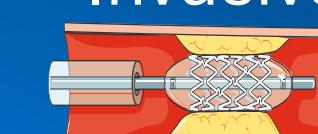
RANDOMISED CONTROLLED TRIAL



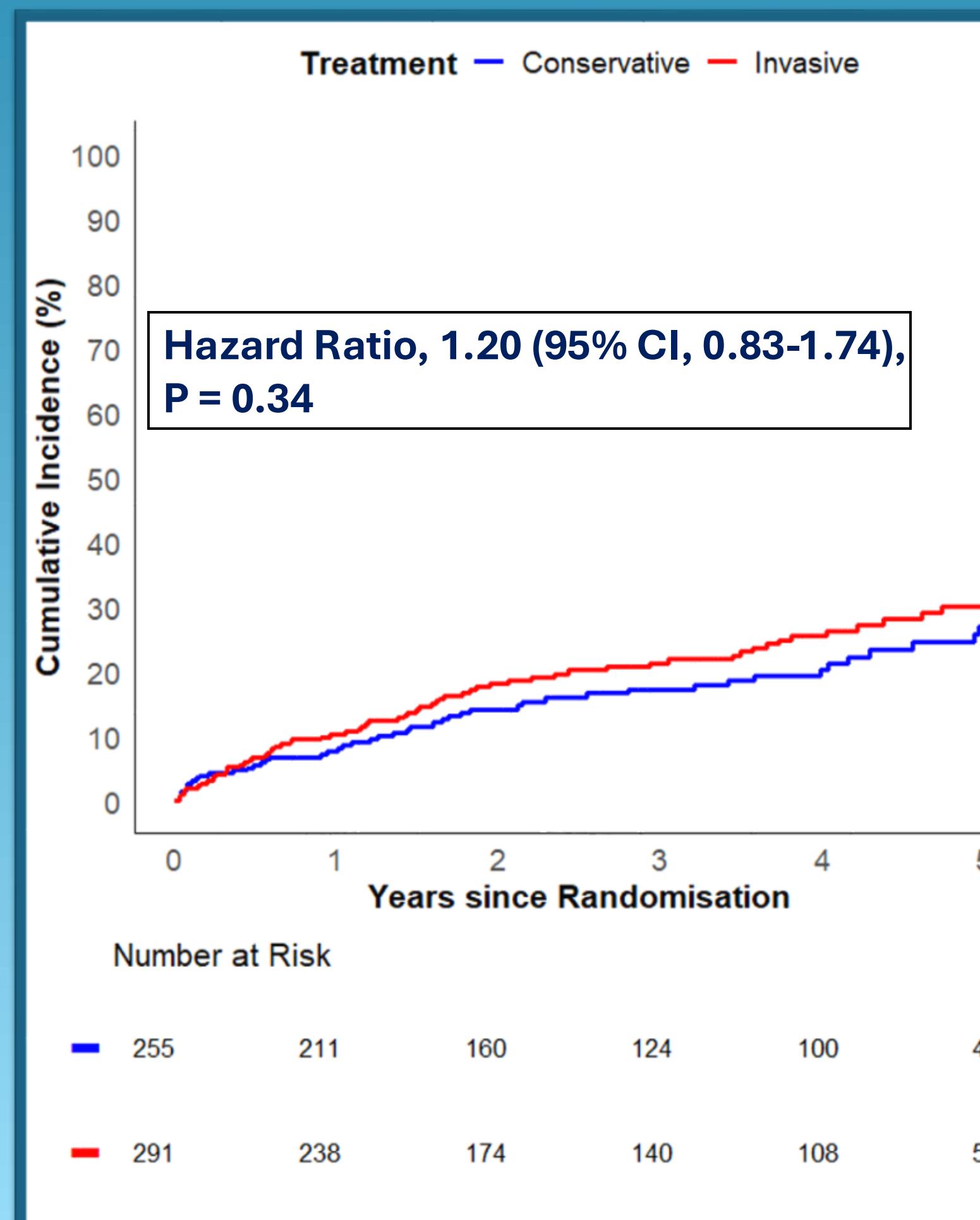
Invasive strategy to unblock the heart arteries + optimal medical therapy

Conservative strategy of optimal medical therapy only

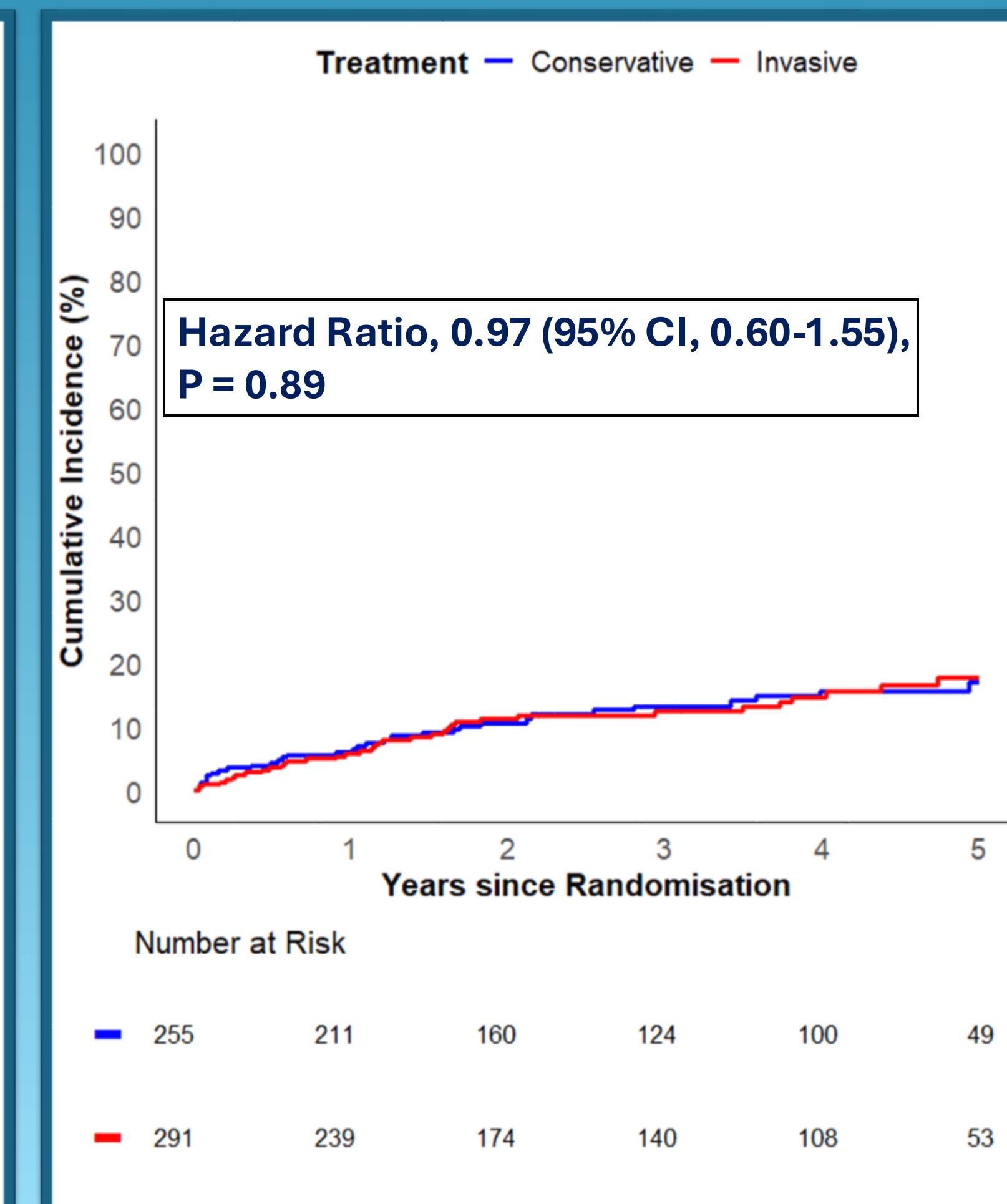
## 4. Key Results

Clinical Outcomes	Primary outcome: Cardiovascular death or non-fatal MI – no. (%)	Cardiovascular death – no. (%)	Non-fatal MI – no. (%)	All-cause death – no. (%)	Coronary revascularisation – no. (%)
Invasive  N = 291	65 (22.3)	31 (10.7)	36 (12.4)	83 (28.5)	13 (4.5)
Conservative  N = 255	48 (18.8)	20 (7.8)	33 (12.9)	54 (21.2)	39 (15.3)
Hazard Ratio (95% CI) P value	1.20 (0.83-1.74) P = 0.34	1.39 (0.79-2.44) P = 0.25	0.97 (0.60-1.55) P = 0.89	1.37 (0.98-1.94) P = 0.069	0.27 (0.14-0.51) P < 0.01

### A) Primary Composite Outcome

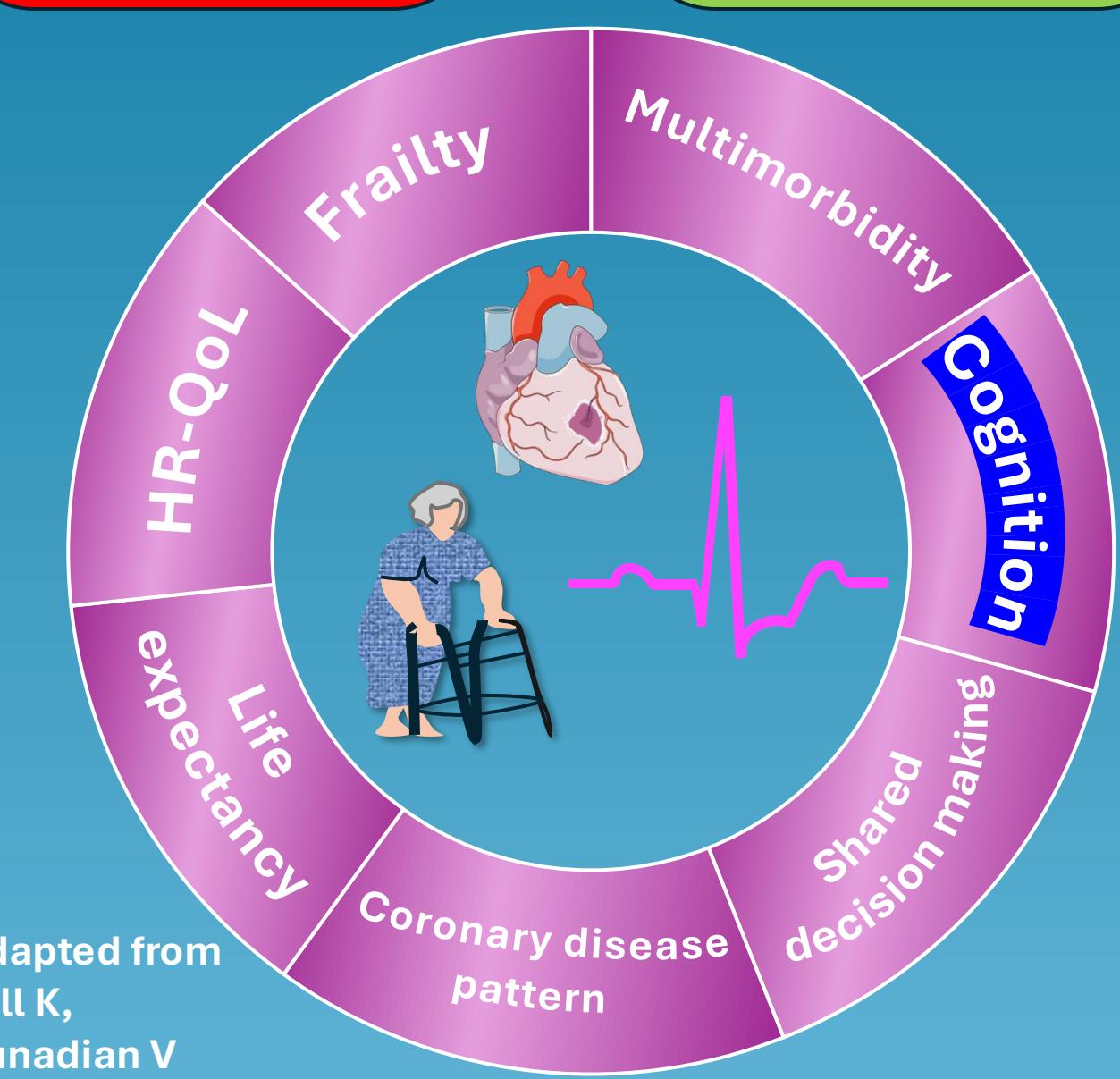
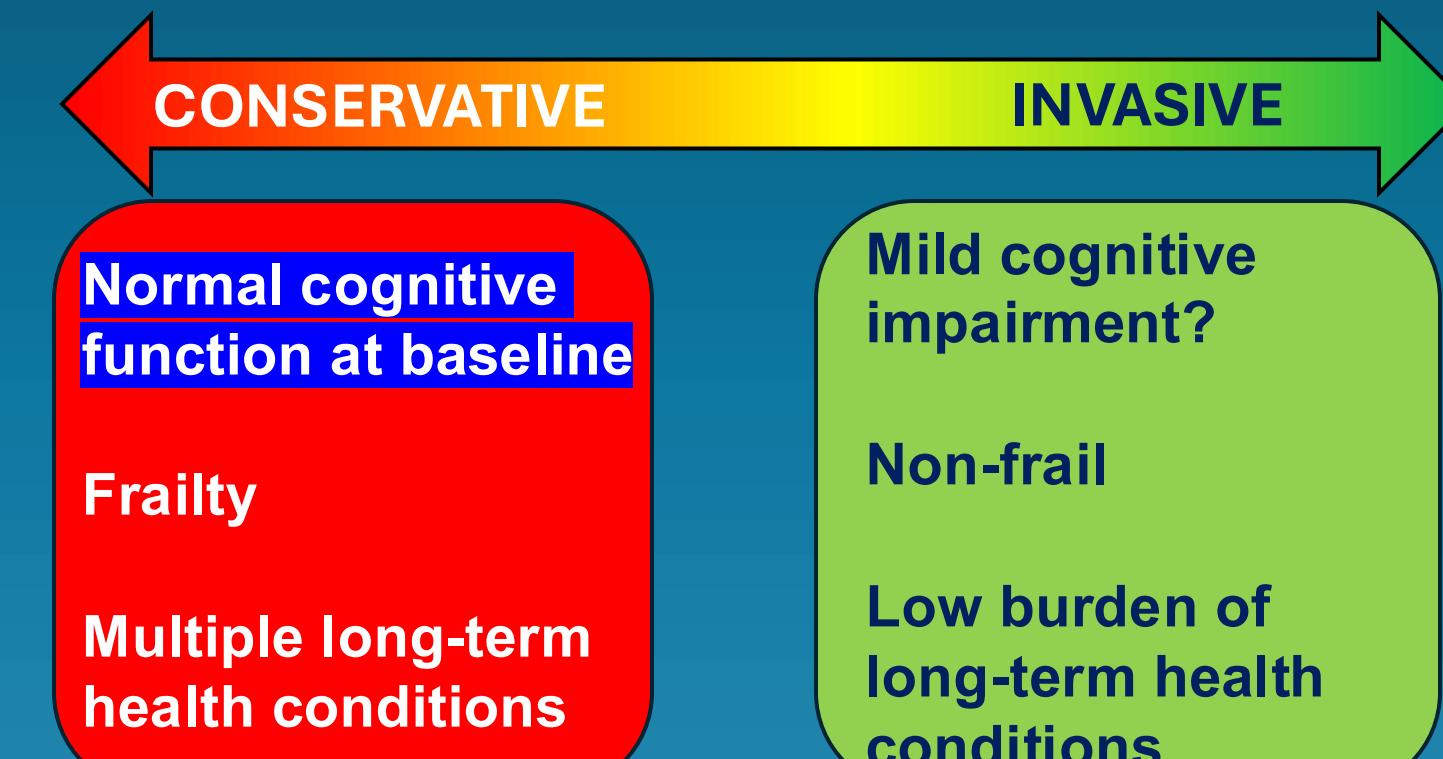


### B) Non-fatal Myocardial Infarction



## 5. Discussion

These findings help to refine individualised assessment and shared-decision making for older adults with NSTEMI to ensure the best possible care for this underrepresented and growing patient population.



## 6. Conclusion

Among older adults with NSTEMI and normal cognition



## Acknowledgements

Professor Vijay Kunadian is Study Chair and Chief Investigator for the BHF SENIOR-RITA trial who provided opportunity, supervision and support for this analysis.  
Kieran Gill: Year 4 A100 MBBS; k.gill3@newcastle.ac.uk;  
Student Number: 220031383