The traditional Chinese medicine qiliqiangxin reduces hospitalisation for HF and CV death in patients with heart failure (HF) and a reduced ejection fraction (HFrEF).

The findings demonstrate meaningful clinical benefit with qiliqiangxin in patients with HFrEF and support its use as an adjunct therapy.

The QUEST trial evaluated the clinical efficacy and safety of qiliqiangxin on major HF outcomes in HFrEF patients.

**Study objectives**

The QUEST trial evaluated the clinical efficacy and safety of qiliqiangxin on major HF outcomes in HFrEF patients.

**Study population**

Adult HFrEF patients
- with a left ventricular ejection fraction ≤40%
- with NT-proBNP ≥450 pg/ml
- had been on a stable standardised baseline treatment regimen for ≥2 weeks prior to enrolment

**Where?**

China and Hong Kong SAR of China

133 hospitals

**Who and what?**

3,110 patients

randomised 1:1

Qiliqiangxin

Placebo

4 capsules, 3X daily on top of standard medications for chronic HF

Median follow-up 18.3 months

**Primary endpoint**

Composite of rehospitalisation for worsening HF or CV death

Rate%

- 25.02%
- 30.03%

**Effect related to**

Rehospitalisation for worsening HF reduced with

- Hazard ratio 0.76
- 95% CI 0.64–0.90; p=0.002

CV death reduced with

- Hazard ratio 0.83
- 95% CI 0.68–0.996; p=0.045