

Heart Failure Case Presentation

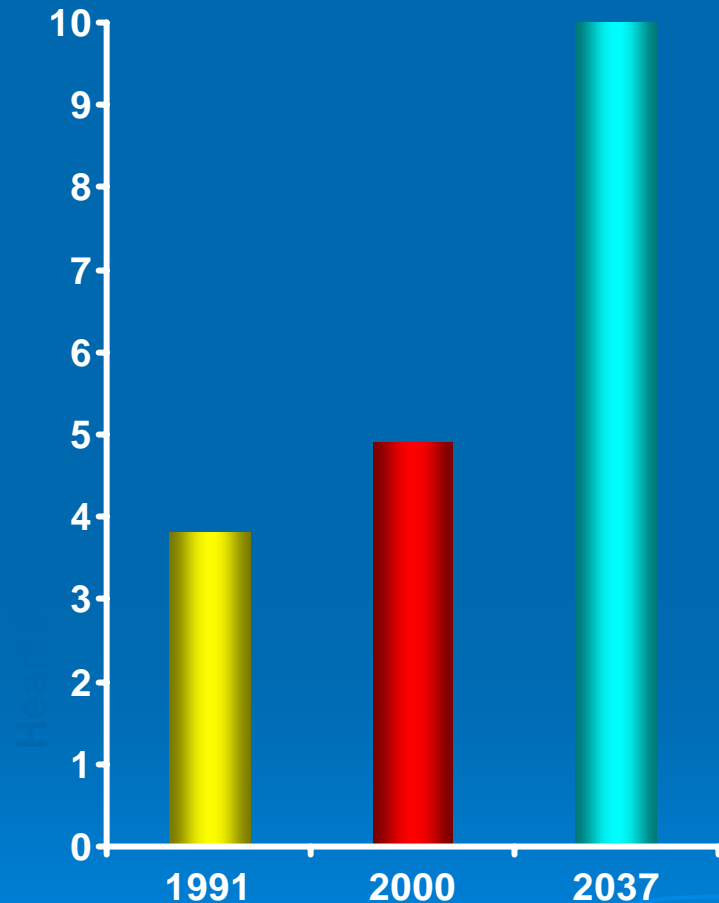
Friday, February 5, 2010

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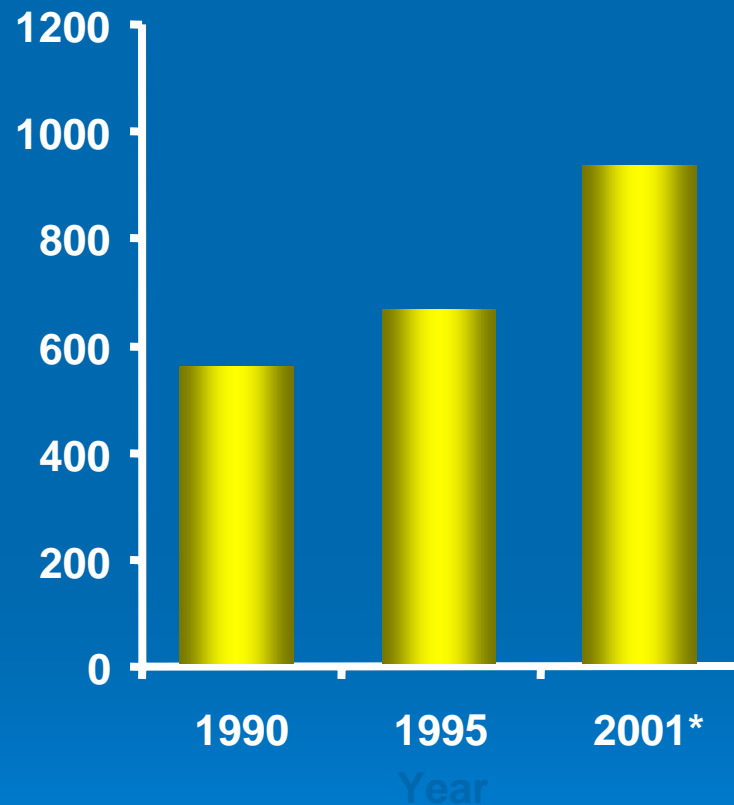
The Epidemic of Heart Failure



- 5 million patients with HF in US¹
- 550,000 new cases/year¹
- 6.6%–9.8% aged >65 years have HF²
- 5-year mortality: men 59%, women 45%³

¹AHA. 2004 *Heart Disease and Stroke Statistics – 2004 Update*. ²Kannel WB. *Eur Heart J*. 1987;8(suppl F):23-26. ³Levy D, et al. *N Engl J Med*. 2002;347:1397-1402.

Hospitalization Rate for Heart Failure



- 6.5 million hospital days/year
- Almost 1 million hospitalizations/year*
- 10%-20% readmitted in 2 weeks
- 30%-50% readmitted in 6 months

Haldeman GA et al. *Am Heart J.* 1999;137:352-360.

O'Connell JB et al. *J Heart Lung Transplant.* 1993;13:S107-S112.

*AHA. *Heart Disease and Stroke Statistics – 2004 Update.* Dallas, Texas, 2004.

Why was the Patient Hospitalized?

- What was the diagnosis at time of discharge?
- Ideally have a family member present when doing discharge teaching
 - Especially in patients >75 years of age

Heart Failure

- What caused heart failure?
- What is their ejection fraction?
 - Normal ejection fraction 50-65%
- Weigh themselves every day and record
 - Call our office if weight increases 4-5 pounds in a few days
- Salt intake <2000 mg/day
 - Read food labels
- Changes in Medications
 - Write generic and trade name down
 - Carvedilol (Coreg)

Goals of Heart Failure Clinic

- Improve their Quality of Life
- Keep patients out of the hospital
- Heart Failure Education
 - Exercise 20-30 minutes of continuous movement 4-5 X/week
 - Low salt diet <2000 mg.day
 - Daily weight record
- Provide care with End of Life Issues
 - Advance Care Planning

Why Am I in this Clinic?

- Heart Clinic may be new to patient



Why Am I in this Clinic So Soon After Hospital Discharge?

- Medication reconciliation
- Enforce heart failure education
- Monitor weight and adjust diurectics as needed
- Decrease hospital readmission rates

2005 ACC/AHA Guidelines for the Evaluation and Management of Chronic Heart Failure in the Adult

➤ ACE-I/ARB

- lisinopril

➤ Beta blocker

- metoprolol
- carvedilol

➤ Aldosterone antagonist

- Aldosterone/spironolactone
- Inspra

2005 ACC/AHA Guidelines for the Evaluation and Management of Chronic Heart Failure in the Adult

➤ Diuretic

- Furosemide
- Metolozone

➤ Digoxin

- 0.125 mg

➤ Hydralazine/isosorbide dinitrate

Chronic Disease

- Manage symptoms
- Alert Health Care providers to changes in symptoms

Who Should I Call with Which Questions?

- Cardiology
 - Heart Failure
 - Device clinic
- PMD
 - All other issues



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American Heart
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