

# Heart *Failure* Clinics

## *A Team Approach That Works*

### *The Team*

#### **HEART FAILURE CARDIOLOGISTS:**

- » Evaluate all new patients
- » Determine the cause of heart failure
- » Outline the plan of care

#### **NURSE PRACTITIONER:**

- » Provide ongoing care to established patients
- » Frequently assess patients at risk for hospitalization
- » Maximize the heart failure regimen

#### **REGISTERED NURSES:**

- » Provide patient education
- » Assist with medication adjustment using protocols under direction of cardiologist

### *Proven Therapies/ Target Doses*

#### **ACE DOSES:**

- » Lisinopril (Zestril, Prinivil) 20 mg daily
- » Enalapril (Vasotec) 10 mg twice daily
- » Captopril (Capeten) 50 mg three times daily
- » Quinapril (Accupril) 20 mg twice daily
- » Ramipril (Altace) 5 mg twice daily

#### **BETA BLOCKER DOSES:**

- » Carvedilol (Coreg) 25 mg twice daily
- » Metoprolol (Toprol XL) 150-200 mg daily

#### **ALDOSTERONE INHIBITORS:**

- » Spironolactone (Aldactone) 25 mg daily
- » Eplerenone (Inspra) 25 mg daily

### *Advanced Therapies*

- » Bi-ventricular pacing
- » Cardiac transplant
- » CardioMEMS
- » Ventricular assist devices
- » Investigational therapies

### *Phone Triage*

- » Patients instructed when to call
- » Nurses manage phone calls
- » Prompt appointments
- » Telemedicine appointments

### *Results*

- » Target drug doses achieved
- » Decreased hospitalizations
- » Decreased costs
- » Improved symptoms
- » Improved survival



## *Why Heart Failure Clinics Work*

- » Multidisciplinary team
- » Proven therapies prescribed and adjusted to target doses
- » Self-care is emphasized
- » Patient education is consistent and includes non-pharmacological therapies
- » A system to promptly address patient concerns is in place
- » Advanced therapy are implemented if needed

### *Education/Self Care*

#### **HEART FAILURE SELF CARE PLAN**

##### **SYMPTOMS**

- » Shortness of breath
- » Swelling or bloating
- » Sudden weight gain
- » Fatigue or weakness

##### **WEIGHT**

- » Weight yourself at the same time everyday
- » Write down your weight
- » Know your optimal weight

##### **MEDICATIONS**

- » Take as directed
- » Every dose, every day
- » Don't skip doses
- » Avoid non-steroidal

##### **EXERCISE**

- » Don't be sedentary
- » Walk daily
- » Discuss your individual exercise plan with your health-care provider

##### **DIET**

- » Low sodium (less than 1500-2000 mg per day)
- » Fluid intake less than 2 liters per day (8 cups)
- » No alcohol (or limit to 1 ounce, occasionally)
- » No tobacco (avoid second hand smoke)

#### **IDENTIFY YOUR ZONE**

##### **GREEN ZONE STABLE**

- » Feeling well
- » No shortness of breath
- » No swelling
- » Stable weight

##### **YOUR PLAN:**

- » Continue to follow your treatment plan; your condition is stable

##### **YELLOW ZONE CAUTION**

- » Not feeling well
- » Weight up 2-3 pounds in one day or 5 pounds over optimal weight
- » Noticeable swelling or bloating

##### **YOUR PLAN:**

- » Are you following your care plan?
- » Decrease sodium intake
- » Decrease your fluid intake
- » Call your provider to report symptom changes

##### **RED ZONE ALERT!**

- » Shortness of breath or chest heaviness at rest
- » Weight up to 4 pounds or more in one day
- » Fainting

##### **YOUR PLAN:**

- » If you need immediate help, seek emergency help by activating your local emergency system (such as calling 911 or contacting an emergency room)