

EFFECTIVE MANAGEMENT OF HEART FAILURE

- The ACC/AHA 2009 update to the 2005 Practice Guidelines indicate that routine management of most heart failure patients should include a diuretic, ACEI or ARB, and a beta blocker.
 - <http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.109.192065>
- Left ventricular function (LVF) should be assessed prior to arrival, during hospitalization, or planned after discharge and documented in the medical record.
- Smoking cessation advice/counseling should be given to patients with a history of cigarette smoking in the past 12 months. All smoking cessation advice/counseling and/or reinforcement should be documented in the medical record.
- Patients with heart failure and other chronic illnesses are candidates for the influenza vaccine (yearly) as well as the pneumococcal vaccine.

DISCHARGE INSTRUCTIONS

Discharge instructions given to each patient should address:

- Activity level
- Diet
 - read food labels to monitor sodium amounts
 - avoid high sodium foods
 - do not add salt to food when cooking or eating
 - find alternatives to increase food's flavor (lemon juice, herbs)
- Medications – current list
- Follow-up appointment(s)
- Weight monitoring plan
 - record weight at the same time each day, on the same scale, with an empty bladder
 - weight gain indicates the patient is retaining fluid
 - report weight gains of 2-3 pounds over 1-3 days
- What to do if symptoms worsen
 - call the physician's office to schedule an appointment
 - bring weight record to show the physician

MEDICATIONS COMMONLY USED IN THE TREATMENT OF HEART FAILURE

ACE INHIBITORS

Drug	Initial Daily Dose(s)	Maximum Daily Dose(s)
Captopril	6.25 mg 3 times	50 mg 3 times
Enalapril	2.5 mg twice	10 to 20 mg twice
Fosinopril	5 to 10 mg once	40 mg once
Lisinopril	2.5 to 5 mg once	20 to 40 mg once
Perindopril	2 mg once	8 to 16 mg once
Quinapril	5 mg twice	20 mg twice
Ramipril	1.25 to 2.5 mg once	10 mg once
Trandolapril	1 mg once	4 mg once

ACE = angiotensin converting enzyme; mg = milligrams; and kg = kilograms

ANGIOTENSIN RECEPTOR BLOCKERS (ARB)

Drug	Initial Daily Dose(s)	Maximum Daily Dose(s)
Candesartan	4 to 8 mg once	32 mg once
Losartan	25 to 50 mg once	50 to 100 mg once
Valsartan	20 to 40 mg twice	160 mg twice

ALDOSTERONE ANTAGONISTS

Drug	Initial Daily Dose(s)	Maximum Daily Dose(s)
Spirolactone	12.5 to 25 mg once	25 mg once or twice
Eplerenone	25 mg once	50 mg once

BETA-BLOCKERS

Drug	Initial Daily Dose(s)	Maximum Daily Dose(s)
Bisoprolol	1.25 mg once	10 mg once
Carvedilol	3.125 mg twice	25 mg twice
Metoprolol succinate extended release (metoprolol CR/XL)	12.5 to 25 mg once	50 mg twice for patients > 85 kg 200 mg once

Adapted from the ACC / AHA 2005 Guideline Update for Management of Chronic Heart Failure