

# 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