Heart Failure in Adults Guideline

MVP Health Care, as part of its continuing Quality Improvement Program endorsed The Institute for Clinical Systems Improvement (ICSI) Heart Failure in Adults guideline.

Statistics – Morbidity & Mortality

- Heart failure is an increasingly prevalent condition – approximately 5.1 million individuals in the United States have this condition.
- About 50 percent of people who have heart failure die within 5 years of diagnosis.
- With early diagnosis, treatment and management of symptoms, quality of life can be significantly improved for individuals with heart failure.


Summary of the Guidelines

The ICSI guidelines for heart failure can be found at http://www.icsi.org/guidelines_and_more/gl_os_prot/cardiovascular/heart_failure_2/heart_failure_in_adults__guideline_.html. Page 1 of the guideline contains an algorithm which is supported by the remaining pages of annotations and evidence. The subsequent pages contain useful tools, such as a list of questions to assess adherence to the treatment plan, and information on how to implement the guidelines in practice. Key guideline aims include:

- Increase the rate of heart failure patients 18 years and older who receive optimum evidenced-based pharmacologic treatment with heart failure.
- Improve the use of diagnostic testing in order to identify and appropriately treat adult patients with heart failure.
- Improve comprehensive patient education and self-management including: daily weight assessment, diet, activity level, medications, treatment plan and following-up with provider as indicated.
- Decrease hospital readmission rates for patients 18 years and older with heart failure diagnosis, within 30 days of discharge following hospitalization for heart failure.

The ICSI guidelines were last updated in December 2013 – the summary of changes can also be found at the link above.
Other Support for Management of Heart Failure

In conjunction with the guidelines, MVP has a Condition Health Management program for members with Heart Failure. The aim of the Heart Failure Program is to maintain and/or improve the physical and psychosocial well-being of individuals with Heart Failure. The Case Manager assists the member with a healthy lifestyle through assessment and education regarding adherence to the physician ordered treatment plan, nutrition, exercise, smoking cessation, daily weights, medications, and energy conservation. Members also receive a bi-annual newsletter with articles related to heart failure, as well as referrals to Health Promotion and community education activities.

If you would like to refer one of your patients to this program, please refer to the information on MVP’s website: https://www.mvphealthcare.com/provider/documents/CHMReferralGuide.pdf.

This guideline is not intended to replace the role of the physician’s clinical judgment in the management of medical services, it is an educational guideline provided to assist in the delivery of good medical care. All treatment decisions are ultimately based on the physician’s clinical assessment and judgment. Where medication recommendations are made, please refer to each health plan’s formulary for coverage considerations.

MVP updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site, and by written notices from the plan via fax or newsletter. A print copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at 1 (800) 777-4793 extension 12247.

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