

## Heart Failure in Adults Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, endorses the 2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Failure Society of America.

### Statistics-Morbidity & Mortality

- Heart Failure is an increasingly prevalent condition - approximately 6.2 million adults in the United States have this condition.
- In 2018, heart failure was mentioned on 379,000 death certificates (13.4%).<sup>1</sup>
- Heart Failure costs the nation an estimated \$30.7 billion in 2012.<sup>1</sup> This total includes the cost of health care services, medicines to treat heart failure, and missed days of work.

### **What are the risk factors for heart failure?**

Certain medical conditions can increase your risk for heart failure, including

- Coronary Artery Disease (CAD) (the most common type of heart disease) and heart attacks
- Diabetes
- High Blood Pressure
- Obesity
- Other Conditions Related to Heart Disease
- Valvular Heart Disease

Unhealthy behaviors can also increase your risk for heart failure, especially for people who have one of the conditions listed above. Unhealthy behaviors include:

- Smoking Tobacco
- Eating foods high in fat, cholesterol, and sodium
- Not getting enough physical activity
- Excessive alcohol intake

### **What are the symptoms of heart failure?**

Common symptoms of heart failure include:

- Shortness of breath during daily activities
- Having trouble breathing when lying down
- Weight gain with swelling in the feet, legs, ankles, or stomach
- Generally feeling tired or weak

## How is heart failure treated?

Early diagnosis and treatment can improve quality and length of life for people who have heart failure. Treatment usually involves the following:

- Taking medicines
- Reducing sodium in the diet
- Drinking less liquids
- Devices that remove excess salt and water from the blood
- Heart transplant and other surgeries
- Getting daily physical activity

People with heart failure also track their symptoms each day so that they can discuss these symptoms with their health care team.

Source: Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. *Heart failure fact sheet*. December 9, 2019. Available: [http://www.cdc.gov/dhdsdp/data\\_statistics/fact\\_sheets/fs\\_heart\\_failure.htm](http://www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_heart_failure.htm).

## Summary of the Guidelines

- The ACC/AHA/HFSA Focused Update may be found at: <https://www.ahajournals.org/doi/full/10.1161/CIR.000000000000509>
- The guideline contains the following sections:
  - Methodology and Evidence Review
  - Initial and Serial Evaluation of the HF Patient
  - Treatment of Stages A to D
  - Important Comorbidities in HF
- Each clinical strategy, intervention, treatment, or diagnostic testing in patient care has
  - Class (Strength) of Recommendation and
  - Level (Quality) of Evidence

## Other Support for Management of Heart Failure

In conjunction with the guidelines, MVP offers a 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 individual 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 Promotions and community education activities.

If you would like to refer one of your patients to this program, please refer to the information on [mvphealthcare.com](http://mvphealthcare.com).

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care 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 hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at (800) 777-4793 extension 1-2247.