Self-Care Management

- In HF, self-care management requires that patients recognize a change (such as increasing edema), evaluate the change, decide to take action, implement a treatment strategy (e.g., take an extra diuretic dose per MD orders/prn orders), and evaluate the response to the treatment implemented.

At Risk for Heart Failure

- **STAGE A**
  - At high risk for HF but without structural heart disease or symptoms of HF.
  - Patients with:
    - Hypertension
    - Atherosclerotic disease
    - Diabetes
    - Obesity
    - Metabolic syndrome
    - Patients using cardiotoxins
    - With FHx CM

- **STAGE B**
  - Structural heart disease but without signs or symptoms of HF.
  - Patients with:
    - Previous MI
    - LV remodeling including LVH and low EF
    - Asymptomatic valvular disease

- **STAGE C**
  - Structural heart disease with prior or current symptoms of HF.
  - Patients with:
    - Known structural heart disease
    - Shortness of breath and fatigue, reduced exercise tolerance

- **STAGE D**
  - Refractory HF requiring specialized interventions.
  - Patients who have marked symptoms at rest despite maximal medical therapy (e.g., those who are recurrently hospitalized or cannot be safely discharged from the hospital without specialized interventions)

Heart Failure

- Development of symptoms of HF

Therapy

**GOALS**

- Treat hypertension
- Encourage smoking cessation
- Treat lipid disorders
- Encourage regular exercise
- Discourage alcohol intake, illicit drug use
- Control metabolic syndrome

**DRUGS**

- ACEI or ARB in appropriate patients (see text)
- Beta-blockers in appropriate patients (see text)

**DEVICES IN SELECTED PATIENTS**

- Implantable defibrillators

**GOALS**

- All measures under Stages A and B
- Dietary salt restriction

**DRUGS FOR ROUTINE USE**

- Diuretics for fluid retention
- ACEI
- Beta-blockers

**DRUGS IN SELECTED PATIENTS**

- Aldosterone antagonist
- ARBs
- Digitalis
- Hydralazine/nitrates

**DEVICES IN SELECTED PATIENTS**

- Biventricular pacing
- Implantable defibrillators

**GOALS**

- Appropriate measures under Stages A, B, C
- Decision re: appropriate level of care

**OPTIONS**

- Compassionate end-of-life care/hospice
- Extraordinary measures
  - Heart transplant
  - Chronic inotropes
  - Permanent mechanical support
  - Experimental surgery or drugs