

Case-Based Review of Common Cardiometabolic Practice

1st

DAILY CARDIOLOGY SYMPOSIUM

Spring 1400

Learning Objectives & Cases

Heart Failure



**DAILY
CARDIOLOGY
ACADEMY**

1st case learning objectives

- Ischemia work-up in HF: Who & how?
- Role of Pro-BNP in Dx & F/U?
- How to initiate, add & titrate GDMT?
- Anemia treatment in HF: Who & How?
- AF in HF: When refer for ablation?
- Role of statins in HF?
- ICD & CRT: When to be considered?
- MR: when refer for repair?



1st case

- 52 Y/O gentleman
- DOE FC-I, II in the past 3 months
- PMH & DH: Unremarkable
- Ph/Ex:
 - BMI: 31 kg/m²
 - BP: 138/92 mmHg (Right hand), 136/88 mmHg (left hand)
 - Heart & lungs: Unremarkable
- Lab tests:
 - Hgb: 10.1, HgbA1c: 6.1%, Cr: .8, K: 4.1, TFT & LFT: NI
 - TC: 230 , LDL: 139 , HDL: 45 , TG: 230
- ECG: AF & LBBB with secondary ST/T changes
- TTE: LVIDd: 6.9cm, LVEF: 15%, Severe MR
mid-RV: 3.6, TAPSE: 13mm, TRG: 50 mmHg

**What are the next steps
in evaluating, managing & following his heart failure?**



2nd case learning objectives

- Role of clinical pharmacist in HF care?
- Drug-Drug & Drug-Disease Interactions in HF
- How to adjust & follow GDMT in HF & CKD?
- How to manage medication complexities in elderly?



2nd case

- 76 Y/O lady
- DOE FC II in the past 1 month & 1 pillow orthopnea
- PMH: CABG & HFrEF (15yrs), PAF, Aortobifemoral bypass 5 yrs ago
- DH:
 - ASA 80mg daily, Rivaroxaban 10mg daily
 - Rosuvastatin 40 mg daily, Cilostazol 50mg BID
 - Carvedilol 3.125 BID, Enalapril 10 mg daily
 - Eplerenone 25mg daily, Nortriptyline 10mg daily
 - Furosemide 40mg daily, Digoxin 0.25 daily except weekends
- Ph/Ex: Weight: 76kg, BMI: 24, BP: 138/82, HR: 82, Heart: NI
Lungs: Bibasilar rales, 1+ pedal edema
- Recent lab tests:
Hgb: 12.8, Plt: 165.000, LDL: 51, TG: 110
Cr: 1.8 (1.7 last yr), K: 4.1, Na: 128, Pro-BNP: 1800, TFT & LFT: NI
- ECG: NSR, Old ST/T changes
- TTE: GLVEF: 35%, Moderate MR, Low probable for PAH

How to adjust the medications & follow the patient precisely?



