

UMBRELLA

Focused
Cardiology Forums

Heart Failure

LEARNING OBJECTIVES
AND CASE VIGNETTE

1st Session

Pharmacotherapy in HFrEF



CASE VIGNETTE

- 54 years old gentleman
bank accountant, married living in a family of four
- He complains of worsening exertional dyspnea
first noticed when he recently had to stop and catch his breath
midway during a 15-minute walk between where he parks his car and the bank
while he did not have to do so before.
He reports no dyspnea at rest, chest pain or orthopnea.
- PMH: Hypertension, otherwise unremarkable
- SH: Current smoker, 20 PY, Non-drinker
- DH:
 - Valsartan/HCTZ 80/12.5mg daily with poor adherence

CASE VIGNETTE (CONTINUED)

Ph/E

- BMI: 31 kg/m²
- HR: 75bpm
- RR: 16/min
- O₂sat: 98% in room air
- BP: right hand: 134/80 mmHg, left hand: 136/82 mmHg
- Heart and Lungs: unremarkable
- Peripheral pulses: 2+ & symmetric
- No pedal edema

CASE VIGNETTE (CONTINUED)

Echocardiography:

- Moderate LV enlargement
- Global LVEF: 30-35%
- Normal RV size & function
- Mild to moderate functional MR
- TRG: 25mmHg with low probability for PAH
- The previous echo was performed 3 years ago with normal results

CASE VIGNETTE (CONTINUED)

- Undergoes coronary angiography for evaluation of possible ischemia
 - Multivessel CAD, not suitable for revascularization, candidate for medical therapy
- Lab tests
 - Hb: 13.5mg/dL
 - WBC: 7800 per microliter
 - Plt: 170.000/mcL
 - Cr: 0.9 mg/dL
 - Na: 136 mEq/L, K: 4.3 mEq/L
 - Mg: 1.8 mg/dL
 - AST & ALT: NL
 - TFT: NL

**What is the evidence-based approach
to the medical treatment and follow-up
in this patient?**

LEARNING OBJECTIVES

— Necessary medications for all HFrEF patients

- What are they?
- What is the proper order for initiation & uptitration?
- What are the initiation doses, uptitration intervals & doses? where is the target?
- How should we follow the lab tests & hemodynamic parameters?

— The art of decongestion

- What are the preferred diuretics, optimal dosing, intervals & uptitration?
- When should we consider combination therapy & what are the preferred combinations?
- How should we follow decongestion success & possible side effects?

LEARNING OBJECTIVES

- How to choose between medications in a class with proven efficacy?
- What are the roles of additional medical therapies?
 - ARBs?
 - Digoxin?
 - Ivabradine?
 - Hydralazine/Nitrate?
- What is the evidence-based recommendations on dietary sodium restriction and vitamin & mineral supplementation?

LEARNING OBJECTIVES

- What is the recommendation on anticoagulation in HFrEF patients without other indications for anticoagulation?
- How should we follow the ambulatory HFrEF patients for the success of treatment by clinical, laboratory & self-care measures?
- What to do with the medications when HFrEF recovers and LVEF goes back to 40% and more?
- Iron deficiency & anemia
 - How to screen for?
 - What are the recommended & futile treatments?

Stay Tuned with Umbrella: Heart Failure

Pharmacotherapy in HFrEF

Shahrivar 18th, 09:15 – 10:30

N. Naderi, MD; A. Talasaz, PharmD.



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