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To: Cardiologists, Family Medicine Physicians, General Internists, Gerontologists, Adult Primary Care Nurse Clinicians

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Subject: UMHS Ambulatory Clinical Care Guideline Update: Heart Failure

What's New

Treatment
- Aldosterone antagonists (low dose) are now indicated for all symptomatic patients.
- The treatment table (Table 1) now includes recommendations for referrals for device therapy, for disease management and for advanced heart failure management.
- The treatment table (Table 1) now includes different symptom categories for guiding therapy

Key Aspects. Key aspects of care include:

Diagnosis
- Confirm etiology as systolic dysfunction.

Treatment
- ACE inhibitors and beta blockers are underutilized and should be administered to all heart failure (HF) patients with systolic dysfunction (EF < 40).
- Aldosterone agonists improve mortality and should be considered for all patients with systolic dysfunction who have ever had symptomatic heart failure.
- Refer all patients with EF ≤ 35 and either symptomatic heart failure or CAD, for consideration of device therapy unless life expectancy is less than one year.
- Refer patients who either have a history of hospitalization for heart failure or who have recurrent or ongoing rest dyspnea for heart failure education or to an advanced heart failure management program, or for device therapy.

Patient education material
- “Understanding Heart Failure”: http://www.med.umich.edu/1info/fhp/practiceguides/heart/HeartFailure.pdf
- Additional materials from the Patient Education Clearinghouse

UMHS Operations
- To uniformly record left ventricle ejection fraction in MiChart, a Smart Data element is being programmed. When the function is available, the MiChart training team will distribute a Tip Sheet.