

Heart Failure in Adults Guideline

MVP Health Care, as part of its continuing Quality Improvement Program endorsed The Institute for Clinical Systems Improvement (ICSI) *Heart Failure in Adults guideline*.

Statistics – Morbidity & Mortality

- Heart failure is an increasingly prevalent condition – approximately 5.8 million individuals in the United States have this condition.
- About 20 percent of people diagnosed with the condition will die within the year following diagnosis.
- With early diagnosis, treatment and management of symptoms, quality of life can be significantly improved for individuals with heart failure.

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*. January 2010. Downloaded July 26, 2011 at: http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_failure.htm.

Summary of the Guidelines

The ICSI guidelines for heart failure can be found at http://www.icsi.org/guidelines_and_more/gl_os_prot/cardiovascular/heart_failure_2/heart_failure_in_adults_guideline.html. Pages 1-3 of the guideline contain an algorithm which is supported by the remaining pages of annotations and evidence. The subsequent pages contain useful tools, such as a list of questions to assess adherence to the treatment plan, and information on how to implement the guidelines in practice. Key guideline aims include:

- Improving diagnostic testing to assess Left Ventricular Function (LVF) in order to identify and appropriately treat heart failure.
- Optimizing pharmacologic management for heart failure including:
 - prescription and appropriate dosing of beta-blockers for all patients (unless contraindicated).
 - ACE inhibitors (or ARBs if intolerant) for all patients with left ventricular systolic dysfunction (unless specific contraindications exist).
- Improving comprehensive patient education and self-management including: daily weight assessment, diet, activity level, medications, treatment plan and following-up with provider as indicated.
- Decreasing hospital readmission rates for heart failure within 30 days of discharge from the hospital for same diagnosis.

The ICSI guidelines were last updated in August 2011 – the summary of changes can also be found at the link above.

Other Support for Management of Heart Failure

In conjunction with the guidelines, MVP has a Condition Health Management program for members with Heart Failure. The aim of the *Care of the Heart Program* is to maintain and/or improve the physical and psychosocial well-being of individuals with Heart Failure. The Case Manager and member work together to monitor evidence-based clinical outcomes such as: daily weight monitoring, monitoring of ejection fraction, ACE inhibitor usage, medication compliance, LDL screening and Tobacco usage. Members also receive a bi-annual newsletter with articles related to heart failure, as well as referrals to Health Promotion and community education activities. If you would like to refer one of your patients to

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this program, please call the Population Health Management Department at 1-866-942-7966. More information on this and MVP's other health management programs may also be found on MVP's website: <https://www.mvphealthcare.com/provider/documents/CHMReferralGuide.pdf>.

This guideline is not intended to replace the role of the physician's clinical judgment in the management of medical services, it is an educational guideline provided to assist in the delivery of good medical care. All treatment decisions are ultimately based on the physician's clinical assessment and judgment. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP 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 print copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at 1 (800) 777-4793 extension 2602.

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