

HEART FAILURE GUIDELINES FOR CARE FLOW SHEET

Patient Name:		Physician Name:		
Date of Birth:		Patient #:		
Member #:				
INTERVENTIONS	DATE	DATE	DATE	DATE
Blood Pressure Goals < 130/85 mm Hg if heart disease < 130/80 mm Hg if diabetes or renal insufficiency				
Weight (lb or kg)				
Height				
Renal Function BUN/serum creatinine	/	/	/	/
Sodium	/	/	/	/
Potassium	/	/	/	/
Lipid Profile Goals (annual)				
Total Chol < 200 mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
HDL HDL > 40 mg/dL (male) HDL > 50 mg/dL (female)	mg/dL	mg/dL	mg/dL	mg/dL
LDL LDL < 100 mg/dL (optional < 70 mg/dL)	mg/dL	mg/dL	mg/dL	mg/dL
Triglycerides TG < 150 mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Annual Fasting Glucose Screen	mg/dL	mg/dL	mg/dL	mg/dL
Ejection Fraction (%) or degree of LV dysfunction				
Medication recommendations are based on evidence-based clinical trials for left ventricular systolic dysfunction. In the absence of randomized controlled trials, heart failure associated with diastolic dysfunction (preserved systolic function), may generally be treated similarly to systolic heart failure, especially with ACE inhibitors or angiotensin receptor blockers (ARB).				
ACE Inhibitor Unless intolerant or contraindicated	Rx	Rx	Rx	Rx
ARB (if ACE I intolerant)	Rx	Rx	Rx	Rx
Hydralazine/Nitrate (if ACE I intolerant)	Rx	Rx	Rx	Rx
Beta-Blocker All stable patients unless contraindicated	Rx	Rx	Rx	Rx
Diuretics	Rx	Rx	Rx	Rx
Digoxin Consider if symptomatic systolic failure				
Aldosterone Inhibitor	Rx	Rx	Rx	Rx
Statin Therapy (elevated LDL or IHD)	Rx	Rx	Rx	Rx
Smoking Cessation Counseling				
Low Sodium Diet Instruction				
Depression Screening				
Physical Activity (frequency)				
Flu Vaccine (annual)				
Pneumococcal Vaccine				