

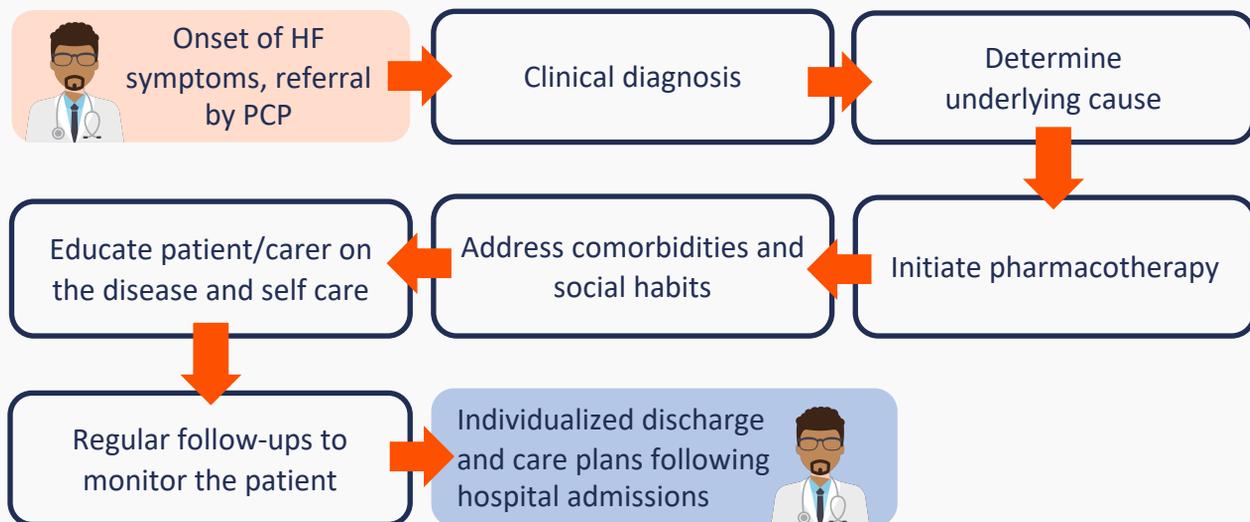


Aiming for improved outcomes in HFrEF: Patient education, evidence-based treatment and biomarkers

Practice aid from a touchPANEL DISCUSSION®

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What does the patient journey look like in HFrEF?¹⁻⁴



What do patients need to know?

Important lifestyle changes^{2,4}

-  Physical activity
-  Daily weight check
-  Reduce sodium and water intake
-  Take medication as directed
-  Attend regular follow-ups

Warning signs⁵

- Worsening shortness of breath
- Increased swelling of legs, feet and ankles
- Sudden weight gain
- Dyspnoea in supine position
- Discomfort in abdomen
- Dry, hacking cough
- Trouble sleeping

How can specialist nurses optimize management of HFrEF?⁶



- Collaborate with the primary care team
- Help to ensure continuity of care and optimize therapy
- Provide support and education to patients and carers
- Supervise patients starting/restarting medication
- Help to keep patients out of hospital

Positive impact on patient QoL⁶

Using guideline-directed therapy in HFrEF

Risks associated with new guideline-directed therapy/higher dose:⁷

- Side effects
- Adverse effects

Risks associated with **NOT** trying new guideline-directed therapy/higher dose:⁷

- Reduced survival
- Increased hospitalization
- Reduced QoL
- Increased symptoms

Commission in eligible patients

Omission in eligible patients

Every visit is a chance to initiate/escalate therapies, as tolerated⁷

Evidence-based sequencing of drugs in HFrEF: What is new?

Conventional sequencing⁸

Step 1: ACEI or ARB

Step 2: Beta-blockers

Step 3: MRA

Step 4: ARNI

Step 5: SGLT2i

Up-titration to target doses at each step; typically requires 6 months⁸

New, rapid sequencing⁸

Step 1: Beta-blocker + SGLT2i

Step 2: ARNI

Step 3: MRA

All three steps achieved within 4 weeks, with up-titration of doses thereafter⁸

Established biomarkers for HFrEF⁹

Diagnostic/prognostic

- NT-proBNP
- BNP
- MR-proANP
- Cardiac troponin



Diagnostic

- sST2
- GDF-15
- Galactin-3
- Cardiac MyBP-C





Abbreviations:

ACEI	angiotensin-converting enzyme inhibitor
ARNI	angiotensin receptor-neprilysin inhibitor
ARB	angiotensin receptor blocker
BNP	brain-type natriuretic peptide
GDF-15	growth differentiation factor 15
HF	heart failure
HFrEF	heart failure with reduced ejection fraction
MRA	mineralocorticoid receptor antagonist
MR-proANP	mid-region of N-terminal prohormone of atrial-type natriuretic peptide
MyBP-C	myosin binding protein-C
NT-proBNP	N-terminal prohormone of BNP
PCP	primary care physician
QoL	quality of life
SGLT2i	sodium–glucose cotransporter 2 inhibitor
sST2	soluble suppression of tumorigenicity 2

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