



## SUGGESTED GUIDELINES FOR THE DIAGNOSIS AND MANAGEMENT OF HEART FAILURE IN ADULTS

Post-Discharge systems of care are recommended to facilitate the transition to effective outpatient care for patients hospitalized with Heart Failure.

### Management of Post-Discharge Care for Heart Failure Should Include The Following:

All patients hospitalized for Heart Failure and their caregivers should receive comprehensive written discharge instructions emphasizing the following 6 aspects of care:

**Diet** – Review low sodium and/or fluid management restrictions.

**Follow-up Appointments** – Stress importance of follow-up care within specified timeframe.

**Discharge Medications** – Review adherence, persistence and up titration to recommended doses of Ace Inhibitor/ARB and beta-blocker medication.

**Daily Weight Monitoring**

- Fluid volume assessment
- Documenting of daily weight

**Activity Level** – Communicate activity goals

**What to do if Symptoms Worsen** – Communicate parameters of when to call Physician.



HeartCare is a Health Management Program that emphasizes education on the 6 aspects of care. HeartCare is available to ConnectiCare members 18 years or older diagnosed with Heart Failure. To enroll a member in HeartCare, call 1-800-390-3522. To find out more information about ConnectiCare's Health Management Programs refer to ConnectiCare's Physician and Provider Manual or [www.connecticare.com](http://www.connecticare.com).

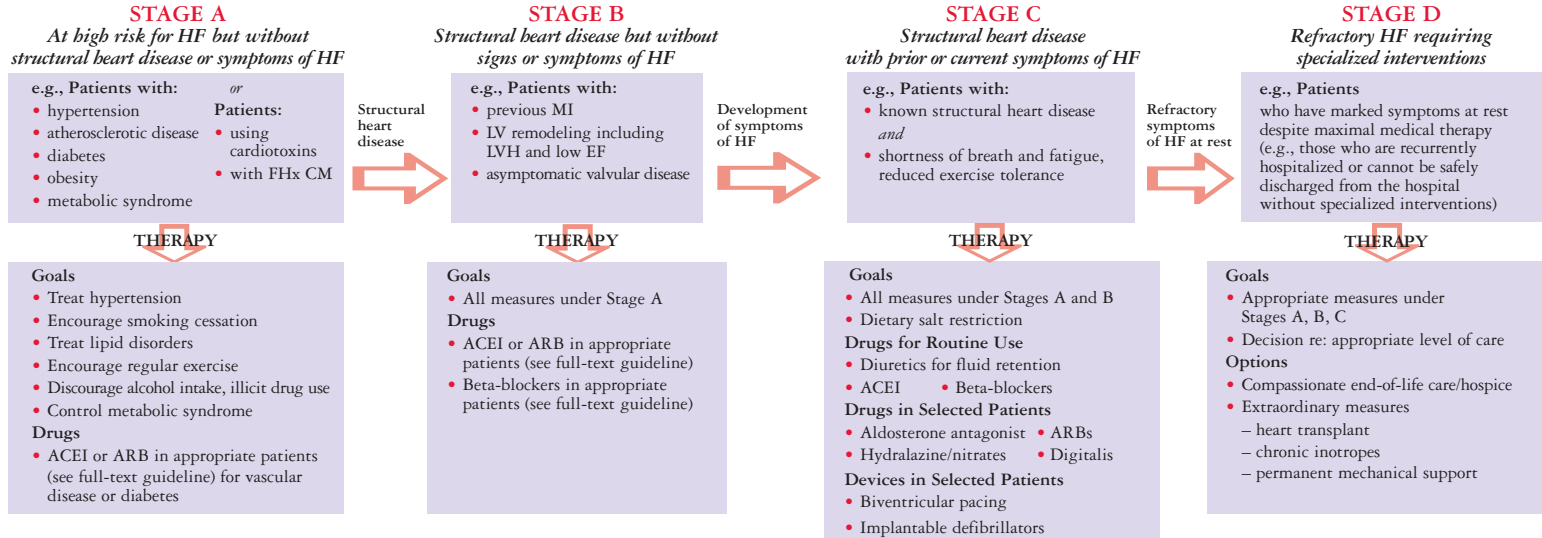
# STAGES IN THE DEVELOPMENT OF HEART FAILURE/RECOMMENDED THERAPY BY STAGE

Based on the 2009 Focused Update: ACC/AHA Guidelines for the Diagnosis and Management of Heart Failure in Adults, available at [www.acc.org](http://www.acc.org)



## At Risk for Heart Failure

## Heart Failure



Based on the African-American Heart Failure Trial (A-HeFT), the use of a fixed-dose combination of hydralazine and isosorbide dinitrate is recommended in self-identified African Americans who are symptomatic on angiotensin-converting enzyme (ACE) inhibitors, beta blockers, and diuretics.