Heart Failure

in the Post-Acute and Long-Term Care Setting

Teaching Slides

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A Special Presentation for the Interdisciplinary Team

NOTICE

- We recognize that people who reside in PA/LTC facilities are residents. Throughout these teaching slides, however, we use the term **patient(s)** because we are addressing individuals within the context of treating a medical condition.

- These teaching slides are for discussion and education **ONLY.**

- Must not be used without consulting and supervision of a qualified physician.

- No liability on usage of this teaching tool on AMDA – The Society for Post-Acute and Long-Term Care Medicine, successors, representatives or officers.

- Does not preclude compliance with State or Federal Laws.

- **NOT A SUBSTITUTE FOR EXPERIENCE & JUDGEMENT OF CLINICIANS OR CAREGIVERS.**

- Are not standards of practice, but help enhance clinicians ability to practice.

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2

Definitions

- Heart failure is a complex clinical syndrome that results from any structural or functional disorder that impairs the ability of the ventricles to fill with or eject blood at a rate commensurate with the body's needs.

- Classified as preserved or reduced ejection fraction.

Heart Failure in PA/LTC Settings

- **Set medically realistic <u>goals</u> based on patient's preference:**

  - Improvement of quality of life
  - Prevention of exacerbations
  - Prevention of hospital readmission
  - Prolongation of life
  - Providing symptom relief
  - Providing palliative and hospice care

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The Society for Post-Acute and Long-Term Care Guideline Domains

RECOGNITION

- Identifies the presence of a risk or condition.

ASSESSMENT

- Clarifies the nature and causes of a condition or situation and identifying its impact on the individual.

TREATMENT

- The selection and provision of appropriate interventions for that individual.

MONITORING

- The review of the course of a condition or situation as a basis for deciding to continue, change, or discontinue interventions.

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Algorithm Framework

Recognition

STEP 1
Identify individuals with a history of heart failure.

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STEP 2
Identify individuals who currently have symptoms of heart failure.

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STEP 3
Evaluate the patient for the presence of risk factors for heart failure exacerbation.

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Assessment

STEP 4
Decide if a workup is appropriate.

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STEP 5
Perform appropriate imaging studies to help to elucidate the etiology or severity of heart failure.

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STEP 6
Decide if interventions for modifiable risk factors and treatment of potentially reversible etiologies are appropriate.
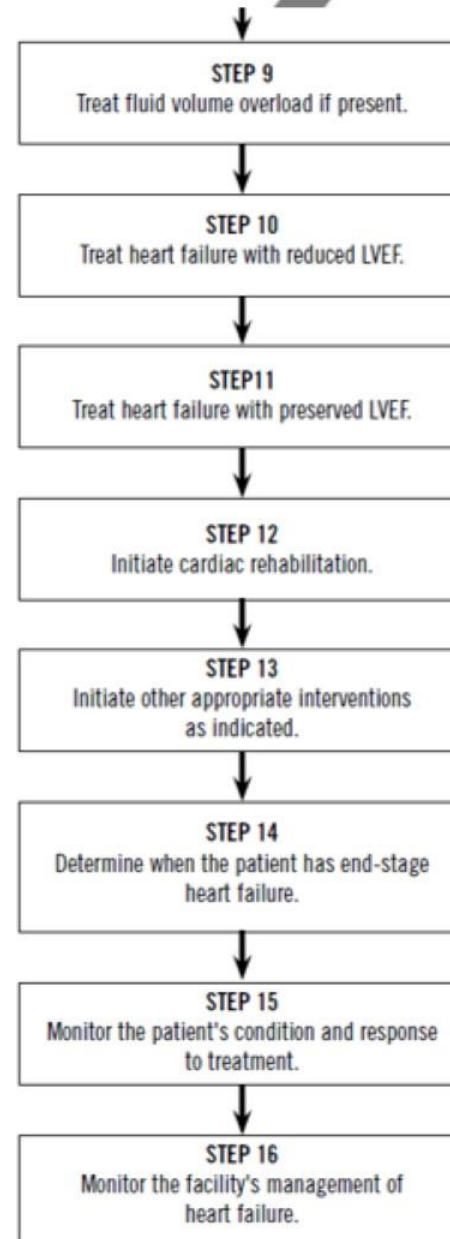
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Treatment

STEP 7
Develop an individualized care plan and define treatment goals.

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STEP 8
Optimize treatment for comorbid and contributing factors as well as cardiac factors as appropriate.

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Algorithm Framework

Monitoring

STEP 9
Treat fluid volume overload if present.

STEP 10
Treat heart failure with reduced LVEF.

STEP 11
Treat heart failure with preserved LVEF.

STEP 12
Initiate cardiac rehabilitation.

STEP 13
Initiate other appropriate interventions as indicated.

STEP 14
Determine when the patient has end-stage heart failure.

STEP 15
Monitor the patient's condition and response to treatment.

STEP 16
Monitor the facility's management of heart failure.

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7

Resources and Educational Tools

AMDA – The Society for Post-Acute and Long-Term Care Medicine

www.paltc.org

Heart Failure in the PA/LTC Setting Clinical Practice Guideline. AMDA 2015.

Heart Failure in the PA/LTC Setting Pocket Guide. AMDA 2017.

Know-it-All Before You Call – Data Collection Cards. AMDA 2016.

Know-it-All When You're Call Diagnosing System. AMDA 2011.