

HEART FAILURE **GUIDELINES FOR CARE** FLOW SHEET

Patient Name:	Physician Name:
Date of Birth:	Patient #:

INTERVENTIONS	DATE	DATE	DATE	DATE
Blood Pressure • < 130/80 mm Hg or lower if heart disease, • < 130/80 mm Hg if diabetes				
Weight (lb or kg)				
Waist Circumference (inches)				
Body Mass Index				
Height				
Renal function BUN/serum creatinine	/	/	/	/
Sodium	/	/	/	/
Potassium	/	/	/	/
Lipid Profile- Goals				
• <i>Total Chol <200 mg/dL</i>	mg/dl	mg/dl	mg/dl	mg/dl
• <i>HDL >40 mg/dL</i>	mg/dl	mg/dl	mg/dl	mg/dl
• <i>LDL <100 mg/dL or <70 if high risk</i>	mg/dl	mg/dl	mg/dl	mg/dl
• <i>TG <150 mg/dl</i>	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				
Aldosterone Inhibitor	Rx	Rx	Rx	Rx
Statin Therapy	Rx	Rx	Rx	Rx
Smoking Cessation Counseling				
Low Sodium Diet Instruction				
Depression Screening				
Physical Activity – 30 minutes all or most days				
Flu Vaccine (Annual) unless intolerant or contraindicated				
Pneumococcal Vaccine				