



Affiliate of ProMedica

Heart Failure Clinic Experience

Presented by Jamie Verhoff RN,
CHF Nurse Coordinator

Heart Failure in the United States

About **6.5 million** people in the United States have heart failure

- **3.6 million** hospitalizations each year for heart failure
- Heart failure costs the nation an estimated **\$32 billion** each year.
- **500,000** new cases diagnosed each year
- **One in 9** deaths in 2009 included heart failure as contributing cause
- Prevalence of heart failure expected to increase **25%** by 2030
- **About half** of people who develop heart failure **die within 5 years** of diagnosis.

- Risk of disease at age of 40
 - Heart failure= 1:5
 - Breast Cancer= 1:27
 - Prostate Cancer= 1:38
 - Colon Cancer= 1:109



<http://www.cdc.gov>, www.aahfn.org

What is CHF clinic

- ❖ Disease Management Program that only treats heart failure
- ❖ Patients are referred, or may request a referral!
- ❖ Patients come to appointments
- ❖ Clinic is nurse driven
- ❖ Patients still see their family doctor and regular cardiologist, and we communicate closely with them

CHF Clinic

Core Staff:

Cardiologist: Dr. Gardner or Dr. Lampert

Heart Failure Certified RN

- ❖ Initial visit is always with cardiologist
- ❖ Follow-up visits are usually with the nurse, but patients will be seen by cardiologist once a year

Why?

- ❖ Heart failure is a complex disease
- ❖ Guidelines tell us what treatments work
- ❖ But every patient is different and care is tailored to each patient

2 biggest goals?

- ❖ Keep patients out of the hospital
- ❖ Get patients to feel as good as they can with the heart function they've got

How?

We do this through:

- education
- medication
- monitoring/telemonitoring
- decision support
- referrals as appropriate

“You drive. We’ll navigate.”

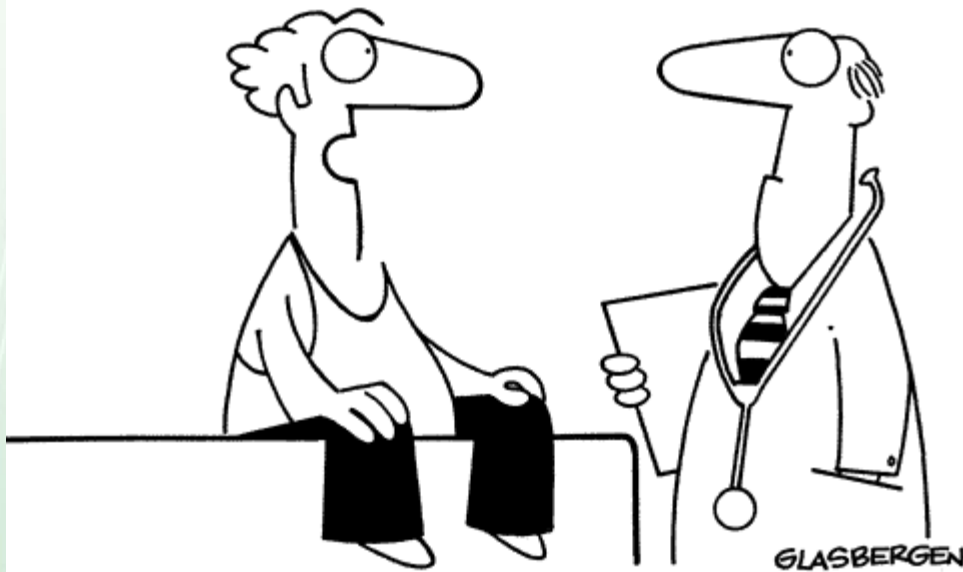
Education

We want our HF patients to know how to :

- Prevent HF symptoms
- Recognize HF symptoms early when they do happen
- Know what to do about it

Education/ LIFESTYLE CHANGES

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“Eat less and exercise more? That’s the most ridiculous fad diet I’ve heard of yet!”

Medications

- Patients receiving guideline directed medical therapy live longer, feel better, and have fewer hospitalizations



Referrals

- ❖ Dietary
- ❖ Pharmacy
- ❖ Family doctor
- ❖ Social services
- ❖ Weight loss
- ❖ Sleep clinic

Decision support

- ❖ Should I go to my doctor? Or the ER? Or can I take care of this at home?
- ❖ What are my options?
- ❖ Do I want aggressive treatment?



Monitoring

- ❖ monitoring at clinic visits: weight, vitals, medications, well-being, response to treatment
- ❖ and over the phone
Help is just a phone call away!

CardioMEMS

- Pulmonary Artery Pressure Monitoring
– CardioMEMS



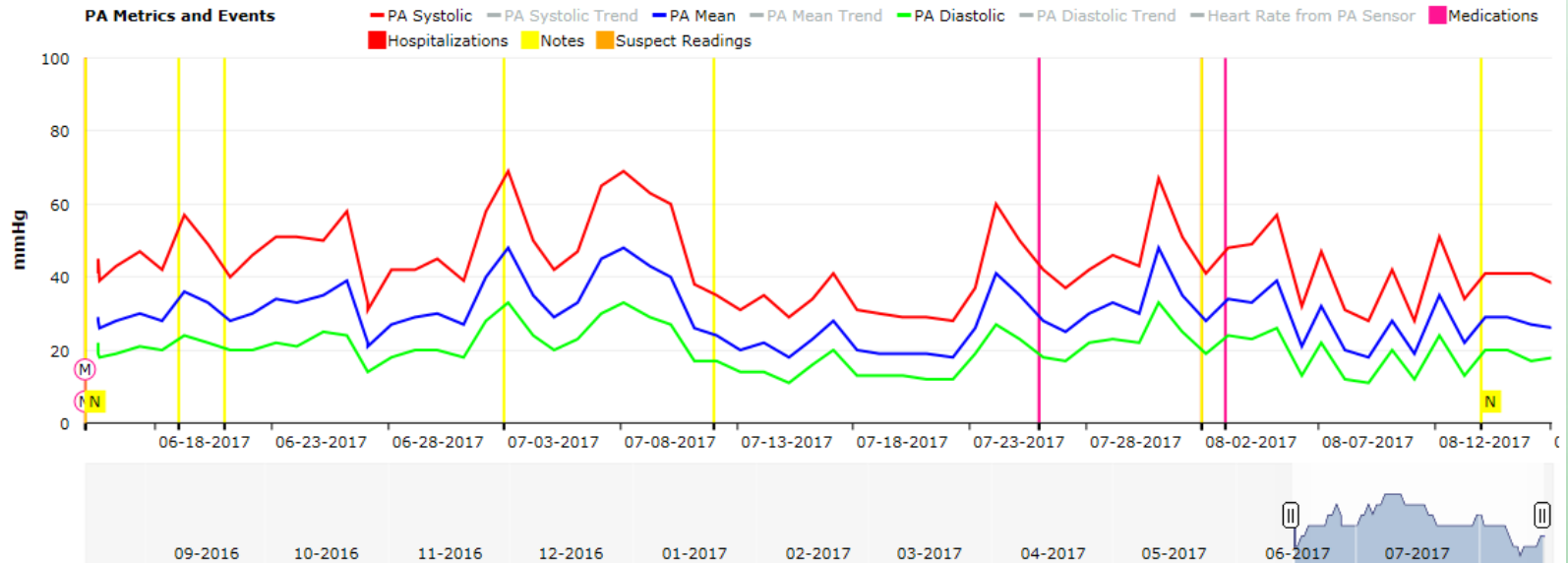
PA Diastolic Pressure Threshold: Lower 8 mmHg, Upper 20 mmHg
Right Heart Cath Implant Values

Last Reviewed: 08-17-2017
Last Billed: 07-26-2017

Fixed Auto

From: 06-15-2017 To: 08-17-2017

Date Range: 30 days 90 days 180 days All



Questions/Comments??

Thank you!

CHF clinic

Mon, Wed, Thur 8:30-4:00

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