

CONGESTIVE HEART FAILURE CLINICAL PRACTICE GUIDELINES

The following guidelines are applicable for patients age 18 or older who have a diagnosis of Congestive Heart Failure (CHF). For these patients, their medical record will contain documentation of the following:

1. Disease classification based on the NYHA Functional Classifications, which are:
 - a. Class I, No Limitations: Ordinary physical activity does not cause undue fatigue, dyspnea or palpitations
 - b. Class II, Slight Limitation of Physical Activity: Such patients are comfortable at rest, ordinary activity results in fatigue, palpitations, dyspnea or angina
 - c. Class III, Marked Limitation of Physical Activity: Patients are comfortable at rest, less than ordinary activity will lead to symptoms
 - d. Class IV, Inability to Carry On Any Physical Activity without Discomfort: Symptoms of congestive failure are present even at rest. With any physical activity, increased discomfort is experienced
2. Clinical assessments include:
 - a. Measurement of LVEF within 12-15 months
 - b. If LVEF < 40%, the patient will be treated with an ACE Inhibitor or ARB
 - c. Documented use of Beta Blockers, as appropriate. If Beta Blockers are not used, document reason (e.g. reactive airway disease)
3. Precautionary measures including:
 - a. Patient education about appropriate management of signs and symptoms of worsening CHF
 - b. Patient carrying an up-to-date medication list
 - c. CHF management to be considered for long term patients
4. Assess lifestyle habits, including:
 - a. Smoking status
 - b. Physical activity and exercise
 - c. Daily self-assessment of weight
 - d. Dietary restrictions (e.g. salt or fluid intake)
5. Influenza vaccine having been provided within the past year
6. Pneumococcal vaccine being provided in adults based on the following criteria:
 - a. Age 65 years or older with no or unknown history of prior receipt of PPSV
 - b. Age 19-64 years with no or unknown history of receipt of PPSV and any of the following conditions:
 1. Cigarette smoker
 2. Congestive Heart Failure
 - c. Adults in need of a second (and final) dose of PPSV if five or more years have elapsed since the previous dose of PPSV and the PPSV was given before the age 65 years of age and are at high risk for pneumococcal infection