

West Herts Heart Failure Pathway Clinical Conclave

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1.0 SOB

Metric

1.6 Escalation thresholds and decision aids (Supported/Unsupported)

1.7 Red Flags

Significant SOB

Pre Referral pre tariff
2.0 Primary Assessment
 History - Symptom (see 1.1) frequency and severity, impact on daily activities. Past medical history (esp: IHD, BP, DbM, Stroke, AF). Risk factors for CVD. Drug history.
 Examination - Heart rate, Rhythm, BP, JVP, auscultate heart and lungs, assess for oedema

2.1 Diagnostic thresholds and decision aids

Metric

2.6 Escalation thresholds and decision aids, remote advice

Treatment failure, acute presentation, arrhythmias,

2.7 Red Flags

Increasing/ severe symptoms, angina, pregnancy

3.0 Specialist
 Specialist
 Clarification/ assessment needed.
 Straight to assessment

1.1 Description

Breathlessness, ankle oedema tiredness, orthopnoea, paroxysmal nocturnal dyspnoea.

1.2 Incidence and Prevalence

1-2% suffer from heart failure due to left ventricular dysfunction.

1.3 Self Assessment and Self Care

(Supported/Unsupported)

e.g. NHS Direct (Internet or Phone); Pharmacy

History

1.4 Primary Prevention

Disease Prevention
 Health Protection
 Health Promotion

2.2 Diagnostics (Dx)

2.2.1 12 Lead ECG
 In practice. Sig. abnormalities incl. AF, Ischaemia/MI, LVH, LBBB, LAD.

2.2.2 Imaging
 Chest x-ray
 Echo if BNP or ECG abnormal

2.2.3 Pathology
 Bloods: BNP, FBC, U+Es, TFTs?, FBG, Lipids,

2.2.4 Lung function
 Spirometry

3.2 Diagnostic

3.2.1 No diagnostic required

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2.3 Treatment thresholds and decision aids

2.4 Treatments (Tx)

2.4.1 Reassurance, information and self help
 Advice about diagnosis and treatment - patient information

2.4.2 Physical
 Cardiac rehab and risk factor management. smoking, alcohol, diet, exercise, flu + pneumonia vaccine.

2.4.3 Psychological and social
 Depression screening and treatment, local support groups, hospice,

2.4.4 Medication
 Loop diuretics for fluid + ACEI or ARB, Beta-blocker, Digoxin if AF + ? anticoag, Spironolactone

2.4.5 Heart Failure Nursing
 drug titration, palliative care, patient support



3.4 Definitive Treatment

3.4.1 Reassurance information and self help
 Keep patient fully informed and involved in treatment plan

3.4.2 Active monitoring
 During pharmacology titration



5.0 Person

2.5 Rehabilitation and Review

Quality of Life (QoL) Outcome Measurement

3.6 Rehabilitation and Review

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