

HEART FAILURE AWARENESS WEEK

May 4-10, 2025

#HeartFailureWeekCan



It's not normal to be breathless



Know the Signs and Symptoms of Heart Failure. Act Now. Live Longer.

What is heart failure?

Heart failure is a chronic condition caused by the heart not functioning as it should, or by a problem with its structure. It can happen if the heart is too weak or too stiff, or both¹

What are the common symptoms of heart failure?



Dyspnea



Tired and low energy for daily activities



Edema



Nocturnal Symptoms
Orthopnea and paroxysmal nocturnal dyspnea



Persistent cough



Weight gain
> 4 lbs (2kg) in ≥ 2 days or > 5 lbs (2.5kg) in 1 week

What are the risk factors for heart failure?



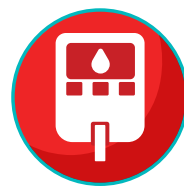
Aging



Coronary artery disease



High blood pressure



Diabetes

Routine Screening



Risk-Factor screening
Primary prevention strategy for groups at high risk of heart failure.



Physical examination



Electrocardiogram
Provide timely access to a 12-lead electrocardiogram.



Chest X-ray
Assess heart size and pulmonary congestion.



Echocardiography
Provide timely access (immediately or within two weeks for baseline assessment) to echocardiography (preferred when available) or **cardiac magnetic resonance imaging** when echocardiographic imaging is non-diagnostic.



Natriuretic Peptides (BNP or NT-proBNP)
Provide timely access to natriuretic peptide testing for all patients on first presentation to any healthcare setting with symptoms suggestive of new or worsening heart failure.

Diagnosis

HFrEF (HF with reduced EF)	LVEF \leq 40%
HFmrEF (HF with mildly reduced EF)	LVEF 41%-49%
HFpEF (HF with preserved EF)	LVEF \geq 50%
HFimpEF (HF with improved EF)	Previous LVEF \leq 40% and a follow-up measurement of LVEF $>$ 40%

Management



Strategies for management of cardiac function may differ based on evaluation of LVEF.



Access to evidence based and guideline-directed medical therapy (GDMT).



Guidelines & KT Tools - Canadian Cardiovascular Society (ccs.ca).

Monitor



Vitals



Daily Weight



Coordination of Care

HF Specialists, Nurse Practitioners, Nurses, Pharmacists, Dietitians, Multi-disciplinary Team, HF Clinic, Cardiac Rehabilitation, Mental Health Support, Palliative Care Support, Families and Caregivers.

Follow Up



Establish treatment and management plan with follow-up appointments with care team.

Get more information

Visit HeartFailure.ca or scan the QR code to learn more and access patient education and support resources.



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SPECIAL THANKS:

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References
 (1) Heart and Stroke Foundation of Canada. Falling Short. How Canada is Failing People with Heart Failure-and How We Can Change That. 2022 Spotlight on Heart Failure.2022
<https://www.heartandstroke.ca/heart-disease/conditions/heart-failure>



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