#HeartSuccess What can CANADIANS do to FIGHT HEART FAILURE?

Friday, May 7, 2021 / 5:00 - 5:50 p.m. EDT



Canadian Heart Failure Society Société canadienne d'insuffisance cardiaque

Planning Committee & Faculty

Chair: SHELLEY ZIEROTH, MD, FCCS, FHFSA (hon), FESC, FACC, FHFA, FRCPC

Cardiologist, St. Boniface Hospital Professor, University of Manitoba Immediate Past President, Canadian Heart Failure Society Winnipeg, MB

KATIE CONNOLLY, MD, FRCPC

Cardiologist, Hamilton General Hospital Assistant Professor of Medicine, McMaster University Hamilton, ON

JAMES L. JANUZZI JR, MD, FACC, FESC

Hutter Family Professor of Medicine, Harvard Medical School Physician, Cardiology Division, Massachusetts General Hospital Cardiometabolic Faculty, Baim Institute for Clinical Research Trustee, American College of Cardiology Boston, MA

STEPHANIE POON, MD, MSc, FRCPC

Assistant Professor, University of Toronto Cardiologist, Sunnybrook Health Sciences Centre Medical Co-Director, Heart Function and Rapid Cardiology Assessment Clinic Toronto, ON

SEAN A. VIRANI, MD, MSc, MPH, FRCPC, FCCS

Head, Division of Cardiology, Providence Health Care Physician Program Director, The HEART Centre, St. Paul's Hospital Provincial Medical Director, Cardiac Services BC Associate Professor, Department of Medicine, University of British Columbia Past President, Canadian Heart Failure Society Medical Director, HeartLife Foundation

Vancouver, BC

Disclosure of Commercial Support

This program has received financial support from Novartis Canada

Learning Objectives

- Describe the state of heart failure management in Canada through the review of performance indicators from the CCS Quality Project and the CAN-HF Registry
- Identify gaps in care and opportunities to improve outcomes for patients with heart failure
- Summarize the 2021 CCS/CHFS heart failure guidelines and the foundational evidence that supports the application of GDMT
- Examine how the implementation of order sets helps support the application of GDMT in clinical practice



#Heart of the Matter: The state of heart failure care in Canada

Stephanie Poon, MD, MSc, FRCPC

Assistant Professor, University of Toronto Cardiologist, Sunnybrook Health Sciences Centre Medical Co-Director, Heart Function and Rapid Cardiology Assessment Clinic Toronto, ON

Sean A. Virani, MD, MSc, MPH, FRCPC, FCCS

Head, Division of Cardiology, Providence Health Care Physician Program Director, The HEART Centre, St. Paul's Hospital Provincial Medical Director, Cardiac Services BC Associate Professor, Department of Medicine, University of British Columbia Past President, Canadian Heart Failure Society

Medical Director, HeartLife Foundation

Vancouver, BC





Canadian Cardiovascular Society Heart Failure National Quality Report



Heart Failure with Reduced Ejection Fraction (HFrEF) Positive Trials: 2001-2020



Canadian Cardiovascular Society National Quality Report: Heart Failure

- Primary panel:
 - Laurie Lambert
 - Benjamin Leis
 - Kendra MacFarlane
 - Robert McKelvie
 - Stephanie Poon

- Secondary panel:
 - Kim Anderson
 - Claudia Blais
 - Catherine Demers
 - Justin Ezekowitz
 - Nathaniel Hawkins
 - Douglas Lee
 - Gordon Moe
 - Roopinder Sandhu
 - Sean Virani
 - Steve Wilton
 - Shelley Zieroth

Objective:

 Describe trends in 30-day readmission rates and length of stay (LOS) of patients admitted with heart failure (HF) across Canada from 2009 compared to 2018

Data sources:

- CIHI Discharge Abstract Database (DAD)
- MED-ECHO (Quebec)

30-day Readmission Rate of Patients with HF in 2009 and 2018



Total number of HF Admissions and Annual Rate of HF Admissions per 100,000 Population in 2009 and 2018



Reasons for 30-d Readmissions in 2009 and 2018



Heart Failure Length of Stay (LOS) in Canada

National Median HF LOS in 2009 and 2018



2018: HF LOS (days) According to Province (% of patients with corresponding LOS)



Relationship Between LOS, Readmissions, and Mortality



Length of stay (days)

			Adjusted Rate/	
Outcome	Length of Stay (Days)	Deaths/ Patients	(95% CI)*	(95% CI)*
All-cause mortality	1-2	323/9,938	3.40 (3.03-3.77)	0.96 (0.83-1.11)
	3-4	424/15,288	2.81 (2.52-3.10)	0.79 (0.68-0.91
	5-6	441/12,439	3.52 (3.20-3.85)	Referent
	7-8	344/8,786	3.93 (3.54-4.32)	1.12 (0.97-1.29)
	9-14	551/11,779	4.46 (4.13-4.78)	1.28 (1.14-1.43)
Cardiovascular mortality	1-2	198/9,938	2.09 (1.79-2.38)	0.91 (0.76-1.09
	3-4	270/15,288	1.76 (1.53-1.99)	0.77 (0.65-0.91
	5-6	282/12,439	2.27 (2.01-2.52)	Referent
	7-8	208/8,786	2.40 (2.09-2.71)	1.06 (0.89-1.27)
	9-14	340/11,779	2.77 (2.51-3.03)	1.23 (1.06-1.44)
Noncardiovascular mortality	1-2	125/9,938	1.31 (1.08-1.54)	1.03 (0.81-1.32)
	3-4	154/15,288	1.05 (0.87-1.24)	0.82 (0.64-1.06
	5-6	159/12,439	1.26 (1.06-1.46)	Referent
	7-8	136/8,786	1.53 (1.29-1.77)	1.22 (0.99-1.51)
	9-14	211/11,779	1.69 (1.49-1.89)	1.35 (1.09-1.67)

Limitations

- This study is based on hospital administrative data, which has known limitations regarding potential variability in the accuracy and consistency of coding the appropriate main diagnosis¹
- Data from CIHI also does not contain information on left ventricular ejection fraction (LVEF) and brain-type natriuretic peptides (BNP), or clinical findings that would delineate severity of illness.
- Data does not account for patients with HF who may have died within 30 days.



CAN-HF: A Canadian multi-centre, retrospective, non-interventional study of inpatients and ambulatory patients with heart failure



Study Team

CAN-HF Steering Committee

- Dr. R. McKelvie (Chair)
- Dr. George Honos
- Dr. Stephanie Poon
- Dr. Sean Virani

Novartis Medical Affairs

- Carlos Rojas-Fernandez, PharmD
- Lamia Kalfane, PharmD

Study Sites

- BC: Vancouver Coastal Health Authority (Dr. Sean Virani)
- MB: Concordia Hospital (Dr. Shelley Zieroth)
- MB: Saint Bonafice Hospital (Dr. Shelley Zieroth)
- ON: Orillia Soldier's Memorial Hospital (Dr. John MacFadyen)
- ON: Lawson Health Research Institute (Dr. Robert McKelvie)
- QC: Centre Hospitalier de l'Universite de Montreal (Dr. George Honos)
- QC: CHU De Quebec-Universite Laval (Dr. Sebastien Joncas)



Inpatients: Selected baseline characteristics



Patient admitted to hospital for heart failure in the past 12 months Unk







Inpatients with HFrEF:

Medication use at admission & discharge (% of patients)





Outpatients with HFrEF:

Medication use at 1st and 2nd visit (% of patients; N=1319)



Conclusions

- Use of GDMT is improved in HFrEF patients both during hospitalization and with ambulatory follow-up
- There continues to be opportunities for improvement
- Patients with HFrEF have a high burden of co-morbidity
- >30% of patients admitted to hospital have *de novo* heart failure



#Guidelines for the Win: The new standard in HFrEF management

Shelley Zieroth, MD, FCCS, FHFSA (hon), FESC, FACC, FRCPC

Cardiologist, St. Boniface Hospital Professor, University of Manitoba Immediate Past President, Canadian Heart Failure Society Winnipeg, MB

James L. Januzzi Jr, MD, FACC, FESC

Hutter Family Professor of Medicine, Harvard Medical School Physician, Cardiology Division, Massachusetts General Hospital Cardiometabolic Faculty, Baim Institute for Clinical Research Trustee, American College of Cardiology Boston, MA





The 2021 Update to the 2017 HF ECDP



- Major changes in the ECDP include two medical therapies elevated to "front line"
 - Angiotensin receptor/neprilysin inhibitors (ARNI) are now the preferred, first line renin-angiotensin inhibitor
 - Sodium glucose co-transporter-2 (SGLT2) inhibitors are now a part of the foundational medical management

Maddox TM, Januzzi JL Jr, Allen LA, Breathett K, Butler J, Davis LL, Fonarow GC, Ibrahim NE, Lindenfeld J, Masoudi FA, Motiwala SR, Oliveros E, Patterson JH, Walsh MN, Wasserman A, Yancy CW, Youmans QR. 2021 Update to the 2017 ACC Expert Consensus Decision Pathway for Optimization of Heart Failure Treatment: Answers to 10 Pivotal Issues About Heart Failure With Reduced Ejection Fraction: J Am Coll Cardiol. 2021 Jan 4:S0735-1097(20)37867-0. doi: 10.1016/j.jacc.2020.11.022. Epub ahead of print. PMID: 33446410.



PARADIGM-HF



Effect of Sacubitril/Valsartan on Mode of Death



Kaplan-Meier survival curve for sudden death due to worsening HF, by treatment

- Sacubitril/valsartan reduced SCD risk in patients with an ICD (HR: 0.49) and in those who were eligible for but did not receive an ICD (HR: 0.81)
- This effect was particularly evident in nonischemic cardiomyopathy

Sacubitril/Valsartan and Reverse Remodeling

Reverse cardiac remodeling to 12 months despite ACEi/ARB in 80% at BL

Sacubitril/Valsartan and KCCQ Improvement

Initiating S/V in HFrEF:

- By 14 days: ↑ 6 points
 By 60 days: ↑ 9 points
- 61% KCCQ $\uparrow \ge 10$ points
- 26% KCCQ ↑ ≥20 points
- Early change identical to that seen in EVALUATE-HF

In Hospital Initiation of Sacubitril/Valsartan: **De novo patients**

So, why "ARNI-First"?

- There is no biological plausibility to sequencing with ACEi/ARB first, then changing to ARNI
- Going direct to ARNI is well tolerated (TRANSITION, PIONEER-HF, PROVE-HF)
- Benefit of ARNI in trials appears very early
- Patients receiving ARNI de novo have the most reverse remodeling
- Waiting for "failure" of ACEi/ARB to intensify to ARNI is exactly what we are trying to prevent!
- Waiting to start ARNI reduces the eventual likelihood that the change will occur

DAPA-HF and EMPEROR-REDUCED

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Dapagliflozin in Patients with Heart Failure and Reduced Ejection Fraction

J.J.V. McMurray, S.D. Solomon, S.E. Inzucchi, L. Køber, M.N. Kosiborod, F.A. Martinez, P. Ponikowski, M.S. Sabatine, I.S. Anand, J. Bělohlávek, M. Böhm, C.-E. Chiang, V.K. Chopra, R.A. de Boer, A.S. Desai, M. Diez, J. Drozdz, A. Dukát, J. Ge, J.G. Howlett, T. Katova, M. Kitakaze, C.E.A. Ljungman, B. Merkely, J.C. Nicolau, E. O'Meara, M.C. Petrie, P.N. Vinh, M. Schou, S. Tereshchenko, S. Verma, C. Held, D.L. DeMets, K.F. Docherty, P.S. Jhund, O. Bengtsson, M. Sjöstrand, and A.-M. Langkilde, for the DAPA-HF Trial Committees and Investigators* ORIGINAL ARTICLE

Cardiovascular and Renal Outcomes with Empagliflozin in Heart Failure

M. Packer, S.D. Anker, J. Butler, G. Filippatos, S.J. Pocock, P. Carson, J. Januzzi,
S. Verma, H. Tsutsui, M. Brueckmann, W. Jamal, K. Kimura, J. Schnee, C. Zeller,
D. Cotton, E. Bocchi, M. Böhm, D.-J. Choi, V. Chopra, E. Chuquiure, N. Giannetti,
S. Janssens, J. Zhang, J.R. Gonzalez Juanatey, S. Kaul, H.-P. Brunner-La Rocca,
B. Merkely, S.J. Nicholls, S. Perrone, I. Pina, P. Ponikowski, N. Sattar, M. Senni,
M.-F. Seronde, J. Spinar, I. Squire, S. Taddei, C. Wanner, and F. Zannad,
for the EMPEROR-Reduced Trial Investigators*

DAPA-HF: Primary endpoint and HHF

EMPEROR-REDUCED

Primary endpoint CV death/HF hospitalization

Secondary endpoint First/recurrent HF hospitalization

EMPEROR-REDUCED: Renal endpoint

HFrEF Benefit Regardless of Glycemic Status

*Defined as history of type 2 diabetes or HbA1c ≥6.5% at both enrollment and randomization visits.

EMPA-TROPISM: Structure and function improvement

HEART CENTER

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Santos-Gallego et al, JACC 2020

Additive Value of ARNI and SGLT2 inhibitors

Expected Lifetime Benefit of Comprehensive Disease-Modifying Therapy in Chronic HFrEF

2021 CCS/CHFS Heart Failure Guidelines Update: Therapeutic approach to patients with HFrEF

2021 CCS/CHFS Heart Failure Guidelines Update: Therapeutic approach to patients with HFrEF

2021 CCS/CHFS HF Guidelines Update

RECOMMENDATION

- 1. We recommend that in the absence of contraindications, patients with HFrEF be treated with combination therapy including 1 evidence-based medication from each of the following categories:
 - a. ARNI (or ACEI/ARB);
 - b. β-blocker;
 - c. MRA; and
 - d. SGLT2 inhibitor.

(Strong Recommendation; Moderate-Quality Evidence).

RECOMMENDATION

- We recommend that an ARNI be used in place of an ACEI or ARB, in patients with HFrEF, who remain symptomatic despite treatment with appropriate doses of GDMT to decrease CV death, HF hospitalizations, and symptoms (Strong Recommendation; High-Quality Evidence).
- 4. We recommend that patients admitted to hospital for acute decompensated HF with HFrEF should be switched to an ARNI, from an ACEI or ARB, when stabilized and before hospital discharge (Strong Recommendation; Moderate-Quality Evidence).
- 5. We suggest that patients admitted to hospital with a new diagnosis of HFrEF should be treated with ARNI as first-line therapy, as an alternative to either an ACEI or ARB (Weak Recommendation; Moderate-Quality Evidence).

Values and preferences. These recommendation place high value on evidence that supports the safety and efficacy of initiating ARNI therapy in hospitalized patients with or without previous RASi exposure.

RECOMMENDATION

- 11. We recommend an SGLT2 inhibitor, such as dapagliflozin or empagliflozin, be used in patients with HFrEF, with or without concomitant type 2 diabetes, to improve symptoms and quality of life and to reduce the risk of HF hospitalization and/or CV mortality (Strong Recommendation; High-Quality Evidence).
- 12. We recommend an SGLT2 inhibitor, such as empagliflozin, canagliflozin, or dapagliflozin be used for treatment of patients with type 2 diabetes and atherosclerotic CV disease to reduce the risk of HF hospitalization and death (Strong Recommendation; High-Quality Evidence).
- 13. We recommend an SGLT2 inhibitor, such as dapagliflozin, be used in patients with type 2 diabetes who are older than 50 years with additional risk factors for atherosclerotic CV disease to reduce the risk of HF hospitalization (Strong Recommendation; High-Quality Evidence).
- 14. We recommend SGLT2 inhibitors such as canagliflozin or dapagliflozin be used in patients with albuminuric renal disease, with or without type 2 diabetes, to reduce the risk of HF hospitalization and progression of renal disease (Strong Recommendation; High-Quality Evidence).

Values and preferences. These recommendations place weight on the results from large randomized, placebocontrolled trials that consistently showed a benefit of SGLT2 inhibitor treatment on HF prevention and treatment among patients with and without type 2 diabetes.

#HeartSuccess

- GDMT for HFrEF has evolved
- QUADRUPLE THERAPY = New Standard of Therapy
- INITIATE all 4 standard therapies then UPTITRATE
- Favorable remodeling, improved clinical outcomes + QOL
- Populations for consideration of sacubitril/valsartan have expanded
- In hospital initiation of newer HF therapies should be considered

#Join the Fight: Implementing the CHFS Order Set in your hospital

Stephanie Poon, MD, MSc, FRCPC

Assistant Professor, University of Toronto Cardiologist, Sunnybrook Health Sciences Centre Medical Co-Director, Heart Function and Rapid Cardiology Assessment Clinic Toronto, ON

Katie Connolly, MD, FRCPC

Assistant Professor of Medicine, McMaster University Cardiologist, St Joseph's Healthcare Hamilton and Hamilton Health Sciences Hamilton, ON

Objectives

- 1. Discuss the evidence for use of a standardized order set to assist in guiding management of patients who are hospitalized with heart failure (HF)
- 2. Review the key components of the CHFS HF order set
- 3. Illustrate the adaptation of the CHFS HF order set to an existing hospital order set

The Burden of Heart Failure (HF) in Canada

PREVALENCE/INCIDENCE¹

- 669,600 HF patients in Canada, aged 40 years and older
- 92,900 adult Canadians received a new diagnosis of HF

MORTALITY^{2,3}

- One-year mortality rate: 25%
- Median life expectancy: 5.5 years

HOSPITALIZATIONS³⁻⁴

- Third highest cause of hospitalization
- LOS approximately 8 days, \$10,000/hospitalization

BURDEN ON THE HEALTHCARE SYSTEM⁴

• Expected cost of \$2.8 billion per year by 2030 (direct and indirect costs)

LOS, length of stay

1. 2017 Heart disease in Canada: Highlights from the Canadian Chronic Disease Surveillance System; 2. Atler DA et al. J Gen Intern Med 2012;27(9):1171-1179; 3. Yeung DF et al. CMAJ 2012;184(14):E765-E773. 4. Tran DT et al. CMAJ Open 2016;4(3):E365-E370.

Mortality Rate is Higher for HF Than Some Cancers

Mortality Risk Increases After Every Hospitalization

Image adapted from Gheorghiade M et al.

1. Gheorghiade M et al. Am J Cardiol 2005;96(6A):11G-17G; 2. Setoguchi S et al Am Heart J 2007;154(2):260-266;

3. Benjamin EJ et al. Circulation 2017;135(10):e146-e603;4. Roger VL et al. JAMA 2004;292(3):344-350.

Each Time Patients Are Hospitalized for HF, They Are Back in Hospital 28 Days Faster Than the Last Time

Alberta Health

Cumulative Impact of Evidence-Based HFrEF Therapies On All-Cause Mortality

	Relative Risk	Two-year Mortality
None	_	35.0%
ARNI (vs. imputed placebo)	↓ 28%	25.2%
Beta-blocker	↓35%	16.4%
Aldosterone antagonist	↓30%	11.5%
SGLT2i	↓17%	9.5%

Cumulative risk reduction in mortality if all evidence-based medical therapies are used: relative reduction 72.9%; absolute risk reduction: 25.5%; NNT=3.9

Use of Guideline-Directed Medical Therapy In Patients with Chronic HFrEF: CHAMP-HF Registry

- Despite <2% with contraindications, use of GDMT was <75% for each therapy
- Use of both MRA and ARNI was particularly low, at 33% and 13%, respectively

Pathway to Improve HF Outcomes Begins at Admission

Why Use An Order Set?

Across all indications, standardized order sets in the acute setting significantly reduce:

- Hospital length of stay
- Medication errors
- Mortality

Why Use An Order Set?

Outcomes and

 Large retrospective analysis of heart failure order set use

Measures	Group	Group	Chi- Squared (χ ²)
Mortality = yes	331	13	<u>.</u>
Mortality = no	9888	706	
Percent (Mortality=yes) / total	3.2%	1.8%	4.516 (<i>p</i> = 0.034)

Free Text

Order Set

Paarson

 Mortality and length of stay were significantly reduced

McDonald et al. CCS/CHFS Heart Failure Guidelines Update

Implementing the CHFS Order Set in Your Hospital

Demonstrated Benefit of In-Hospital ARNI Initiation

PIONEER-HF Primary Endpoint: Time-average Proportional Change of NT-proBNP from Baseline

NT-proBNP, N-terminal pro b-type natriuretic peptide (%) change from baseline to mean of Weeks 4 and 8 Velazquez EJ et al. New Eng J Med 2019;380(6):539-548; Morrow DA et al. Eur Heart J 2019;40(40):3345-3352. Secondary analysis: 34% reduction in risk of readmission (HR=0.66, 95% CI 0.35–0.88; P=0.011)

Key HF Order Set Components

ADMISSION ORDERS

- Notification to PCP
- Patient care instructions including:
 - Daily morning weights
 - Fluid and sodium restriction
 - Supplemental oxygen, if needed
- Laboratory investigations specific to HF, including when to repeat
- Medications, including target doses

TRANSITION TO COMMUNITY CARE

- Consults and referrals to HF clinics and other HCPs
- Education and self-care instruction
- Discharge management plan
- Early outpatient follow-up

Order sets ensure that critical components of patient care are considered and discussed with the patient

Non-Pharmacologic Strategies for All HF Patients

- Typical sodium intake ≤2000 mg/day
- Fluid restriction in selected patients
- Daily weight monitoring with diuretic sliding scale
- Regular exercise may improve quality of life
- Smoking cessation
- Annual influenza, periodic pneumococcal pneumonia immunizations and current/future vaccines relevant to this high-risk population (e.g. COVID-19)
- Close follow-up and disease management
- Patient and caregiver education

I-NEED-HELP

I-NEED-HELP (also see Table 6)

I: IV inotropes

- N: NYHA IIIB/IV or persistently elevated natriuretic peptides
- E: End-organ dysfunction
- E: Ejection fraction ≤35%
- **D**: Defibrillator shocks
- H: Hospitalizations >1
- E: Edema despite escalating diuretics
- L: Low blood pressure, high heart rate
- P: Prognostic medication progressive intolerance or down-titration of GDMT

CHFS Heart Failure Order Set

Most Responsible Diagnosis:	
Allergy / Intolerance	

Patient's weight on admission: _____ kg

oxdot To be performed routinely \Box To be performed if selected by prescriber

I - GENERAL PROVISIONS

Goals of Care: *Fill out the form: Level of medical intervention

Admit to unit: Attending MD:				
Cardiac monitor (telemetry)	rdiac monitor (telemetry) □ Vital signs q h + PRN (6, 8 □ Maintain oximetry reading ≥ 9:			glucose q h + PRN
□ IV line atcc/n □ Insert urinary catheter	iour or 🗀 IV Saline lock	□ Fluid limitL/24r □ I&O q h	Sodium restriction 2	2,000 mg daily
□ NPO □ Diabetic diet □	Cardiac diet	□ Weight on admission and 0	DD (before breakfast) (Idea	ally on standing scale)
□ Level 1: Bedrest, commode ch □ Level 3: Progressive increase Provide standard ⊠ Heart failure	air Level 2: Up in chain mobility, shower after considered use the period of the perio	air, bathroom privileges sulting physician/nurse practitione patient/family ⊠ Standard hear	r t failure teaching to the p	patient/family
TESTS ON ADMISSION (if not al	Iready done)			
☑ CBC ☑ Electrolytes □ Glucose □ HBA1C ☑ Urea, Creatinine	☐ Ca ☐ Mg ☐ HDL, LDL, Tc ☑ PT/INR ☐ (☐ PTT:	otal Cholesterol, Triglycerides DD - se, GGT, total and conjugated bili	□ TSH □ NT-proBNP or BN □ Uric Acid □ Urinalysis □ Troponin ubin, albumin)	\P □ CRP
Total protein				
Other:				

Anemia workup (serum iron, ferritin, transferrin saturation, B12, folic acid, LDH, bilirubin, haptoglobin, reticulocytes, TIBC)						
EKG on admission if not already performed today DD			Trans-thoracic echocardiogram "***Repeat echocardiogram if none performed within last 12			
Chest X-ray on admission if not alread	ly performed today 🛛 🗍 OD	months***	<i>и</i>			
RECURRING TESTS						
Electrolytes, urea, creatinine OD		D PT/INF				
		□ PTT:				
Other tests:						
II- CONSULTATIONS CHECKED REQUESTS TO BE COMPLETED						
Cardiology	Pharmacy		□ Other:			
Nephrology	Physiotherapy		□ Other:			
Respirology	Occupational Therapy		□ Other:			
Microbiology Social Work			□ Other:			
Internal Medicine	Nutritional Therapy		□ Other:			
□ Hematology □ Spiritual Therapy						
□ Psychiatry	Community Care Access Cer	ntre				
Geriatric Medicine						

IIII- MEDICATION AND PROTOCOLS

Medication Reconciliation to be performed by qualified person according to standard hospital procedures

ACEI/ARB OR ARNI (Sacubitril/Valsartan) or other vasodilators

Angiotensin Neprilysin Inhibitor (ARNi) is the preferred drug for HF with LVEF \leq 40% (unless intolerant/contraindicated Eligibility criteria for initiating ARNI: LVEF \leq 40%, NYHA II or III with a β -blocker (unless intolerant/contraindicated).

1. Initiate/continue ACEI or ARB:

🗆 Ramipril	mg	PO bid	🗆 Valsartan	mg PO BID
🗆 Perindopril	mg	PO daily	🗌 Candesartan	mg PO daily
🗆 Captopril	mg	PO tid	Other:	mg PO

2. Initiation of an ARNI:

(verify patient coverage/provincial reimbursement prior to initiation)

- □ If currently taking ACE inhibitor, THEN discontinue ACE AND 48 hours later on ____ □ initiate Sacubitril/valsartan 24/26 mg po bid
- □ If currently taking ARB inhibitor, THEN discontinue ARB AND 24 hours later on □ initiate Sacubitril/valsartan 24/26 mg po bid

24/26 mg

If not taking ACE or ARB, THEN initiate Sacubitril/valsartan:

🗆 If currently taking sacubitril/valsartan, THEN continue Sacubitril/valsartan: 🗆 24/26 mg 🗆 49/51 mg 🗆 97/103 mg PO BID

3. Other Vasodilators: to be considered if LVEF ≤ 40% and not currently eligible for ARB/ACEI or ARNI (e.g., severe CKD (eGFR <30 mL/min/1.73 m2), hyperkalemia (potassium > 5.5 mmol/L))

🗆 Hydralazine	mg PO q 8 h			
Isosorbide dinitrate	mg PO tid			
Isosorbide-5-mononitrate	mg PO OD			
Nitroglycerin Transdermal	mg/hr topical	apply daily @	hours and remove daily @	_hours

Beta-blockers

HF recommendations: LVEF \leq 40% or for another indication for beta blocker

Bisoprolol	mg PO daily
Carvedilol	mg PO bid

 \Box Other β-blocker (Ø approved for HF):____mg po ____

ACEI/ARB OR ARNI (Sacubitril/Valsartan) or other vasodilators

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🗌 Captopril	mg	PO tid	□ Other:	mg PO

2. Initiation of an ARNI:

(verify patient coverage/provincial reimbursement prior to initiation)

□ If currently taking ACE inhibitor, THEN discontinue ACE AND 48 hours later on ____ □ initiate Sacubitril/valsartan 24/26 mg po bid

🗆 If currently taking ARB inhibitor, THEN discontinue ARB AND 24 hours later on ____ 🗆 initiate Sacubitril/valsartan 24/26 mg po bid

□ If not taking ACE or ARB, THEN initiate Sacubitril/valsartan: □ 24/26 mg

🗆 If currently taking sacubitril/valsartan, THEN continue Sacubitril/valsartan: 🗆 24/26 mg 🗆 49/51 mg 🗆 97/103 mg PO BID

3. Other Vasodilators: to be considered if LVEF ≤ 40% and not currently eligible for ARB/ACEI or ARNI (e.g., severe CKD (eGFR < 30 mL/min/1.73

m2), hyperkalemia (potassium > 5.5 mmol/L))

🗆 Hydralazine	mg PO q 8 h			
Isosorbide dinitrate	mg PO tid			
🗆 Isosorbide-5-mononitrate	mg PO OD			
Nitroglycerin Transdermal	mg/hr topical	apply daily @	hours and remove daily @	hours

mg PO daily

Beta-blockers

HF recommendations: LVEF \leq 40% or for another indication for beta blocker

Bisoprolol

Carvedilol mg PO bid

Other β-blocker (Ø approved for HF):____mg po ____

ARNI eligibility criteria

ACEI/ARB OR ARNI (Sacul	oitril/Valsartan) c	or other vasodilato	rs				
Angiotensin Neprilysin Inhi	bitor (ARNi) is t	he preferred drug	for HF with LVEF \leq 40% (ur	nless intolerant/contraindica	ted		
Eligibility criteria for initiatin	g ARNI: LVEF	≤ 40%, NYHA II o	or III with a β-blocker (unless	s intolerant/contraindicated	I).	_	ARNI eligibility criteria
1. Initiate/continue ACE	or ARB:				×		0,
🗆 Ramipril	mg	PO bid	🗆 Valsartan	mg PO BID			
Perindopril	mg	PO daily	Candesartan	mg PO daily			
🗆 Captopril	mg	PO tid	□ Other:	mg PO			Instructions for ARNI
2. Initiation of an ARNI:	rovincial raimburg	amont prior to initial	ion)			\rightarrow	conversion from ACE-I or
(venty patient coverage/p	ng ACE inhibitor	THEN discontinua	uon) e ACE AND 48 hours later or	n 🗌 initiate Sacubitril	/valsartan 24/26 mg no hid		
☐ If currently taki	ng ARB inhibitor	THEN discontinu	e ARB AND 24 hours later or	n initiate Sacubitri	/valsartan 24/26 mg po bid		ARB. and ARNI dosing
☐ If not taking AC	E or ARB. THE	N initiate Sacubitri	/valsartan:	24/26 mg			,
☐ If currently taki	ng sacubitril/vals	sartan, THEN cont	inue Sacubitril/valsartan: 🗌	24/26 mg 🗌 49/51 mg 🗌	97/103 mg PO BID		
	•				× ×		
3. Other Vasodilators: to	be considered i	$f LVEF \le 40\%$ and	I not currently eligible for ARB	ACEI or ARNI (e.g., severe	e CKD (eGFR <30 mL/min/1.73		
m2), hyperkalemia (potassiu	m > 5.5 mmol/L)) _					
□ Hydralazine		mg P	O q 8 h				
Isosorbide dinit	rate	mg P0	O tid				
Isosorbide-5-m	ononitrate	mg P0	D O D				
Nitroglycerin Tr	ransdermal	mg/hr	topical apply daily @	hours and remove daily @_	hours		
Beta-blockers							
HF recommendations: LV	$'EF \le 40\%$ or for	r another indication	n for beta blocker				
Bisoprolol		mg PO	daily				
Carvedilol		mg PO	bid				
Other β-blocke	r (Ø approved for	HF):mg po					

ACEI/ARB OR ARNI (Sacub	oitril/Valsartan) c	or other vasodilato	rs			
Angiotensin Neprilysin Inhib	bitor (ARNi) is t					
Eligibility criteria for initiating ARNI: LVEF ≤ 40%, NYHA II or III with a β-blocker (unless intolerant/contraindicated).						 ARNI eligibility criteria
1. Initiate/continue ACEI	or ARB:				×	0,
🗆 Ramipril	mg	PO bid	🗌 Valsartan	mg PO BID		
Perindopril	mg	PO daily	Candesartan	_ mg PO daily		
Captopril	mg	PO tid	□ Other:	mg PO		Instructions for ARNI
 Initiation of an ARNI: (verify patient coverage/provincial reimbursement prior to initiation) If currently taking ACE inhibitor, THEN discontinue ACE AND 48 hours later on initiate Sacubitril/valsartan 24/26 mg po bid If currently taking ARB inhibitor, THEN discontinue ARB AND 24 hours later on initiate Sacubitril/valsartan 24/26 mg po bid 					il/valsartan 24/26 mg po bid il/valsartan 24/26 mg po bid	Conversion from ACE-I or ARB, and ARNI dosing
☐ If not taking AC ☐ If currently takir <u>3. Other Vasodilators</u> : to	E or ARB, THEI ng sacubitril/vals be considered i	N initiate Sacubitri sartan, THEN coni f LVEF ≤ 40% and	I/valsartan: ⊔ inue Sacubitril/valsartan: □ I not currently eligible for ARB	24/26 mg 24/26 mg □ 49/51 mg □ /ACEI or ARNI (e.g., sever] 97/103 mg PO BID e CKD (eGFR <30 mL/min/1.73	
m2), hyperkalemia (potassiu	m > 5.5 mmol/L))				Alternative ACE-LAR
 ☐ Hydralazine ☐ Isosorbide diniti ☐ Isosorbide-5-model ☐ Nitroglycerin Transition 	rate ononitrate ansdermal	mg P mg P mg P mg/hr	PO q 8 h O tid O OD ⁺ topical apply daily @ h	nours and remove daily @_	hours	- and other vasodilators if contraindication for ARNI
Beta-blockers	$\Gamma\Gamma < 400$ or for	, anothar indicatio	n far hata blackar			
	$EF \ge 40\%$ OF TOP	ma PO	daily			
		mg PO	bid			

 \Box Other β -blocker (Ø approved for HF):____mg po ____

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APPENDIX 1 ACEI to ARB Conversion Table ¹								
	ACEI				ARB			
Enalapri	I	Ramipril	Lisinopril	Perindopril	Trandolapril	Valsartan	Candesartan	Losartan
2.5 mg E	BID	1.25 mg BID	5 mg OD	2 mg OD	0.5 mg OD	40 mg BID	2-4 mg OD	25 mg OD
5 mg BI	D	2.5 mg BID	10 mg OD	4 mg OD	1 mg OD	80 mg BID	8 mg OD	50 mg OD
10 mg B	ID	3.75 mg BID	20 mg OD	6 mg OD	2 mg OD	120 mg BID	16 mg OD	75 mg OD
20 mg B	ID	5 mg BID	40 mg OD	8 mg OD	4 mg OD	160 mg BID	32 mg OD	100 mg OD

A	APPENDIX 2 ARB to sacubitril/valsartan (Entresto® Conversion Table) [†]						
	Valsartan	Candesartan	Losartan	Irbesartan	Telmisartan	Olmesartan	Sacubitril-Valsartan
	40 mg BID	2-4 mg OD	25 mg OD	75 mg OD	20 mg OD	10 mg OD	24/26 mg BID
	80 mg BID	8 mg OD	50 mg OD	150 mg OD	40 mg OD	20 mg OD	
	120 mg BID	16 mg OD	75 mg OD	225 mg OD	60 mg OD	30 mg OD	49/51 mg BID
	160 mg BID	32 mg OD	100 mg OD	300 mg OD	80 mg OD	40 mg OD	

Mineralocorticoid receptor antagonists (MRA)
\Box Spironolactonemg PO(HF recommendations: LVEF \leq 40% or to consider in HFpEF if potassium < 5 mmol/L and CrCl \geq 30 mL/min) <
Eplerenonemg PO(Eligibility criteria: LVEF < 40% post recent infarction or LVEF < 35%, NYHA II with intolerance to spironolactone)
MRA contraindicated (reason):
Sinus node modulator
Eligibility criteria: LVEF ≤ 35%, ongoing treatment for ≥ 4 weeks with an ARB, ACEI or ARNI, and sinus rhythm with a resting HR ≥ 77 bpm despite ←
taking a maximum-tolerated-dose β -blocker in patient who has been hospitalized or requiring consultation (emergency, clinic, CLIC) for the past \leq 12
months because of worsening HF.
□ Ivabradine mg PO q BID (start at 2.5 mg if patient ≥ 75 years)
Sodium-glucose co-transporter type 2 (SGLT2) inhibitors:
Considering the risk of euglycemic ketoacidosis, to be initiated in a hemodynamically stable type 2 diabetic or non-diabetic patient
Eligibility criteria: LVEF \leq 40%, NYHA II or III and treatment with ARB, ACEI or ARNI for \geq 4 weeks with β -blocker (unless intolerant/contraindicated).
□ Dapagliflozinmg PO OD to start on (recommended dose: 10 mg) if CrCl ≥ 25 mL/min
□ Empaglifozin mg PO OD to start on if CrCl ≥ 20 mL/min
Continue SGLT-2 in progress:
Loop diuretic, diuretic with synergistic effect and potassium
HF recommendations: indicated for the management of hypervolemia and titrate to the minimum effective dose to maintain a euvolemic state.
Furosemide PO mg qh
Discontinue Furosemide PO
Furosemide Bolus IV mg qh
□ Furosemide 400 mg/100 mL NaCl 0.9% (total vol. = 140 mL for 2.86 mg/mL) Infusion rate mg/h
Metolazone mg PO to be administered 30 minutes before furosemide.
□ PotassiummEq PO q(Serum [K+] ≥ 4 mEq/L is recommended) □ Discontinue oral potassium supplementation
□ Other

Antiarrhythmic and unclassified agents						
If an antiarrhythmic agent is discontinued due to contraindication, a cardiology/arrhythmia consultation should be considered						
🗆 Amiodarone 🛛mg PO 🗋mg IV Xq						
□ Start amiodarone infusion:mg/250 mL of: □ D5% □ NS 0.9% □ Rate: 36 mg/h (20 mL/h) □ Rate						
Discontinue non-dihydropyridine calcium channel blockers (class 4):(contraindicated patient with LVEF < 40%)						
(e.g., diltiazem, verapamil)						
□ Digoxin □mg PO OD □mg IV q(Caution in kidney failure or K+ disorder)						
*Digoxin plasma target < 0.8/mL or < 1 nmol/L 1 week after titration.						
Anticoagulation and thromboprophylaxis						
DVT Prophylaxis						
□ Enoxaparin: 40 mg SC OD (30 mg OD if < 40 kg or eGFR <30, 40 mg BID if > 100 kg)						
□ Start IV heparin protocol □ with bolus □ without bolus Time administered:						
□ Heparin 5,000 units SC □ q 12 h or □ q 8 h if weight > 120 kg						
☑ TED stockings if high risk for bleeding						
Systemic Anticoagulation						
□ Warfarin: Target INR: □ mg PO OD □ According to schedule						
Direct oral anticoagulants: mg PO						
Discontinue oral anticoagulants:						
Antiplatelet Therapy						
□ Ticagrelor 90 mg PO BID						
ECASA 81 mg PO OD						
Clopidogrel 75 mg PO OD						

Case Study (St. Joseph's Healthcare Hamilton)

Chronic Heart Failure Medications

If ACE inhibitor or ARB contraindicated consider hydralazine/nitrates.

Note: 2 days washout of ACE inhibitor or ARB required

ACE Inhibitors / ARBs

- captopril (CAPOTEN) tablet
- enalapril (VASOTEC) tablet
- 🗌 lisinopril (PRINIVIL) tablet
- 📄 candesartan (ATACAND) tablet
- losartan (COZAAR) tablet
- 🗌 valsartan (DIOVAN) tablet
- Hydralazine / nitrates
- hydrALAZINE (APRESOLINE) tablet

] isosorbide dinitrate (ISORDIL) tablet

6.25 mg, oral, 3 times a day
2.5 mg, oral, Twice a day
5 mg, oral, Daily
4 mg, oral, Daily
25 mg, oral, Daily
40 mg, oral, Twice a day

"And" Linked Panel

10 mg, oral, Every 8 hours scheduled Maximum 300 mg in 24 hours 10 mg, oral, 3 times a day Maximum 120 mg in 24 hours

Case Study (SJHH)

Beta Blockers (Single Response)
Carvedilol (COREG) tablet

) bisoprolol (MONOCOR) half tablet

metoprolol (LOPRESSOR) quarter tablet
 Other Medications for CHF (Single Response)
 spironolactone (ALDACTONE) tablet
 sacubitril-valsartan (ENTRESTO) tablet 24-26 mg
 sacubitril-valsartan (ENTRESTO) tablet 49-51 mg
 sacubitril-valsartan (ENTRESTO) tablet 97-103 mg

6.25 mg, oral, Twice a day If HR less than 50 beats / minute or SBP less than 90 mmHg, hold and notify MD 2.5 mg, oral, Daily Maximum 10 mg daily 6.25 mg, oral, Twice a day

12.5 mg, oral, Daily 1 tablet, oral, Twice a day 1 tablet, oral, Twice a day 1 tablet, oral, Twice a day

Case Study

- Novel heart failure medications must be added (Ivabradine and SGLT2 inhibitors)
- Include more information on eligibility criteria for medications
- Include practical information on switching ACE-I and ARB to ARNI
- Reorganize medications to highlight option for first line ARNI in keeping with 2020 CCS guidelines
- Include justification for BB or MRA ineligibility

Take home points

1. Hospital admission is a unique opportunity to optimize heart failure management

- 2. Dedicated heart failure order sets reduce mortality and hospital length of stay
- 3. Don't reinvent the wheel personalize the order set to your institution but follow best practices

Access the CHFS Admission Order Set at the link below:

https://hfordersets.ca