



Best Practice Teams

*evidence based practices
for world-class patient care*

Kaweah Health's new Best Practice Teams lead by Dr. Michael Tedaldi are making sure it's easy to get current best practices to patients that will affect their outcomes!

Treatment of CONGESTIVE HEART FAILURE (HF)

Power Plan Changes Available Now!

Standardized approach with updated treatment recommendations:

- The Heart Failure Admission Power Plan is updated for admitting providers to include medication management based on EF <40% or NYHA \geq 2.
- **If you care for a patient with HF**, use the information below to ensuring they have proper treatment and encourage them to follow up with their primary care physician:
 - Initial Treatment/NYHA score of I:
 - ACEi
 - Beta Blocker (Metoprolol, Carvediolol, Bisoprolol)
 - NYHA score of II-IV
 - Add Aldosterone antagonists (Serum Creat. <2.5 in men / 2.0 in women and K+ <5)
 - Substitute ACEi/ARB for ARNI if patients have tolerated ACEi and BB well (CrCL >30 and K <5)
 - Hydralazine and Isosorbide Dinitrate (if unable to take an ACE/ARB)
- **Strategies to educate your patient on to prevent readmission:**
 - Take their weight daily. If they notice a gain of 3 pounds in one day or 5 pounds in three days, take an extra dose of Lasix.
 - Follow up regularly with their PCP and Cardiologist.
 - Avoid salty foods and excess fluid intake- no more than 2 liters a day (soda, juice, water).
 - Explain to watch for signs of too much fluid. Ie: leg swelling, inability to lay flat and shortness of breath when you walk.



These changes are based on the AHA Guidelines, access these guidelines