

Heart Failure Treatment

NICE Guidelines (2018)

Quick Overview

Heart Failure

Loop Diuretics e.g. Furosemide

- Symptoms control by controlling fluid overload
- No mortality benefit

Heart Failure

First-Line Drugs

- **ACE-inhibitors & β -blocker**
- One drug started at a time
- No mortality benefit in HF with Preserved EF (HFpEF) patients

Heart Failure

Second-line Drugs

- **Aldosterone antagonist (Mineralocorticoid receptor antagonist)**
- Causes hyperkalemia
- Monitor Potassium levels, if patient taking both Aldosterone antagonist & ACE-I or ARB

Heart Failure

Third-line Drugs

i. **Ivabradine**

- Sinus rhythm > 75/min
- Left ventricular Ejection Fraction (LVEF) < 35%

ii. **Sacubitril-Valsartan**

- LVEF < 35%
- HFrEF patients symptomatic on ACE inhibitors or ARBs
- Shall be initiated following ACE inhibitor or ARB wash-out period

iii. **Digoxin**

- Inotropic properties improves symptoms
- Indicated in patients with co-existing AF

iv. **Hydralazine + Nitrate**

- Indicated in Afro-Caribbean patients

v. **Cardiac Resynchronization Therapy**

- Severely reduced EF (<25%)
- Symptomatic on maximum medical therapy
- Widened QRS complex, e.g LBBB

Heart Failure

Vaccinations

i. **Influenza**

- Annually

ii. **Pneumococcal**

- Once
- 5-year booster dose in:
 - Asplenia
 - Splenic dysfunction
 - Chronic kidney disease

Last Second **Medicine**

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