Heart Failure (HF)

- **Causes**
  - Ventricular dysfunction
  - Valvular dysfunction
  - Rhythm disturbance
  - Congenital defect

- **Clinical Symptoms**
  - Dyspnea
  - Fatigue
  - Sodium and water retention

Lifestyle Management Strategies

- Non-adherence to dietary sodium restriction is cited as the primary precipitating factor for acute exacerbation and decompensation of HF
- Dietary sodium restriction < 2 G
  - Cultural
  - Social
  - New Knowledge
  - Emotional investment
  - Financial investment

HF Disease Management Program Benefits

- Decrease morbidity and mortality of HF patients
- Slow, stop, or reverse the progression of HF
- Increase the HF patient’s quality of life
- Decrease health care expenditures related to the diagnosis of HF

Disease Management Program Components

- **Inpatient**
  - HF Service
  - HF Consult Service
  - Clinical Nurse Leader
  - Clinical Nurse Specialist

- **Outpatient**
  - Physician clinics
  - Nurse practitioner clinics
  - Research participation

Team Members

- Physicians- cardiologists specializing in HF
- NPs, CNL, CNS, Pharmacists, Cardiac Rehab
- Palliative care specialist
- Social worker
- Dietician
- HF RNs and Office Assistants
- Research personnel