

# CME:

## Demystifying Heart Failure Management – Practical Tips

September 14, 2023 • Event Summary

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On September 14, 2023, 30 Family Physicians gathered at Northview Golf + Country Club for the second part of the two-part heart failure series presented by the SND Shared Care Heart Failure Project working group.

The goals of the CME were to:

- Help FPs easily recognize heart failure patients in their office
- Provide an overview of heart failure management from diagnosis to practical tips for the treatment
- Help FPs identify patients requiring referral to the HFC Specialist Services
- Provide resources to FPs to better manage patients with heart failure



A highlight of the event were the case scenarios and discussions.



# KEY LEARNINGS

Dr. Tarun Sharma, Co-director of the Heart Failure Service at JPOCSC presented on practical tips that Family Physician could incorporate into their practice.



[View Presentation Slides](#)



## Heart failure basics

- Clinical presentation of right and left heart failure differs
- Best treatment options will depend on:
  - Volume status
  - Associated comorbidities
  - EF (possibly)
  - Right-sided vs. left-sided vs. both
- Renal dysfunction and hyperkalemia are common HF medication side-effects

## Practical tips for clinical management

- Target the causes of the heart failure
- Visit Pathways for patient handouts (ie: low-potassium foods)
- HFC accepts routine referrals for stable/non-urgent cases
- Comprehensive therapy produces an additional 6.3 years' survival over conventional therapy



# SESSION EVALUATION

100% of participants feel more confident in diagnosing heart failure, ordering tests and managing patients at different stages of heart failure.

100% Better understand the treatment options for patients with heart failure.

Understand the referral criteria for the Heart Function Clinic.

97%

70%

Will do something differently in their practice following this CME. Examples include: making better prescription decisions, initiating meds more quickly for CHF and increasing the use of therapy that prolongs life.