

NAFP Winter CME Meeting

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Challenges in the Management of Patients with HFpEF in Primary Care

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Disclosures

- None



Objective

- Explore from a Primary Care perspective the challenges on the identification and management of patient's with HFpEF.



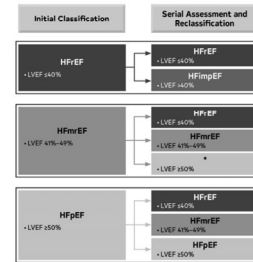
HFReEF vs HFpEF

- HFpEF is a clinical syndrome in which patients have signs and symptoms of HF as the result of high left ventricular (LV) filling pressure despite normal or near normal LV ejection fraction (LVEF; ≥50 percent).



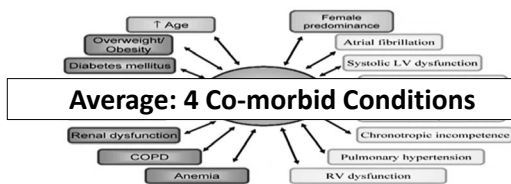
2022 AHA/ACC/HFSA guideline for the management of heart failure. J Am Coll Cardiol. 2022 May; 79

HFReEF vs HFpEF



2022 AHA/ACC/HFSA guideline for the management of heart failure. J Am Coll Cardiol. 2022 May; 79

Patient characteristics

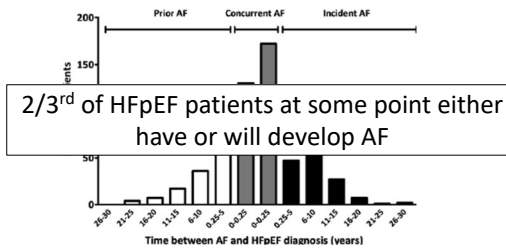


Patient characteristics

Characteristics	Numbers of studies	Values shown as weighted means ± SD or numbers (%)			p values HFReEF versus HFpEF
		HFReEF	HFmEF	HFpEF	
Demographic and clinical characteristics					
Age	13	66.4 ± 12.5	68.4 ± 12.9	70.7 ± 12.8	<.001
Male gender	17	46 125/67 112 (68.73)	12 582/20 465 (61.48)	18 202/42 451 (42.88)	<.001
Coronary artery disease or ischemic HF	16	37 145/67 038 (55.41)	11 190/20 313 (55.09)	17 218/40 873 (42.13)	<.001
Hypertension	17	38 826/67 112 (57.85)	13 325/20 465 (65.11)	32 059/42 451 (75.52)	<.001
Diabetes	16	21 482/66 631 (32.24)	6452/20 334 (31.73)	14 638/42 161 (34.72)	.71
Atrial fibrillation	15	23 533/59 958 (39.25)	8657/18 227 (47.50)	17 436/39 727 (43.89)	<.001
Chronic kidney disease	7	7649/33 121 (23.09)	2105/8972 (23.46)	5722/27 951 (20.47)	<.001

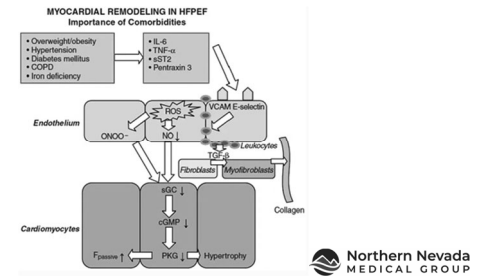
Clin Cardiol 2022; 45:5-17

Patient characteristics



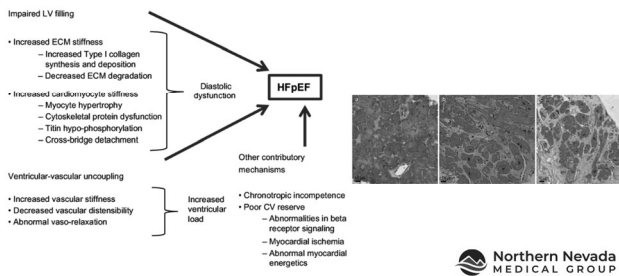
Clin Cardiol 2022; 45:5-17

Pathophysiology



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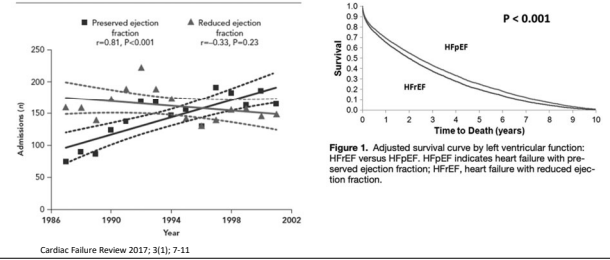
Pathophysiology



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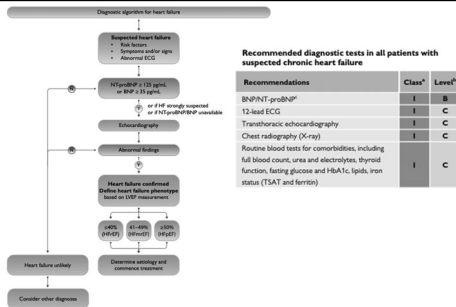
HF admission tendencies

Figure 4: Temporal Trends in Heart Failure with Preserved Ejection Fraction and Heart Failure with Reduced Ejection Fraction



Cardiac Failure Review 2017; 3(1); 7-11

Diagnosis



2021 ESC HF Guidelines, EHJ (2021) 42, 3599-3726

Diagnosis

H₂FPEF Scoring

Class ^a	Level ^b
I	B
II	C
III	C
I	C

Recommended diagnostic tests in all patients with suspected chronic heart failure

Class ^a	Level ^b
I	B
II	C
III	C
I	C

Routine blood tests for comorbidities, including full blood count, urea and electrolytes, thyroid function, fasting glucose and HbA1c, lipid, iron status (TSAT and ferritin)

Category	Points
Heavy Hypertensive	2
Atrial Fibrillation	1
Pulmonary Hypertension	3
Elder	1
Filling Pressure	1

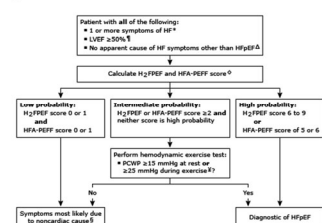
Sum (0-9)

Total Points: 0 1 2 3 4 5 6 7 8 9

Probability of HFpEF: 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 0.95

Diagnosis

Algorithm for diagnosis of heart failure with preserved ejection fraction¹¹



Treatment

Goals of Treatment

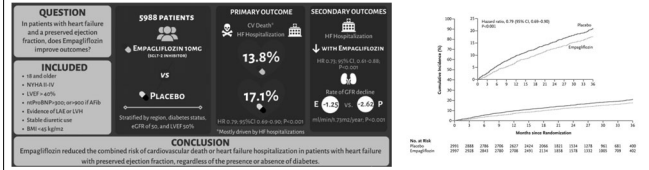
1. Reduce HF symptoms
2. Increase Functional Status
3. Reduce Risk of Hospital Admissions

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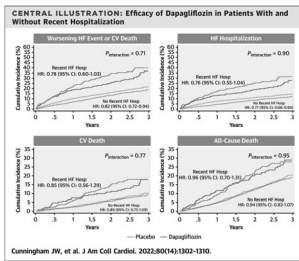
Treatment

Treatment of HFpEF		COE	LOE	Recommendations
Symptomatic HF with LVEF ≥50%	Diuretics, as needed (D)	1	C- LB	1. Patients with HFpEF and hypertension should have medication titrated to attain blood pressure targets in accordance with published clinical practice guidelines to prevent morbidity (1-3).
	SGLT2i (CA)	2A	B-R	2. In patients with HFpEF, SGLT2i can be beneficial in decreasing HF hospitalizations and cardiovascular mortality (4).
	ARNi* (CB)	2A	C- EO	3. In patients with HFpEF, management of AF can be useful to improve symptoms.
	ARNi* (CB)	2B	B-R	4. In selected patients with HFpEF, ARNis may be considered to decrease hospitalizations, particularly among patients with LVEF on the lower end of this spectrum (5-7).
	MRA* (CB)	2B	B-R	5. In selected patients with HFpEF, the use of ARN may be considered to decrease hospitalizations, particularly among patients with LVEF on the lower end of this spectrum (8,9).
	ARB* (CB)	2B	B-R	6. In selected patients with HFpEF, ARN may be considered to decrease hospitalizations, particularly among patients with LVEF on the lower end of this spectrum (10,11).
		3	No Benefit	7. In patients with HFpEF, routine use of nitrate or phosphodiesterase-5 inhibitors to increase activity or QoL is ineffective (12,13).

Empagliflozin

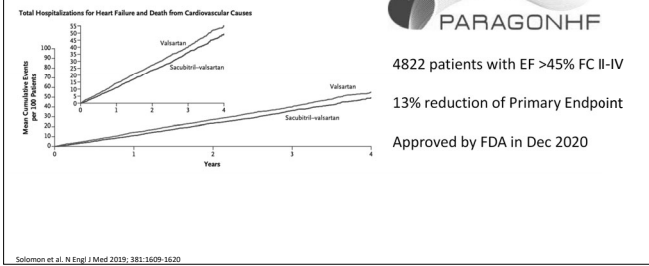


Dapagliflozin

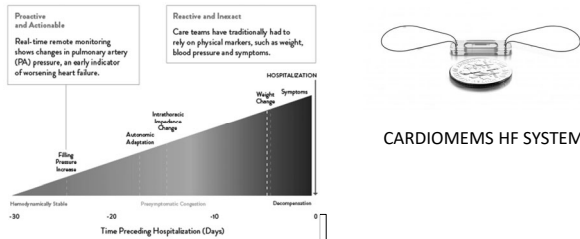


Deliver

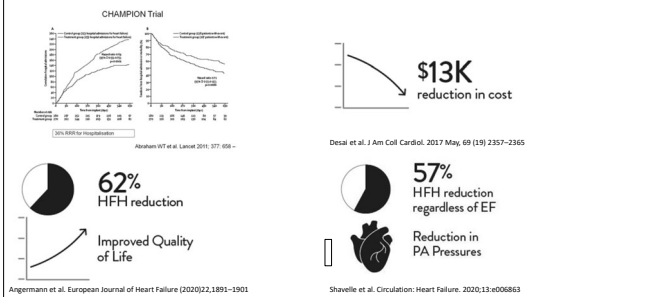
HFpEF



Implantable monitoring devices



Implantable monitoring devices



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