

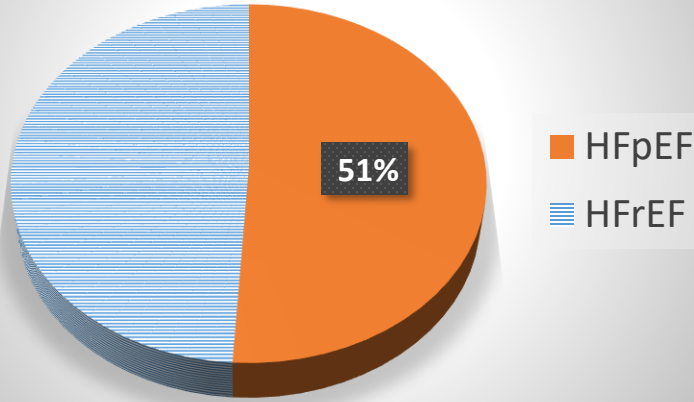
HFpEF

Heart Failure with preserved Ejection Fraction

HFpEF is a chronic, incurable, and life-limiting syndrome of complex and uncertain pathophysiology characterized by functional limitation and symptoms of congestion found in heart failure in the setting of a normal to elevated Left Ventricular Ejection Fraction (i.e. >50%) and decreased diastolic function ^{3,6,8,9,18,23}

An Educational Fact Sheet for Health Care Providers

51% of all HF diagnoses are HFpEF^{3,22}



29%

One-year mortality from HFpEF ²²

90-day readmission rate for HFpEF ²²

35%

There are *no known* interventions to decrease mortality from HFpEF ^{3,24}

What are the consequences of HFpEF?

1. Patients report poor quality of life

- Unrelieved symptoms of fatigue, dyspnea, bendopnea, weakness, anxiety, depression, stress, sleep disturbances ^{10,13,14,22}
- Women are more symptomatic and have poorer self-care ^{10,13,14,22}

2. Increased healthcare costs

- High-cost, high-need, high-utilizers of emergency and high-acuity care ^{2,14,18}
- Increased rate of hospitalization ^{18, 21,22}

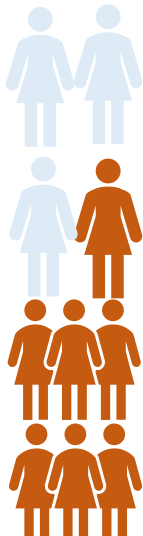
3. Increased frailty and its sequelae

- 45% of HF patients are frail ^{7,10,18,21}

Options to improve quality of life in HFpEF

Risk Factors ^{8,21-24}

- The elderly
- Post-menopausal women
- Uncontrolled hypertension
- Obesity
- Diabetes
- Atrial fibrillation
- Obstructive sleep apnea



7/10

women with HF have HFpEF

1. Treat symptoms

~Class 1 recommendations²⁴:

- control blood pressure
- diuretics for congestion
- persistent hypertension after volume management requires goal-directed medical treatment as outlined for HFrEF
- ~ Implanted pulmonary artery pressure monitor results in fewer hospitalizations and improved quality of life¹

2. Address inflammation ^{4, 12, 17, 18, 24}

- ~ Increase physical activity
- cardiac rehab is not covered by Medicare for HFpEF¹⁶
- ~Aggressively manage co-morbidities (Risk Factors)²⁴

3. Attentive care planning

- ~Multi-disciplinary approach ^{10-12,15, 18,20,24}
- ~Palliative Care early ^{8,18,24}

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