



Managing Heart Failure: Improving Patient Care

About the Activity

Whether you practice pharmacy in an in-patient or outpatient setting, chances are that you care for patients with congestive heart failure (HF). Managing HF also means that you manage its common underlying conditions, such as coronary artery disease, high blood pressure, high cholesterol, diabetes or obesity. This application-based activity will discuss the basic pathophysiology of HF and its relation to pharmacological and non-pharmacological treatments. Because pharmacists often have the unique opportunity of recruiting patients to become a valuable member of their own healthcare team, this activity will also include a discussion of self-management opportunities for the patient with HF. Self-management education complements traditional patient education in supporting patients to live the best possible quality of life with their chronic condition and in potentially improving health outcomes. This activity has been developed to provide pharmacists with practical information that will be useful in their in-patient or outpatient setting. Along with the printable presentation slides, the audio recorded lectures are uploaded to the UTCE website and are accessible online as a self-paced home study course.

Target Audience

This course is designed for pharmacists interested in furthering their knowledge of Heart Failure and how to improve patients' care.

Learning Objectives

Understanding Heart Failure: What Are We Treating?

- Briefly discuss the basic pathophysiology of the heart that contributes to the development and progression of HF.
- Identify the most common underlying disorders associated with the development of HF.
- Identify the typical clinical presentation/symptoms of HF in the inpatient and outpatient settings.
- List HF stages.

The Strategy Behind Pharmacotherapy Choices

- Evaluate the treatment choices for heart failure and its including digoxin, angiotensin receptor blockers (ARBs), angiotensin converting enzyme (ACE) inhibitors, β -blockers diuretics for symptomatic relief, spironolactone/eplerenone and statins, antiarrhythmic agents, and intravenous (IV) inotropic agents.

- Differentiate between medications used in long-term management versus those used to treat the acutely de-compensated heart failure patient.

- Demonstrate HF therapeutic management skills via case study exercises.

Empowering the Patient with Self-Management Tips

- Construct a plan for providing patients with a working knowledge of HF, including instructions for monitoring symptoms.
- Identify key adverse effects of the medications typically used in the treatment of HF, and management tips for the patient.
- Identify non-pharmacological and lifestyle management measures that patients can take to improve their disease and/or its symptoms.
- List resources where patients can find ongoing HF self-management support.

Software Requirements

The most recent version of QuickTime and Adobe Reader are needed to access the course materials, and you can download the software for FREE at the bottom of the UTCE home page (www.utexas.edu/pharmacy/ce). For participants who wish to take the course but cannot download the course materials, please contact our office to discuss options: (512) 4716213 or UTpharmacyCE@austin.utexas.edu.

Activity Format

The materials for this course are posted on the UTCE website, and require a password for access. Upon paid course registration, participants will be provided a password and granted access to the materials. The materials include the audio recorded lectures (MP3 files), the printable presentation slides (PDF files) and the Post Test/Evaluation Form (PDF file). The participant must listen to the audio files and review the presentation slides. It is up to the participant whether they wish to review the presentation slides (PDF files) on their computer or whether they wish to print the slides to review as a hard copy. After reviewing the audio files and presentation slides, the participant must complete the Post Test/Evaluation Form and email it to UTCE for grading. Complete detailed instructions on how to access the materials and submit the Post Test/Evaluation Form will be emailed to participants when they register.

Continuing Education Credit

Release Date: April 2, 2011

Expiration Date: April 2, 2013.

The fee for this educational activity is \$95. No credit will be given after the expiration date and it is the participant's responsibility to complete the activity before that date.



The University of Texas at Austin College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is accredited for 0.3CEUs (3 contact hours) of continuing education credit. In order to receive 3 contact hours of CE credit, the participant must listen to the lectures and complete the Post - Test/Evaluation Form, with at least a score of 70% on the post test. Continuing education statements will be distributed to the participant 2-4 weeks following the receipt of the Post Test/Evaluation Form.

ACPE Universal Program Number:

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Ordering Information

The cost of this audio educational activity is \$95. To order this program, print and return the registration form by FAX (512) 475-9739 or order by phone: (512) 471-6213.