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## 1. Introduction

How is heart failure classified?

Subgroups (eg, age, gender, pregnancy and ethnicity)

What is the importance of differential diagnosis (conditions presenting with similar symptoms such as obesity, venous insufficiency in the lower limbs and chest disease)?

## 2. Who and what to test

Screening and case finding

What issues should the GP cover during the 10-minute consultation?

## 3. How to manage heart failure

Who to treat?

How to treat?

General lifestyle advice

Pharmacological therapy (including ACE inhibitors, angiotensin II antagonists, beta-blockers, digoxin, diuretics [loop, thiazide and potassium-sparing], nitrates, and other vasodilators, and aldosterone antagonists)

Adjunctive therapy (including statins, anticoagulants, antiarrhythmics and annual vaccination against influenza)

Co-morbidity (eg, atrial fibrillation, ventricular arrhythmias, CAD, COPD, renal dysfunction, anaemia, thyroid disease, PVD and anxiety/depression)

## 4. Person-centered care

How to identify the patient's beliefs about CV problems  
(their concerns and expectations)?

What are the patient's cultural beliefs and practices?

How to recognise nonconcordance with primary prevention?

Are any treatments particularly appropriate?

## 5. Applying the evidence

What are the implications of the international best practice guidelines for GPs?

Landmark studies

What are the GP prescribing options for heart failure: a summary

When to refer?

## 6. Review and recall

What ongoing patient care, monitoring and follow-up are necessary?

What roles do other key healthcare workers have in managing the patient?

What is the role of information technology (IT)?

What is the role of the expert patient?

## Further reading