



# CASE

CASE WESTERN RESERVE UNIVERSITY  
SCHOOL OF MEDICINE

School of Medicine  
Bolton School of Nursing



## National Heart Failure Training Program FOR IMPROVED PATIENT CARE

### N-HeFT *Live* for Cardiology Teams

- 33 Host Sites
- Customized accredited program
- 1-2 day intensive training with HF experts
  - Interactive discussions
  - Preceptorships in HF clinics
  - Follow up mentoring

### N-HeFT *Online* Individual Courses

- [www.nheft.org](http://www.nheft.org)





## MISSION

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The National Heart Failure Training Program seeks to educate physicians and other healthcare professionals in best practices for treating heart failure patients by providing didactic sessions and preceptorships through its network of heart failure centers across the country.



## PROGRAM OVERVIEW

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Heart failure (HF) affects 5 million Americans and is responsible for more hospitalizations than all forms of cancer combined. Hospitalizations for HF have increased substantially rising from 402,000 in 1979 to 1,101,000 in 2004 (National Hospital Discharge Survey). HF is the most common reason for hospitalization among people on Medicare, especially African Americans. The most common causes of HF are coronary artery disease, hypertension or high blood pressure, and diabetes. About 7 of 10 people with HF had high blood pressure before being diagnosed. About 22 percent of men and 46 percent of women will develop HF within 6 years of having a heart attack. As more people survive heart attacks and are left with weakened hearts, the United States faces a new and often misunderstood epidemic.

The growing complexity of treatment choices, both surgical and medical, the growing numbers of patients and the complexity of the disease itself, necessitate a multidisciplinary approach to education for quality care. Proven medical therapies still underutilized in HF patients continue the treatment gap between evidence-based quality care and the reality of practice.

This gap demands new approaches to care, including a strong collaboration across disciplines. N-HeFT presents patterns and structures for HF collaboration and offers continuing education credits for physicians, nurses, and pharmacists in a variety of formats.

N-HeFT *Live* gives cardiology teams an opportunity to share in the challenging management of HF with HF experts from our host sites across the country. The 1-2 day program focuses on optimal approaches to HF diagnosis and treatment. It is custom-designed to meet each group's individual needs through an extensive application process. Training blends highly interactive lectures, discussions, case studies, observation, and hands-on participation. Furthermore, participants are invited to apply learning to practice by identifying improvement changes. N-HeFT staff also provides for follow-up mentoring.

N-HeFT *Online* provides individual courses, supplemental tools, resources and taped presentations from our live workshops for medical professionals interested in learning how to improve the management of HF care. Email access to our faculty is also available.



## WHO SHOULD ATTEND

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The cardiology program is designed for physicians who already treat HF patients and want to expand the depth of their knowledge by first hand exposure to optimal evidence-based approaches. Cardiologists interested in setting up a HF program or expanding their resources to improve patient care will benefit. The follow-up component of N-HeFT creates an opportunity for continuing collaborative relationships between the host and visiting site. Typical teams consist of physicians, nurse practitioners, nurses, physician assistants, pharmacists, administrators, social workers and other health care professionals in hospital as well as outpatient settings.





# CARDIOLOGY TOPICS

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A summary is listed below. A more detailed list can be found on the website [www.nheft.org](http://www.nheft.org)

## CORE TOPICS

- Pharmacologic Therapy for the Cardiologist
  - Review current evidence on pharmacologic therapy for HF
- Managing Changes in HF
  - Recognize the need to monitor and alter therapy as patient either improves or deteriorates
- Advances in HF Management
  - Discuss various new therapeutic approaches based on recent studies
- Arrhythmias and Sudden Cardiac Death in HF
  - Develop a systematic approach to ventricular arrhythmias
- Setting Up a HF Program
  - Determine the minimum structure, processes, tools, and performance measures related to setting up HF program
- Economics of HF
  - Discuss the economics of HF in the U.S.

## ELECTIVE TOPICS

- Approaches to Pharmacologic Therapy for HF
- Cardiac Devices for HF
- Cardiac Transplantation Evaluation and Candidacy
- Clinical HF Assessment for Nurses
- Co-Morbidities of HF
- Depression and HF
- Diabetes and HF: Diagnosis
- Diabetes and HF: Treatment
- Differential Diagnosis of HF
- Discharge Planning
- Disease Management for HF: Overview
- Disease Management for HF: Telehealth
- Echocardiography in HF
- End of Life /Palliative Care of HF
- Exercise Testing and Conditioning
- Facilitating Change
- Management of HF with Preserved LVEF
- Management of the Patient with HF and Chronic Kidney Disease
- Medication Management of HF
- Overview of HF
- Pathophysiology of HF
- Patient Adherence to Treatment
- Physician-Nurse-Patient Communication
- Psychosocial and Quality of Life Issues in HF Care
- Pulmonary Arterial Hypertension: Diagnosis
- Pulmonary Arterial Hypertension: Treatment
- Quality Performance
- Research Opportunities in HF
- The Role of the HF Nurse Advocate
- Self-Care Management
- Sleep Apnea and HF: Diagnosis
- Sleep Apnea and HF: Treatment
- Surgical Interventions in End Stage HF



## SUMMARY OF PRECEPTORSHIP TOPIC OBJECTIVES

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- Apply CMS guidelines for patient education during clinical encounters
- Assess inpatient and outpatient HF care paths
- Assess volume status in HF patients
- Describe components of stress test
- Describe plan to manage medication side effects
- Design a pharmacologic regimen, including up-titration
- Determine functional status in physical exam
- Determine the general status of cardiac output by the physical examination
- Explore benefits of participating in research in a practice setting
- Identify effective elements of patient-nurse communication
- Identify effective elements of patient-physician communication
- Identify referral sources for medication assistance
- Implement strategies for optimizing outpatient coding for billing purposes
- Interpret a cardiopulmonary test in the light of prognosis
- Interpret an echocardiogram report of left ventricular dysfunction
- Make appropriate modifications to treatment plan in response to changes in HF patient
- Outline patient follow-up management plan
- Prescribe, test and monitor exercise conditioning
- Recognize factors related to appropriate referral for HF tertiary care
- Recognize the markers of poor outcomes in patients with HF
- Select and interpret appropriate diagnostics
- Select optimal non-pharmacologic therapy
- Select quality tools to document in patient's record.
- Utilize palliative and end of life care to assist with end stage HF patients



## DESIRED OUTCOMES

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Physicians will implement at least one change in their practice to improve the quality of care leading to improved outcomes for their heart failure patients. At the end of the site visit, the medical team will review the evidenced-based criteria and identify at least one area for change in their own practice and their level of commitment to make the change. N-HeFT host sites will follow up with three contacts within 90 days to monitor the progress of the areas identified for change and offer mentoring as requested.



## DISCLOSURE

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The policy of the Case School of Medicine CME program (Case) requires that the Activity Director, planning committee members, and all activity faculty (anyone in a position to control the content of the educational activity) disclose to the activity participants all relevant financial relationships with commercial interests. Disclosure will be made to activity participants prior to the commencement of the activity. Case also requires that faculty make clinical recommendations based on the best available scientific evidence and the faculty identify any discussion of “off label” or investigational use of the pharmaceutical products or medical devices. All faculty have agreed to abide by HIPAA (patient health information privacy) regulations.



## HOW TO APPLY

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- Download an application in PDF format from our web site ([www.nheft.org](http://www.nheft.org)), call us toll-free at (877) 215-6107 or email us at [nheft@case.edu](mailto:nheft@case.edu). We will be happy to answer any questions.
- To submit your completed application, fax it to (216) 844-8133 or send it by email to Jeanne Hitch, Executive Director, at [nheft@case.edu](mailto:nheft@case.edu).
- We will review your application to determine the curriculum that matches your identified priorities. Ordinarily, you can anticipate a response within 2 weeks' time. You will be contacted by The National Headquarters to discuss the process and answer any questions.
- A mutually convenient date will be scheduled which may take several weeks due to the complicated schedules of the host site and visiting team.
- Once the date is set, you will receive written confirmation with the date and location.
- Closer to the actual training date, you will receive a welcome letter that will provide detailed information about your visit.



## ACCREDITATION

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The Case Western Reserve University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Case Western Reserve University School of Medicine designates this educational activity for a maximum of 7.0 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Ohio Northern University is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education and complies with the Criteria for Quality for continuing pharmacy education programming. This program has been approved for 0.7 CEUs (7.0 contact hours) Universal Program Number (UPN) 048-999-05-009-L01.

The American Academy of Family Physicians CME Accreditation Department and the Commission of Continuing Medical Education has determined approval of AAFP CME credit for this CME activity. This activity has been reviewed and is acceptable for up to 7.00 prescribed credits by the American Academy of Family Physicians.

Frances Payne Bolton School of Nursing (OH-216/11-01-09) is an approved provider of continuing nursing education by the Ohio Nurses Association OBN-001-91, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

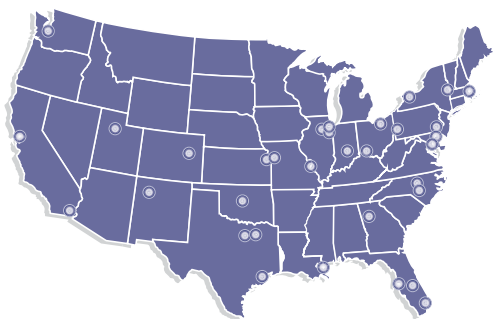
The number of contact hours for each program will vary depending on the modules selected.



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