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Getting It Right: Optimizing Guideline-Directed Medical Therapy for Heart Failure—Issue 2

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PROGRAM DESCRIPTION

Despite widely promulgated expert recommendations for optimal medical therapy (OMT) in patients with chronic heart failure (HF), clinicians often face obstacles when trying to initiate guideline-directed therapies and titrate medications up to target doses. In this video, an emergency medicine specialist and a cardiologist discuss practical strategies for determining which medications are appropriate for a given patient, proper intervals for intensification of treatment, indications for newer therapies such as ivabradine or sacubitril/valsartan as well as for underutilized agents such as mineralocorticoid antagonists, and how to mitigate potential adverse effects and/or intolerance.

INTENDED AUDIENCE

This activity is designed for cardiologists, internists, and other clinicians who care for patients with chronic heart failure, including primary care physicians (ie, family medicine/general practice), nurse practitioners, and physician assistants.

LEARNING OBJECTIVES

After participating in this activity, learners should be better able to:

- Apply evidence-based guideline-directed medical therapy (GDMT) when managing patients with chronic HF, including uptitration of medication to recommended target levels

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- **Phillip D. Levy, MD, MPH, FACEP, FAHA, FACC**, has been a consultant for Apex Innovations, AstraZeneca, Novartis Pharmaceuticals, Ortho Diagnostics, Roche Diagnostics, Sciex, Shire, and Siemens; has served on the speakers' bureau for Medscape; and has conducted research funded by Amgen, Bristol-Myers Squibb, Edwards Lifesciences, Gilead Sciences, Novartis Pharmaceuticals Corporation, Ortho Diagnostics, and Pfizer Inc. He also has ownership interest in Emergencies in Medicine and in Mespere LifeSciences.
- **David E. Lanfear, MD, MS**, has been a consultant for ACI (Clinical Events Committee for ABBOTT trial), Akros (Steering Committee for a clinical trial), Amgen, Duke Clinical Research Institute, and Ortho McNeil (Clinical Events Committee). He has also conducted research funded by Novartis Pharmaceuticals Corporation, and Janssen.

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FACULTY BIOGRAPHIES

Phillip D. Levy, MD, MPH, FACEP, FAHA, FACC



Phillip Levy, MD, MPH, is a tenured Professor at the Wayne State University School of Medicine in Detroit, Michigan, where he currently serves as Assistant Vice President for Translational Sciences and Clinical Research Innovation and as Associate Chair for Research in the Department of Emergency Medicine. He is a Fellow of the American College of Emergency Physicians (ACEP), the American Heart Association, and the American College of Cardiology (ACC). Dr. Levy is also a standing member of the National Institute of Health (NIH) Cancer, Heart, and Sleep Epidemiology study section, the Grants Advisory Panel for the Blue Cross Blue Shield of Michigan Foundation, and the ACEP Scientific Review Committee. In addition, he is the current Chair of ACEP's Research Committee and of the ACC's Cardiovascular Service Accreditation Management Board.

Dr. Levy's research interests center on heart failure, hypertension, and hypertensive heart disease, with a dual focus on acute management and early disease detection. He is an internationally recognized expert in cardiovascular disease research and has been the principal investigator for cardiovascular-related grant projects funded by multiple entities, including the Emergency Medicine Foundation, the Robert Wood Johnson Foundation, and NIH/National Institute of Minority Health and Health Disparities. Dr. Levy is currently a co-investigator on Agency for Healthcare Research and Quality (AHRQ)-, Patient-Centered Outcomes Research Institute (PCORI)-, and National Heart, Lung, and Blood Institute (NHLBI)-funded projects. Over the past 10 years, he has published more than 180 manuscripts, has authored 21 textbook chapters, and has been an invited lecturer on cardiovascular disease-related topics at more than 200 events.

David E. Lanfear, MD, MS



David E. Lanfear, MD, MS, is Head of the Advanced Heart Failure and Transplant Cardiology section at Henry Ford Hospital in Detroit, Michigan, and he is also a research scientist with the Center for Health Services Research and a Professor of Medicine at Wayne State University, also in Detroit. He earned his medical degree from the University of Michigan Medical School, completed a residency and fellowship at Barnes-Jewish Hospital/Washington University in St. Louis, Missouri, and is board certified in Cardiovascular Disease and in Advanced Heart Failure and Transplant Cardiology. As Head of Advanced Heart Failure at Henry Ford Hospital, Dr. Lanfear oversees all the clinical, educational, and research activity of the section, which encompasses the Heart Transplant and LVAD (left ventricular assist device) programs, as well as an advanced fellowship and extensive clinical trial activities.

Moreover, Dr. Lanfear is an independent researcher with a track record of National Institutes of Health (NIH)-funded projects focused on precision medicine and genomics in heart failure. He has more than 100 published manuscripts, most either as first or senior author, reaching high-impact journals including *JAMA*, *JACC*, and *Circulation: Heart Failure*. Dr. Lanfear is an Associate Editor at *Circulation: Heart Failure* and has served previously in this role at the *Journal of Cardiac Failure* and *Heart Failure Reviews*. He is a national leader in a number of academic societies, serving previously on the American College of Cardiology (ACC) Heart Failure/Tx Leadership Committee and currently serving on the Heart Failure Society of America (HFSA) Board of Directors and the American Heart Association (AHA) Genomics and Precision Medicine Leadership Committee. In addition, Dr. Lanfear chairs the ACC Young Investigators Award Committee and recently has been awarded appointments to the ACC Accreditation Management Board and the ACC Scientific Sessions Program Committee.