

Heart Failure Prevention Checklist

Patient name _____ DOB _____ Age _____ Gender M F

Current medications _____

Risk Factors (Check all that apply)

- Diabetes Current serum glucose _____ Current HbA1c _____
- Hypertension (above 130/80 mmHg) BP _____
- Coronary artery disease Condition(s) _____
- Prior MI Date(s) _____
- Valvular heart disease Valve _____ Atrial fibrillation Peripheral arterial disease
- COPD Condition(s) _____
- Illicit drug use Intravenous drug use Other: _____
- Tobacco use Half pack/day Pack/day Two packs/day Other _____
- Alcohol use 1-2 drinks/week 3-5 drinks/week 7-10 drinks/week 10+ drinks/week
- Obesity Weight _____ BMI _____ Waist circumference _____
- Anemia Ferritin _____ Transferrin saturation _____ Epo Yes No
- Sleep disordered breathing Suspected Diagnosed Type _____
- Hypercholesterolemia Total cholesterol _____ HDL _____ LDL _____
- BNP _____ NT-proBNP _____

ACC/AHA Class A B C D (circle one) **Referral to cardiologist** Yes No

Education provided on heart failure and heart failure prevention Yes No

Medication adjustments _____

Recommendations to reduce risk factors Smoking cessation Alcohol cessation Medication compliance

Dietary changes Exercise modifications Sleep modifications

References

- Yancy CW, Jessup M, Bozkurt B, et al. 2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Failure Society of America. *J Am Coll Cardiol*. 2017;70(6):776-803.
- Zoler ML. Frontline Medical News. <http://www.the-hospitalist.org/hospitalist/article/138539/heart-failure/new-heart-failure-guidelines-prioritize-prevention>. Accessed 11/17/17.
- Heart Failure Risk Factors. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/heart-failure/basics/risk-factors/con-20029801>. Accessed 11/17/17.
- Esse K, Fossati-Bellani M, Traylor A, Martin-Schild S. Epidemic of illicit drug use, mechanisms of action/addiction and stroke as a health hazard. *Brain Behav*. 2011;1(1):44-54.