



## Complete Summary

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### GUIDELINE TITLE

Managing patients with hypertension and heart failure: HFSA 2006 comprehensive heart failure practice guideline.

### BIBLIOGRAPHIC SOURCE(S)

Heart Failure Society of America. Managing patients with hypertension and heart failure. J Card Fail 2006 Feb;12(1):e112-4. [22 references] [PubMed](#)

### GUIDELINE STATUS

This is the current release of the guideline.

This guideline updates a previous version: Heart Failure Society of America. Heart Failure Society of America (HFSA) practice guidelines. HFSA guidelines for management of patients with heart failure caused by left ventricular systolic dysfunction--pharmacological approaches. J Card Fail 1999 Dec;5(4):357-82.

## COMPLETE SUMMARY CONTENT

SCOPE  
METHODOLOGY - including Rating Scheme and Cost Analysis  
RECOMMENDATIONS  
EVIDENCE SUPPORTING THE RECOMMENDATIONS  
BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS  
QUALIFYING STATEMENTS  
IMPLEMENTATION OF THE GUIDELINE  
INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT CATEGORIES  
IDENTIFYING INFORMATION AND AVAILABILITY  
DISCLAIMER

## SCOPE

### DISEASE/CONDITION(S)

Hypertension and heart failure

### GUIDELINE CATEGORY

Management  
Treatment

### CLINICAL SPECIALTY

Cardiology  
Family Practice  
Internal Medicine

### **INTENDED USERS**

Physicians

### **GUIDELINE OBJECTIVE(S)**

To provide recommendations for managing patients with hypertension and heart failure

### **TARGET POPULATION**

Patients with hypertension and heart failure

### **INTERVENTIONS AND PRACTICES CONSIDERED**

1. Aggressive treatment of blood pressure to target resting levels (<130/<80 mm Hg)
2. Medications used alone or in combination:
  - Angiotensin-converting enzyme inhibitor
  - Angiotensin receptor blocker
  - Diuretic
  - Beta-blocker
  - Calcium antagonist
  - Aldosterone inhibitors
  - Isosorbide dinitrate/hydralazine

### **MAJOR OUTCOMES CONSIDERED**

Relationship of blood pressure to outcome in heart failure

## **METHODOLOGY**

### **METHODS USED TO COLLECT/SELECT EVIDENCE**

Searches of Electronic Databases  
Searches of Unpublished Data

### **DESCRIPTION OF METHODS USED TO COLLECT/SELECT THE EVIDENCE**

Databases searched included Medline and Cochrane. In addition, the guideline developers polled experts in specific areas for data.

### **NUMBER OF SOURCE DOCUMENTS**

Not stated

## **METHODS USED TO ASSESS THE QUALITY AND STRENGTH OF THE EVIDENCE**

Weighting According to a Rating Scheme (Scheme Given)

### **RATING SCHEME FOR THE STRENGTH OF THE EVIDENCE**

**Level A:** Randomized, Controlled, Clinical Trials  
May be assigned based on results of a single trial

**Level B:** Cohort and Case-Control Studies  
Post hoc, subgroup analysis, and meta-analysis  
Prospective observational studies or registries

**Level C:** Expert Opinion  
Observational studies – epidemiologic findings  
Safety reporting from large-scale use in practice

### **METHODS USED TO ANALYZE THE EVIDENCE**

Review of Published Meta-Analyses  
Systematic Review

### **DESCRIPTION OF THE METHODS USED TO ANALYZE THE EVIDENCE**

Not stated

### **METHODS USED TO FORMULATE THE RECOMMENDATIONS**

Expert Consensus

### **DESCRIPTION OF METHODS USED TO FORMULATE THE RECOMMENDATIONS**

The Heart Failure Society of America (HFSA) Guideline Committee sought resolution of difficult cases through consensus building. Written documents were essential to this process, because they provided the opportunity for feedback from all members of the group. On occasion, consensus of Committee opinion was sufficient to override positive or negative results of almost any form or prior evidence.

### **RATING SCHEME FOR THE STRENGTH OF THE RECOMMENDATIONS**

"Is recommended": Part of routine care  
Exceptions to therapy should be minimized.

"Should be considered": Majority of patients should receive the intervention.  
Some discretion in application to individual patients should be allowed.

"May be considered": Individualization of therapy is indicated

"Is not recommended": Therapeutic intervention should not be used

## **COST ANALYSIS**

A formal cost analysis was not performed and published cost analyses were not reviewed.

## **METHOD OF GUIDELINE VALIDATION**

Internal Peer Review

## **DESCRIPTION OF METHOD OF GUIDELINE VALIDATION**

The process of moving from ideas of recommendations to a final document includes many stages of evaluation and approval. Every section, once written, had a lead reviewer and 2 additional reviewers. After a rewrite, each section was assigned to another review team, which led to a version reviewed by the Committee as a whole and then the Heart Failure Society of America (HFSA) Executive Council, representing 1 more level of expertise and experience. Out of this process emerged the final document.

# **RECOMMENDATIONS**

## **MAJOR RECOMMENDATIONS**

The strength of evidence (A, B, C) and strength of recommendations are defined at the end of the "Major Recommendations" field.

### **Asymptomatic or Symptomatic Left Ventricular (LV) Hypertrophy or LV Dysfunction without LV Dilation (Preserved Ejection Fraction [EF])**

- It is recommended that blood pressure be aggressively treated to lower systolic and usually diastolic levels. Target resting levels should be <130/<80 mm Hg, if tolerated. (Strength of Evidence = C)
- Treatment with several drugs should be considered, usually including an angiotensin-converting enzyme (ACE) inhibitor or an angiotensin receptor blocker (ARB), a diuretic and often a beta-blocker or calcium antagonist. (Strength of Evidence = A)

### **Asymptomatic LV Dysfunction with LV Dilation and a Low EF**

- Prescription of an ACE inhibitor (dose equivalent to 20 mg daily enalapril) is recommended (Strength of Evidence = A)
- Addition of a beta-blocker (dose equivalent to heart failure [HF] trials) is recommended even if blood pressure is controlled. (Strength of Evidence = C)
- If blood pressure remains >130/80 mm Hg then the addition of a diuretic is recommended, followed by a calcium antagonist or other antihypertensive drugs. (Strength of Evidence = C)

### **Symptomatic LV Dysfunction with LV Dilation and Low EF**

- Prescription of target doses of ACE inhibitors, ARBs, beta-blockers, aldosterone inhibitors, and isosorbide dinitrate/hydralazine in various combinations (with a diuretic if needed) is recommended, based on doses used in large-scale outcome trials. (Strength of Evidence = A)
- If blood pressure remains >130/80 mm Hg, a noncardiac depressing calcium antagonist (e.g., amlodipine) may be considered or other antihypertensive medication doses increased. (Strength of Evidence = C)

**Definitions:**

**Strength of Evidence**

**Level A:** Randomized, Controlled, Clinical Trials  
May be assigned based on results of a single trial

**Level B:** Cohort and Case-Control Studies  
Post hoc, subgroup analysis, and meta-analysis  
Prospective observational studies or registries

**Level C:** Expert Opinion  
Observational studies – epidemiologic findings  
Safety reporting from large-scale use in practice

**Strength of Recommendations**

"Is recommended": Part of routine care  
Exceptions to therapy should be minimized.

"Should be considered": Majority of patients should receive the intervention.  
Some discretion in application to individual patients should be allowed.

"May be considered": Individualization of therapy is indicated

"Is not recommended": Therapeutic intervention should not be used

**CLINICAL ALGORITHM(S)**

None provided

**EVIDENCE SUPPORTING THE RECOMMENDATIONS**

**TYPE OF EVIDENCE SUPPORTING THE RECOMMENDATIONS**

The type of supporting evidence is identified and graded for each recommendation (see the "Major Recommendations").

The recommendations are supported by randomized controlled clinical trials, cohort and case-control studies, and expert opinion.

## BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS

### POTENTIAL BENEFITS

Appropriate treatment/management of hypertension to prevent the development and progression of left ventricular (LV) dysfunction

### POTENTIAL HARMS

Not stated

## QUALIFYING STATEMENTS

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It must be recognized that the evidence supporting recommendations is based largely on population responses that may not always apply to individuals within the population. Therefore, data may support overall benefit of 1 treatment over another but cannot exclude that some individuals within the population may respond better to the other treatment. Thus guidelines can best serve as evidence-based recommendations for management, not as mandates for management in every patient. Furthermore, it must be recognized that trial data on which recommendations are based have often been carried out with background therapy not comparable to therapy in current use. Therefore, physician decisions regarding the management of individual patients may not always precisely match the recommendations. A knowledgeable physician who integrates the guidelines with pharmacologic and physiologic insight and knowledge of the individual being treated should provide the best patient management.

## IMPLEMENTATION OF THE GUIDELINE

### DESCRIPTION OF IMPLEMENTATION STRATEGY

An implementation strategy was not provided.

### IMPLEMENTATION TOOLS

Pocket Guide/Reference Cards  
Slide Presentation

For information about [availability](#), see the "Availability of Companion Documents" and "Patient Resources" fields below.

## INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT CATEGORIES

### IOM CARE NEED

Living with Illness

## **IOM DOMAIN**

Effectiveness

## **IDENTIFYING INFORMATION AND AVAILABILITY**

### **BIBLIOGRAPHIC SOURCE(S)**

Heart Failure Society of America. Managing patients with hypertension and heart failure. *J Card Fail* 2006 Feb;12(1):e112-4. [22 references] [PubMed](#)

### **ADAPTATION**

Not applicable: The guideline was not adapted from another source.

### **DATE RELEASED**

1999 (revised 2006 Feb)

### **GUIDELINE DEVELOPER(S)**

Heart Failure Society of America, Inc - Disease Specific Society

### **SOURCE(S) OF FUNDING**

Heart Failure Society of America, Inc

### **GUIDELINE COMMITTEE**

Comprehensive Heart Failure Practice Guideline Committee

### **COMPOSITION OF GROUP THAT AUTHORED THE GUIDELINE**

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## **FINANCIAL DISCLOSURES/CONFLICTS OF INTEREST**

Committee members and reviewers from the Executive Council received no direct financial support from the Heart Failure Society of America (HFSA) or any other source for the development of the guideline. Administrative support was provided by the Heart Failure Society of America staff, and the writing of the document was performed on a volunteer basis by the Committee. Financial relationships that might represent conflicts of interest were collected for all members of the Guideline Committee and of the Executive Council, who were asked to disclose potential conflicts and recuse themselves from discussions when necessary. Current relationships are shown in Table 1.5 of the "Development and Implementation" companion document (see the "Availability of Companion Documents" field).

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## **GUIDELINE AVAILABILITY**

Electronic copies: Available from the [Heart Failure Society of America, Inc. Web site](#).

Print copies: Available from the Heart Failure Society of America, Inc., Court International - Suite 240 S, 2550 University Avenue West, Saint Paul, Minnesota 55114; Phone: (651) 642-1633

## **AVAILABILITY OF COMPANION DOCUMENTS**

The following are available:

- Heart Failure Society of America. Executive summary: HFSA 2006 comprehensive heart failure practice guideline. J Card Fail 2006 Feb;12(1):10-38.
- Heart Failure Society of America. Development and implementation of a comprehensive heart failure practice guideline. J Card Fail 2006 Feb;12(1):e3-9.
- Heart Failure Society of America. Conceptualization and working definition of heart failure. J Card Fail 2006 Feb;12(1):e10-11.

Electronic copies: Available from the [Heart Failure Society of America, Inc. Web site](#).

- PowerPoint slides. HFSA 2006 comprehensive heart failure guideline.

Electronic copies: Available from the [Heart Failure Society of America, Inc. Web site](#).

The following is also available:

- Heart Failure Society of America. Pocket guide. HFSA 2006 comprehensive heart failure practice guideline.

Electronic copies: Not available at this time.

Print copies: Available from the Heart Failure Society of America, Inc., Court International - Suite 240 South, 2550 University Avenue West, Saint Paul, Minnesota 55114; Phone: (651) 642-1633

## **PATIENT RESOURCES**

None available

## **NGC STATUS**

This NGC summary was completed by ECRI on July 31, 2006. The information was verified by the guideline developer on August 10, 2006.

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