



**Sentara Health Plans Clinical Practice Guideline:  
Congestive Heart Failure in Adults**

For complete Guideline, please go to: 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001063>. Formularies/Drug List please visit <https://www.sentarahealthplans.com/providers/pharmacy/formularies-and-drug-lists>

**Guideline History**

Date Approved	02/98, 07/10
Date Revised	11/01, 03/02, 05/03, 01/04, 11/05, 01/06, 05/08, 05/10, 05/12, 11/13, 11/15, 11/17, 11/19, 11/21, 11/23, 03/26
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Next Date Review	3/28

These Guidelines are promulgated by Sentara Health as recommendations for the clinical Management of specific conditions. Clinical data in a particular case may necessitate or permit deviation from these Guidelines. The Sentara Health Guidelines are institutionally endorsed recommendations and are not intended as a substitute for clinical judgment.



## Heart Failure with Preserved Ejection Fraction.

The SGLT-2 inhibitor empagliflozin, sacubitril/valsartan, and spironolactone have been demonstrated to be effective in subsets of patients with HFpEF. Attention to renal function, and avoidance of use in patients with eGFR <30 is guideline based for empagliflozin and spironolactone. Sacubitril/valsartan can be prescribed when the eGFR is <30 at ½ the usual recommended starting dose. Cardiology consultation should be considered.

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# CHF and Medications

Meds Recommended for All – Improves Outcomes and Symptoms	Meds Recommended in Select Cases	Meds to Avoid
ACE/ARBs/ARNI (Entresto)	Lasix – helps symptoms, but uncertain effect on mortality	Verapamil and Diltiazem
Beta-blockers	Digoxin – helps symptoms, but no effect on mortality	NSAIDs
SGLT2 Inhibitors (Farxiga and Jardiance) *caution for genitourinary infections	GLP-1 for obese patients with Cardiovascular Disease (based on recent NEJM article)	Most Anti-arrhythmics (Amiodarone ok)
Spironolactone	Isosorbide dinitrate/hydralazine (Bidil) Especially effective in Afro-American patients	