



# WHEN TO REFER FOR ADVANCED HEART FAILURE EVALUATION

## RECOGNIZE THE SYMPTOMS OF ADVANCED HEART FAILURE<sup>1</sup>

### NYHA CLASS

CLASS III	CLASS IIIB	CLASS IV (AMBULATORY)	CLASS IV (ON INOTROPES)
Markedly symptomatic during daily activities, asymptomatic only at rest		Severe limitations, symptoms even at rest	

### INTERMACS<sup>‡</sup> PROFILES

7	6	5	4	3	2	1
Advanced NYHA III symptoms	Exertion limited	Exertion intolerant	Resting symptoms	Stable but inotrope dependent	Progressive decline on inotropic support	Critical cardiogenic shock

## IDENTIFY ANY OF THE FOLLOWING TRIGGERS FOR REFERRAL TO A HEART FAILURE SPECIALIST<sup>2</sup>

- I** IV inotropes
- N** NYHA Class IIIB/IV or persistently elevated natriuretic peptides
- E** End-organ dysfunction (Cr > 1.8 mg/dL or BUN > 43 mg/dL)
- E** EF < 20%
- D** Defibrillator shocks
- H** Hospitalizations > 1 with heart failure
- E** Edema (or elevated PA pressure) despite escalating diuretics
- L** Low blood pressure, high heart rate
- P** Prognostic medication — progressive intolerance or down-titration GDMT

### ADDITIONAL CONSIDERATIONS FOR REFERRAL

- CRT non-responder
- Physical activity limited or impaired QOL

1. Rogers JG, Boyle AJ, O'Connell JB, et al. Risk Assessment and Comparative Effectiveness of Left Ventricular Assist Device and Medical Management in Ambulatory Heart Failure Patients: Design and Rationale of the ROADMAP Clinical Trial. *Am Heart J.* 2015;169(2):205-210.e20.  
 2. Baumwol J. "I Need Help"-A mnemonic to aid timely referral in advanced heart failure. *J Heart Lung Transplant.* 2017;36(5):593-594.