

Implementing a Heart Failure Pathway within a Primary Care Network

A Quality Improvement Project

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Background: National Data

Figure 2: Age and gender demographics at first admission

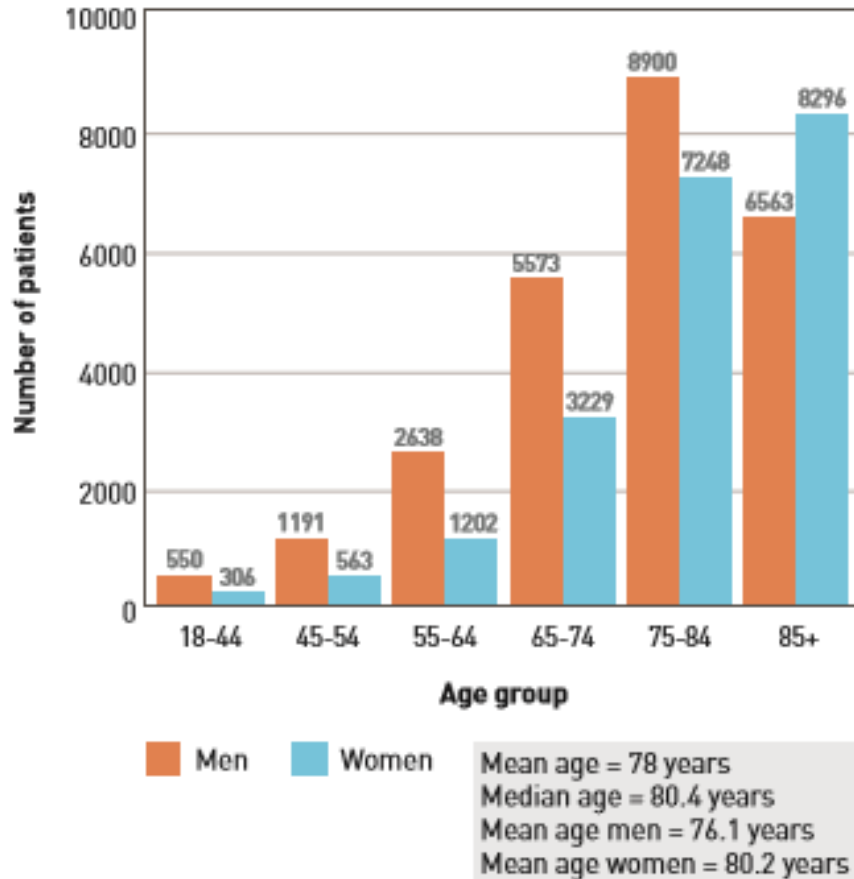
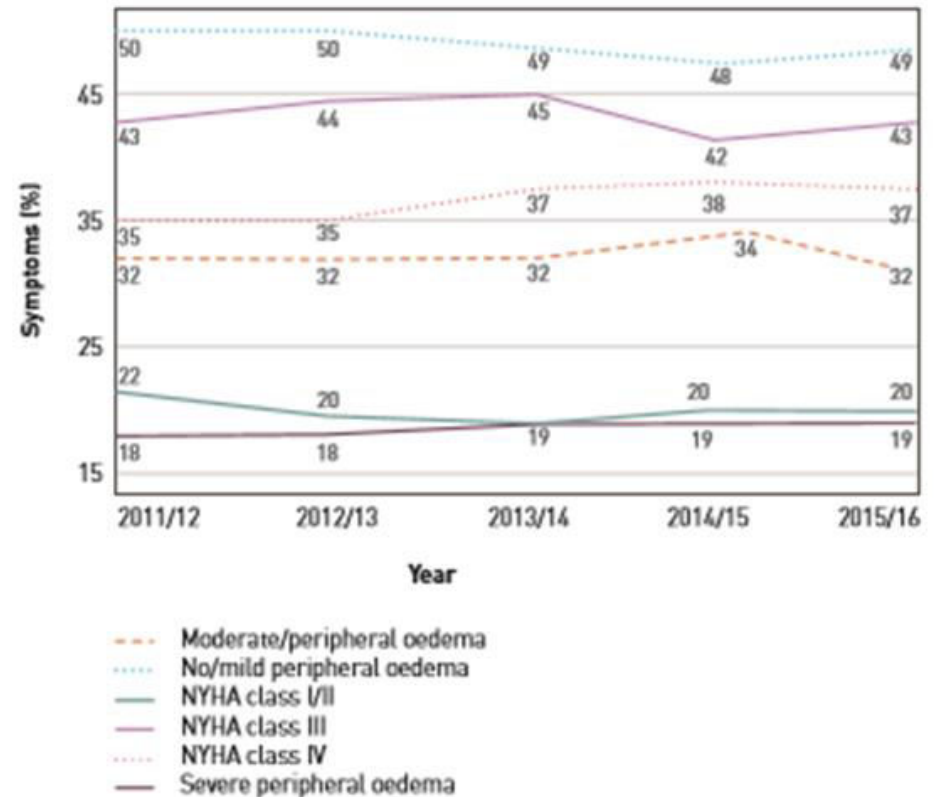


Figure 3: Trends in symptoms and signs of HF over 5 years



Background: National Data

Figure 13: 5 year trends in treatment and specialist input (2011-16)

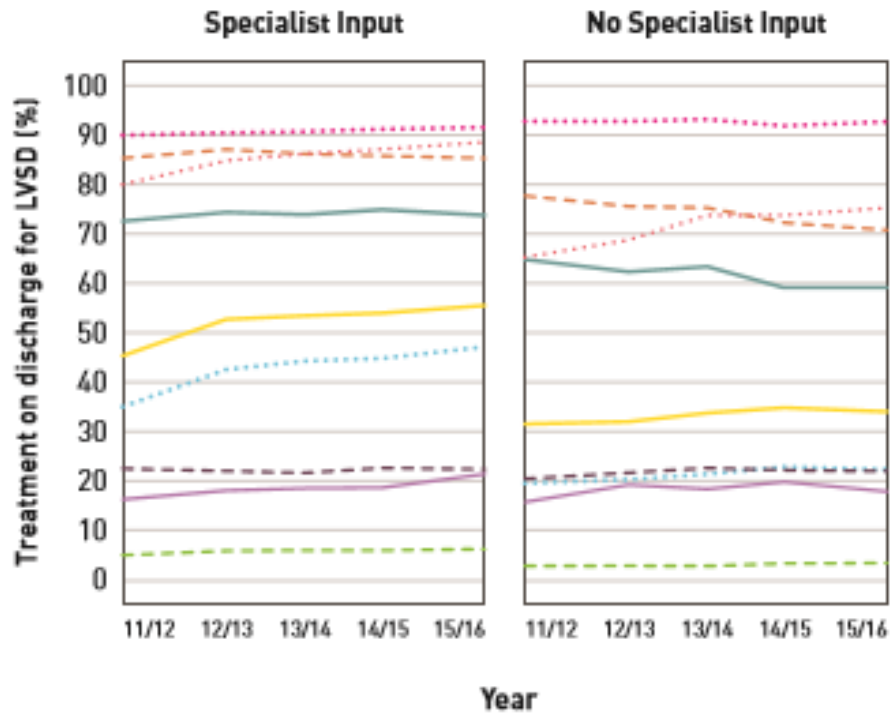
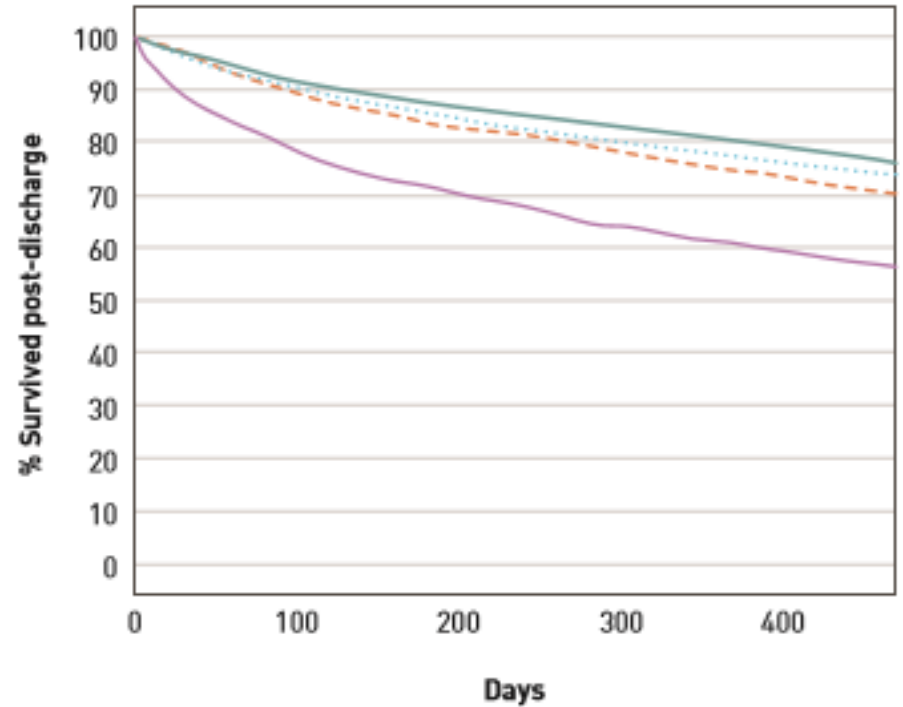


Figure 20: Mortality post-discharge prescribing for patients with LVSD



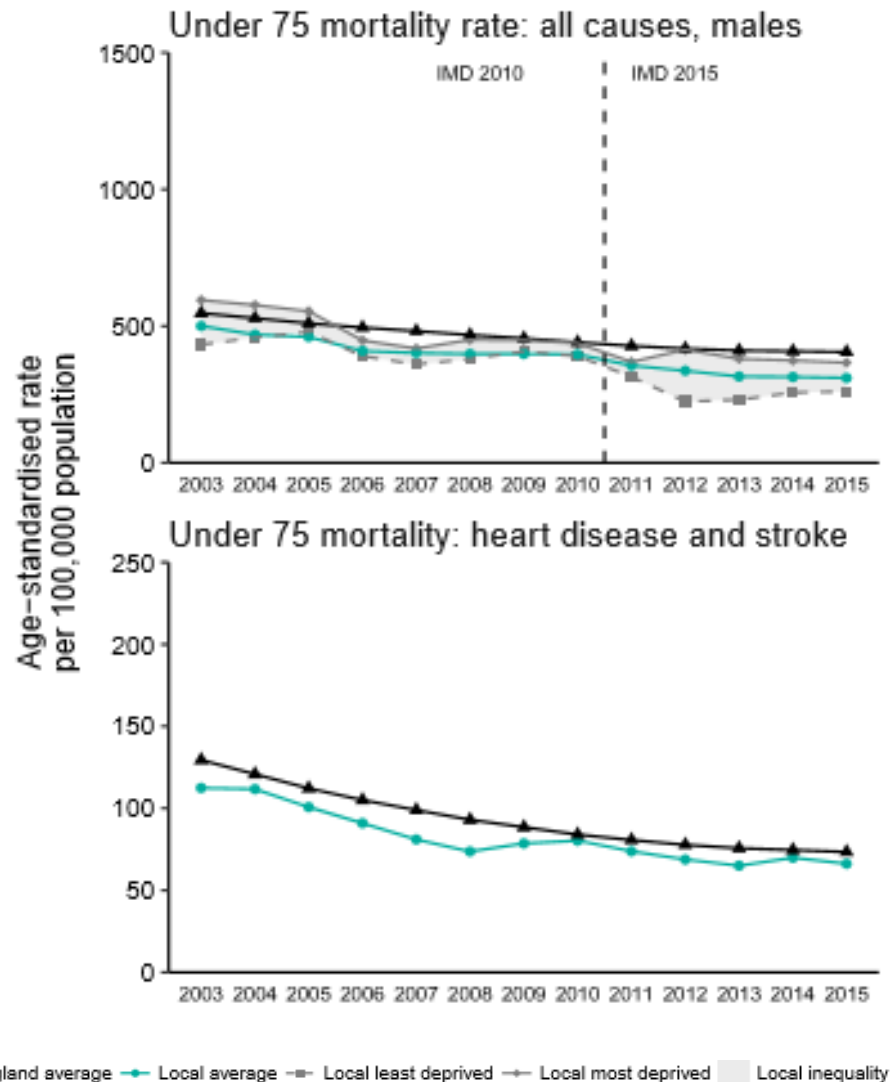
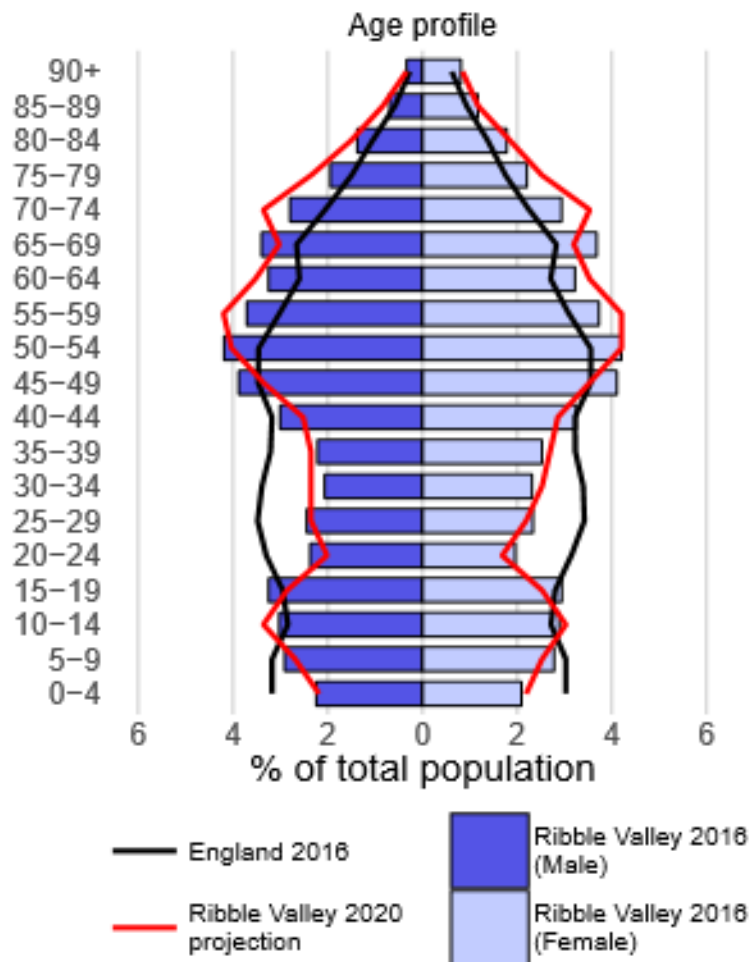
- ACE and/or ARB
- ACE and/or ARB, beta blocker and MRA
- ACE inhibitor
- ARB
- Beta blocker
- Digoxin
- Loop diuretic
- MRA
- Thiazide diuretic

- ACEI inhibitor/ARB
- ACEI inhibitor/ARB and beta blocker
- ACEI inhibitor/ARB, beta blocker or MRA
- No ACEI/ARB, beta blocker or MRA

Background: Local Data

- East Lancashire CCG:
 - prevalence of heart failure: 0.9%
 - heart failure due to LVSD treated with ACEi/ARB: 85.1%
 - heart failure due to LVSD treated with ACEi/ARB and B-blocker: 78.9%
- Ribblesdale PCN:
 - four GP practices, combined patient population of 39,193
 - Population over 60 years: 7301

Background: Ribblesdale Data



Audit

- NICE guidance CG108: Chronic heart failure in adults: management (Aug 2010) and associated quality standards.
- Retrospective audit of 353 patients on combined QOF heart failure register
- Data collection July – October 2017
- Results presented at Network Educational event October 2017

Audit Findings

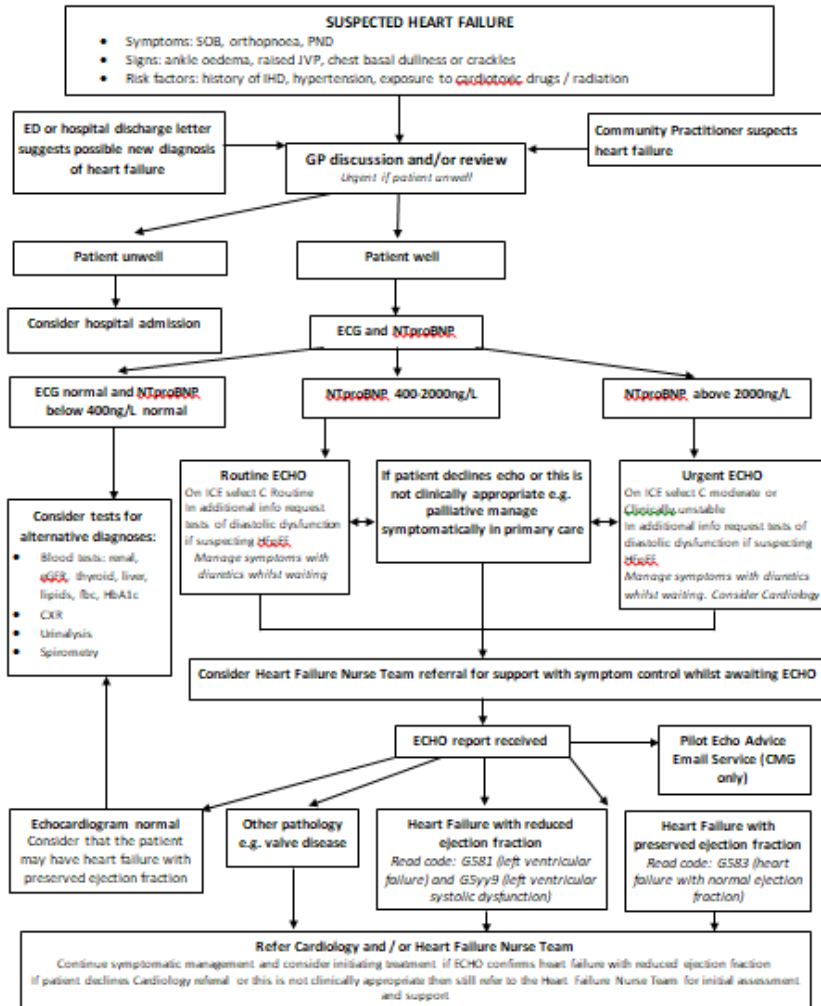
- Inconsistent coding of diagnoses (19 different codes in use) and echocardiograms
- Variation in referral to secondary care
Cardiology and Heart Failure Specialist Team for diagnosis and ongoing care.
- Variation in initiation and titration of medication for heart failure (ACEi and B-blockers)

Ribblesdale Heart Failure Project

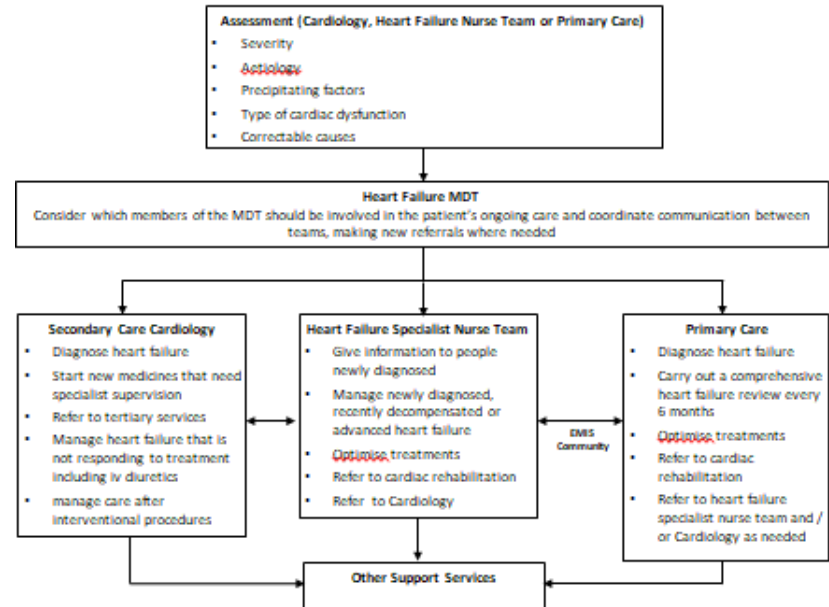
- Collaboration:
 - East Lancashire Hospital NHS Trust (Cardiology and Heart Failure Nurse Specialist Team)
 - Primary care (Pendleside Medical Practice, The Castle Medical Group, Sabden and Whalley Medical Group, Slaidburn Health Centre)
 - East Lancashire CCG
 - Midlands and Lancashire CSU Data Quality Team
 - British Heart Foundation

Heart Failure Pathway

HEART FAILURE DIAGNOSIS PATHWAY



Heart Failure Management Pathway



Medications for Managing Heart Failure

Follow national and local guidelines for the management of heart failure in adults. NICE guidance is available on the NICE website (<https://www.nice.org.uk/>). The most useful document for primary care is *Clinical Guidance CG108: Chronic heart failure in adults: management*, and the associated NICE pathway. There is an associated Quality Standard document QS9: *Chronic heart failure in adults* which provides a list of statements around the management of heart failure and can be used for audit.

Another source of detailed information is the European Society of Cardiology website <https://www.escardio.org/>. Guidance on heart failure is available at <https://www.escardio.org/Guidelines/Clinical-Practice-Guidelines/Acute-and-Chronic-Heart-Failure>

At a local level East Lancashire Health Economy Medicines Management Board website (www.elmmb.nhs.uk) provides detailed information on medications for the management of heart failure. Practitioners will vary in their confidence in initiating and monitoring medications for heart failure, and practice systems need to be in place to ensure safe monitoring and follow-up of patients. Advice from the heart failure nurse team and Cardiology should be sought as needed, and confidence in primary care is likely to improve with closer working with the heart failure

Pilot Echo Advice Email Service

- Four participating GP practices across East Lancashire and Blackburn with Darwen CCGs
- Initial 3 month pilot Oct-Dec 2018
- Allow GPs to clarify uncertainties about received echo reports
- Increase timely communication between primary and secondary care
- Increase shared understanding of cases and learning needs to guide teaching at shared educational events
- Evaluation of the process

Enhanced Primary Care Heart Failure Reviews

- Based on NICE guidelines and quality standards
- New EMIS template incorporating NICE guidelines to enhance understanding of the process of review
- Heart failure specialist nurses to train primary care practice nurses in 6-monthly heart failure reviews
- Evaluation of the process

Patient Education and Involvement



Red – Seek Help. You need to phone 999 and ask for an ambulance immediately if...

You have on going pains in your chest or perhaps your arms, back, or jaw, for more than 15 minutes despite using your GTN/Nitro-glycerine spray.

The pain is making you feel sick, clammy, sweaty, or breathless. You are finding it hard to breathe even when you are sitting down/at rest.

You have suddenly started to feel confused; things are not clear or making sense.

You have a lot more swelling than usual to your ankles, legs or abdomen.

If you are admitted to hospital, it is important that you, a family member or carer contacts your Heart Failure Nurse during your stay



Amber – Contact your Heart Failure Nurse or GP if...

Your weight has suddenly increased within the last few days (by 2 to 3 pounds overnight or more than 5 pounds in a week).

You have lost your appetite.

Your feet, ankles, legs or tummy are more swollen than usual.

You feel more breathless than usual.

You need extra pillows to prop yourself up in bed in order to help you breathe more easily.

Your breathing is causing you to have a restless night's sleep.

You have started coughing more than normal.

You are feeling, or have recently felt, palpitations or flutters in your chest.

You have had to use your GTN or Nitro-glycerine spray to relieve an episode of chest pain on more than one occasion.

You feel more tired than usual and are sleeping a lot more.



Green – Your condition is stable if...

Your weight is stable.

Your appetite remains the same.

You have no new or increased swelling in your feet, ankles, legs or tummy.

Your breathing pattern is the same as it normally is.

You have no chest pain.

You do not feel more tired than usual.

East Lancashire Hospitals 
NHS Trust

EAST LANCASHIRE HEART FAILURE NURSING SERVICE

DISCHARGE INFORMATION

Your nurses are:

Judy Finley—07944 188423

Sharon Hargreaves— 07944 194938

Lynn Greenwood—07944 194615

Sarah Constable- 07966 418762

Office: 01254 734651

We are available between

8.30am and 4.30pm Monday—Friday

All our phones have answer services so please leave a message

Safe | Personal | Effective