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## Heart Failure Society News

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## Dallas Primary Care Review Course Addresses Important Issues

Over 180 primary care physicians, nurses, and other health professionals attended "Heart Failure 2004: Update for the Primary Care Physician" in Dallas on Saturday, February 7th. Attendees came from Texas, surrounding states, and Canada. The event served as the HFSA kick-off event for National Heart Failure Awareness Week.



Barry H. Greenberg, MD

The annual symposium targets the primary care community. Since primary care physicians care for 80 percent of patients with heart failure, they are an extremely important target for heart failure education.

Conference topics for this year's symposium focused on early recognition, prevention, and optimal treatment. Specific presentations addressed the patient with asymptomatic LV dysfunction, expanding use of beta blockers, agents that block the RAAS system, the role of devices, the management of end-stage heart failure, and critical issues in guideline development.

There were stimulating discussions following each presentation and during the three case presentations. Registrants were asked to identify areas of interest to them prior to the conference. The speakers were provided the information which gave them an opportunity to incorporate these areas into their presentations. Areas identified included:

- The role of BNP in the diagnosis and prognosis of heart failure
- Treatment of patients with diastolic dysfunction
- Evidence-based treatment of LV dysfunction
- The role of ARBs and eplerenone in heart failure
- The patient whose BUN creatinine goes up after administration of a diuretic
- Managing the patient with end-stage heart failure and renal failure

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## Mobile Site of Successful Heart Failure Awareness Events

The Providence Heart Failure Clinic in

Mobile, Alabama, sponsored two events during National Heart Failure Awareness Week. The first was a lecture by Dr. Mandeep Mehra (Ochsner Clinic, New Orleans, LA) on "Emerging Trends in Heart Failure" attended by nearly 50 physicians, nurses, and other professionals working with heart failure patients.

On February 10, the Clinic staff offered free screening for cardiovascular disease. Over 120 people took advantage of the opportunity. Education was provided to those individuals with hypertension or high risk for cardiovascular disease. Teaching guides on cardiovascular disease and heart failure were distributed at both events.



Dr. Mehra and some of the participants at his lecture on heart failure.

## Primary Care Review Course Addresses Important Issues

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Evaluations were very positive. One participant commented on the "excellent comprehensive coverage of the heart failure continuum."

Barry Greenberg was the course chairman, and Clyde Yancy was the conference host. Participating faculty included Kirkwood Adams, Nancy Albert, Susan Ammon, Mark Drazner, Daniel Dries, Robert Kowal, Barry Massie, Mandeep Mehra, Milton Packer, Ileana Piña, Marc Silver, Brenda Thompson, Robin Trupp, and Patricia Uber.

The presentations at the conference will be used to develop a webcast divided into three two-hour programs. The web cast

will be available in April 2004 on the [www.hfsa.org](http://www.hfsa.org) web site. HFSA members will receive an e-mail when the webcast is available. Audio Digest will develop an audiotape as part of their special topics issue to be distributed to their internal medicine subscribers. A second tape focusing on case presentations is also planned. Both the tapes and the web cast will provide CME and nursing credits.

HFSA Heart Failure Awareness activities are made possible through educational grants provided by the 2004-05 HFSA Heart Failure Awareness Roundtable: AstraZeneca, GlaxoSmithKline, Guidant Foundation, Medtronic, Novartis, Pfizer, and Scios.

## Ohio Heart Health Center Programs Attract 500

Four Heart Failure Awareness programs sponsored by the Ohio Heart Health Center at hospitals in the Cincinnati area drew just under 500 participants. Presentations and discussion focused on medications, diet, exercise, disease management, device therapies, and sleep apnea.

Eugene Chung, Director of the Heart Failure Program at the Ohio Heart Health Center and Lindner Center for Clinical Research, said that interest has increased

over the four years the programs have been offered. He noted that questions continue to get more sophisticated.

Dr. Chung and his program coordinator, Kathleen Daly, NP were present at all four programs, which also drew upon other community clinicians and educators for presentations. Santosh Menon co-directed the meetings. Dr. Chung said that he anticipates the programs continuing to grow in coming years.

## 400 Attend University of Pennsylvania Event

"New Frontiers in Heart Failure," the fourth in a series of annual programs offered during Heart Failure Awareness Week by the Heart Failure Program at the University of Pennsylvania, drew 400 patients and families to hear about experimental and cutting edge technologies for the treatment of advanced heart failure on February 11, 2004.

The event used a creative format. Five patients shared personal experiences with new technology or treatments, while clinicians provided additional background information on the therapies. Following the formal program, attendees were invited to visit displays and stations that included heart transplant recipients, heart failure nursing, psychosocial support resources, research and mechanical hearts, organ donation/transplant, exercise, and food and nutrition—with a live cooking demonstration.

The event concluded with an evening dinner. Lee Goldberg and over 40 staff members in the Heart Failure and Cardiac Transplant Program were involved in the planning, oversight, and conduct of the event. Support was provided by pharmaceutical and device companies and by Penn Cardiac Care.

## Seeking the Next Generation of Heart Failure Specialists

Seventy-two cardiology fellows from twenty-five states and one Canadian province, representing 48 fellowship programs, gathered in Florida to participate in HFSA's first "Conference for Fellows: Establishing a Career in Heart Failure," held January 18 in Boca Raton. Clyde Yancy, program chair, was joined by eleven national and international thought leaders in the field of heart failure: Jay Cohn, Thomas Force, Gary Francis, Barry Greenberg, Arnold Katz, Marvin Konstam, Beverly Lorell, Douglas Mann, Ileana Piña, Marc Silver, and Lynne Warner Stevenson.

The program led off with formal presentations providing an overview of the management of heart failure, bridging research and clinical practice, and interpreting clinical trials. Panel discussions on research and career initiatives in the afternoon produced a lively exchange between fellows and

faculty. Time was also set aside for fellows to meet with faculty in small group settings to ask questions about careers in heart failure. The meeting concluded with a delightful evening presentation by Arnold Katz on the "Discovery of Heart Failure: Past, Present and Future."

The goal of this conference was to provide cardiology fellows with information on how both the rapid development of drugs and devices for heart failure and emerging discoveries in molecular and genomic medicine have created an exciting clinical and investigational environment for heart failure. Career pathways in clinical investigation, basic science, population biology, and clinical practice make heart failure one of the leading sub-disciplines in cardiology and an attractive career choice.

The conference reflects HFSA's commitment to the future of heart failure,

as represented by new clinicians and researchers. This year's conference was rated as a huge success by all who participated. The following comments typify fellows' response to the conference:

"Meeting with the faculty was invaluable. Listening to their experiences in academic heart failure gave me an idea of how to pursue my research years."

"It was wonderful to see how genuinely interested and committed the faculty was about training and recruiting conference participants into a future in heart failure. Access to some of the luminaries in the field in a congenial non-intimidating environment was priceless."

Faculty responded with equal enthusiasm. Plans are underway for a conference in 2005.

## Heart Failure Activities Abound in Jacksonville

Jacksonville, Florida was the site of numerous educational activities during Heart Failure Awareness Week. Dr. Alan Miller, from the Division of Cardiology at the University of Florida Health Sciences Center in Jacksonville, reported the following events:

- Physicians from the Division gave presentations on heart failure at Rotary and Kiwanis Club meetings.
- A physician from the Division and a dietitian gave a presentation at the local YMCA.
- Forty-seven primary care physicians and cardiologists attended a dinner symposium presented by physicians, a clinical pharmacist, and a nutritionist from the Division.
- Cardiovascular screenings and brief presentations were attended by 30-60 people at two community geriatric facilities.
- Dr. Miller was interviewed by a television station concerning new research in heart failure.

This multi-format approach to a variety of audiences represents a wonderful model for reaching out to both professionals and the public. Congratulations to Dr. Miller and his colleagues for the effort they put into these programs.

## Third Annual ABCs of Heart Failure Held in Cleveland

Approximately 100 physicians and nurses attended the third annual conference, "The ABCs of Heart Failure: From Diagnosis to Prognosis," held Saturday, February 14 in Cleveland, Ohio. Co-directors of the conference were Ileana Piña, Case Western Reserve University School of Medicine, and James Young, Cleveland Clinic.

In addition to presentations on "Heart Failure with Preserved Systolic Function" and "Integrating New Information into Clinical Practice," attendees chose from five concurrent workshops:

- Exercise Therapy in Heart Failure
- How to Bill for Heart Failure Treatment
- Surgical Approaches to Heart Failure
- Heart Failure in Women
- Nursing Workshop—Case Management: Bundling it All

The emphasis in presentations and workshops was on practical, clinical information. Ample time was provided for questions and for interaction between the audience and speakers.

The program is model of collaboration. In addition to Case Western and The Cleveland Clinic, co-sponsors included the University Hospitals of Cleveland, MetroHealth Medical Center, and the Louis B. Stokes Cleveland VA Medical Center. The conference was endorsed by HFSA and presented by the North Ohio Heart Failure Club.

## Minneapolis VA Sponsors Heart Failure Event

Eighty-four patients, family members, and friends attended a program on "Cognitive Dysfunction and Heart Failure" at the Minneapolis VA Medical Center on February 13. The speaker was Maurice Dysken, MD, a psychiatrist and Director of the Minneapolis VAMC Geriatric Research, Education and Clinical Center.

There was great interest from the audience in the topics, which included memory loss, depression and anxiety, the psychological impact of some heart failure medications, symptom recognition, self-care techniques, and other care options. Other Heart Failure Clinic staff members who participated included Inder Anand, MD, Michelle Berg, RN; Susan Catching, RN; Mary Ann Conkey, RN; Karen Doerfler, RN; and Susan Ziesche, RN.

Module 6 of the HFSA patient education series, "Managing Feelings about Heart Failure," was distributed to attendees. This is the fifth year that the Minneapolis VAMC has sponsored an educational event for the patients, their families and friends, during National Heart Failure Awareness Week.

### Future Heart Failure Awareness Weeks

2005: February 13-19

2006: February 12-18

2007: February 11-17

2008: February 10-16

## VA in Shreveport Holds Heart Failure Awareness Event

The Overton Brooks VA Medical Center in Shreveport, Louisiana, conducted their first Heart Failure Awareness event on February 11 for over 50 patients and family members. It was sponsored by the Cardiology Department.

The program was coordinated by Karen Dixon, RN, and Linda Penny, NP, assisted by Nikki Altman, RD, and nutrition students. Information provided to patients and families included the importance of daily weighing, information about medications, compliance tips, and the importance of exercise and a low-sodium diet.

The information was supplemented by a display table which included brochures, handouts, samples of low-sodium seasonings, and a three-heart model showing normal, compensated, and decompensated hearts. Alongside the table were posters depicting heart failure signs and symptoms.

## Device Trials Discussed at FDA Headquarters

In October 2003 the FDA invited a small group of HFSA members identified as having expertise in specific areas of heart failure to meet with them, as well as with CMS and the NIH. The agenda for this small closed meeting was to develop definitions for four topics related to heart failure. The four topics included: (1) Optimization of Medical Therapy; (2) Assessment of Health Status; (3) Irreversible Pulmonary Hypertension in Patients with Advanced Heart Failure; and (4) Inotrope Dependence and Other High Risk Patient Profiles.

The workshop began with formal presentations on each of the identified topics. The attendees were then divided into four small working groups and asked to draft up a document that might be useful to the FDA in its consideration and evaluation of device trials in heart failure. Once the papers are finalized, they will be published in the *Journal of Cardiac Failure*.

## Discovery Channel to Air Documentary on Heart Failure

The Discovery Channel contacted the HFSA last fall to inquire if the Society would be interested in producing a documentary on heart failure to be aired as part of Health Watch. When completed, the documentary will also be shown on Voice of America Television, which is world wide. Initial taping was done in late January at Tufts New England Medical Center. Marvin Konstam, Ileana Piña, Gary Francis, and two heart failure patients participated in the filming.

The patients talked about the onset of heart failure, how important it was to seek treatment early and what the treatment has done to restore their quality of life. Drs. Konstam, Piña, and Francis discussed heart failure risk factors, symptoms, treatment options, and what patients can do to prevent heart failure or assist in its effective management.

The final product will be a 6-8 minute segment that will be part of the Discovery Channel programming in 2004. In addition to the heart failure program, a longer piece incorporating information about the HFSA will be aired at select times on the Discovery Channel. Two years ago a similar piece was done through American Medical Review.

## 2004 Scientific Program: Register Early, Plan to Attend

Excitement is building as the 2004 scientific program is finalized. This year's program will include simultaneous symposia, joint sessions with ESC and ISHLT, debates, Court is in Session, Hyde Park, practical How To sessions, case discussion, late breaking clinical trials and three award competitions for investigators. The program will be available on line at [www.hfsa.org](http://www.hfsa.org) in the spring of 2004 for viewing. It is updated on a regular basis.

This year the Basic Science workshop, which made its debut in 2003, will be held Sunday, September 12, 2004 beginning at 1:00 PM. The session will focus on cardiac regeneration.

In addition to the scientific program, a number of satellite programs are being planned. The satellite programs will be held at times that do not conflict with the scientific program. Details will be added to the web site as the satellite symposia are finalized.

Continuing education credits for the scientific program and the satellite symposia will be available for physicians, nurses, and pharmacists.

The 2004 Program Committee is chaired by Peter Liu (University of Toronto) and Thomas Force (Tufts: New England Medical Center). Highlights of the 2003 Scientific Program were published in the March 17 issue of *JACC*.

## HFSA National Radio Tour Held in Dallas February 6, 2004

On Friday, February 6, HFSA hosted a radio tour which included live and, in some cases, taped interviews about heart failure with nineteen radio stations across the country.

Barry Greenberg and Ileana Piña fielded a variety of questions about heart failure, including how to identify signs and symptoms, can it be prevented, when to seek treatment, what types of treatment are available, how to differentiate between signs of aging and early onset of heart failure, and where to get information. The interviews were conducted in English and Spanish.

Public service announcements (PSA) were also recorded in English and Spanish and distributed to radio stations for use at later dates.

The radio tour reached an estimated 19 million listeners. It is made possible through the educational grants provided by the 2004-05 HFSA Heart Failure Awareness Roundtable.

### Future Annual Scientific Meeting Dates

2004: September 12-15,  
Toronto, ON, Canada

2005: September 18-21, Boca Raton, FL

2006 September 10-13, Seattle, WA

**Heart Failure Society of America** [www.hfsa.org](http://www.hfsa.org)

**September 12-15, 2004** **Toronto, Ontario, Canada**

**8TH ANNUAL SCIENTIFIC MEETING**

**Hyde Park Deadline: May 14, 2004**  
**Late Breaking Clinical Trials Deadline: May 31, 2004**