Pharmacology Preconference Workshop  
Wednesday, June 21, 2017  
Symptom Management of the Heart Failure Patient

8:00 am – 8:15 am  
**Welcome**  
Peggy Kirkwood, RN, MSN, ACNPC, AACC, CHFN  
*Mission Hospital*  
*Laguna Hills, CA*  
Robert Lee Page II, Pharm.D., MSPH, FCCP, FAHA, FASHP, FASCP,  
BCPS, CGP  
*University of Colorado, Skaggs School of Pharmacy*  
*Aurora, CO*

8:15 am – 9:30 am  
**Assessment and Etiology of Symptoms**  
Rebecca Boxer, MD, MS  
*University of Colorado*  
*Aurora, CO*

Objectives:
1. Identify the symptoms seen in heart failure patients, including dyspnea, fatigue, pain, anxiety, depression, and end-of-life symptoms.
2. Describe the assessment of symptoms in the heart failure patient, including physical assessment as well as cognition and health literacy assessment.
3. Discuss the pathophysiology of the symptoms, including the activation of RAAS, sleep disordered breathing.

9:30 am – 10:00 am  
**Case Study**

10:00 am – 10:15 am  
**Break**

10:15 am – 11:00 am  
**Fatigue – Part 1 (dehydration, electrolytes, infection)**  
Linda Wick, MS, ANP, CNP, CHFN  
*University of Minnesota Health*  
*Duluth, MN*
Objectives:
1. Describe the effects of cardiac dysfunction, dehydration, electrolyte disturbance, and infections on the symptom of fatigue in the heart failure patient.
2. Discuss the treatment of cardiac dysfunction, dehydration, electrolyte disturbance and infections in the heart failure patient, including the use of neurohormone inhibitors, potassium lowering medications, and fluids related to sepsis protocols.

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 am – 11:45 am</td>
<td>Fatigue – Part 2 (Anemia, Thyroid, Afib)</td>
<td>Sunny Linnebur, PharmD</td>
<td>University of Colorado</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Aurora, CO</td>
</tr>
<tr>
<td></td>
<td>Objectives:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Describe the effects of anemia, thyroid dysfunction, and atrial fibrillation on the symptom of fatigue in the heart failure patient.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Discuss the treatment of anemia, thyroid dysfunction, and atrial fibrillation in the heart failure patient, including iron, anticoagulants, and antiarrhythmics.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

11:45am – 12:15 pm  
**Case Study**

12:15 pm – 1:00pm  
**Lunch**

1:00 pm – 2:30 pm  
**Dyspnea & Edema**  
Jo Ellen Rodgers, PharmD, FCCP, BCPS-AQ Cardiology  
*University of North Carolina at Chapel Hill*  
*Chapel Hill, NC*

Objectives:
1. Explain the possible treatments for dyspnea and edema in the heart failure patient.
2. Discuss the use of diuretics in the heart failure patient, including titration, infusion vs. bolus, outpatient infusions.
3. Define the use of afterload reducers and inotropes to decrease dyspnea and edema.
4. Describe the treatment of stage D heart failure patients, especially at end-of-life.

2:30 pm – 3:00 pm  
**Case Study**

3:00 pm – 3:15 pm  
**Break**
3:15 pm – 4:00 pm  **Pain – angina, fractures, arthritis, PAD, etc.**
Peggy Kirkwood, RN, MSN, ACNPC, AACC, CHFN  
*Mission Hospital*  
*Laguna Hills, CA*

Objectives:
1. Describe the types of pain heart failure patients may experience, including angina, arthritis, PAD, fractures.
2. Discuss various treatment options for pain in the heart failure patient, including antianginals, NSAIDS, opioids, bisphosphonates, marijuana.
3. Identify therapies helpful for heart failure patients with pain at end-of-life, including alternative therapies.

4:00 pm – 4:45 pm  **Anxiety/Depression/Fear/PTSD**
Robert Lee Page II, PharmD, MSPH, FCCP, FAHA, FASHP, FASCP, BCPS, CGP  
*University of Colorado, Skaggs School of Pharmacy*  
*Aurora, CO*

Objectives
1. Describe the types of psychologic disorders that heart failure patients may experience, including anxiety, depression, fear, PTSD.
2. Discuss the various treatment options for psychologic disorders in the heart failure patient.

4:45 pm – 5:00 pm  **Q&A and Wrap up**