



Jornadas de  
Actualização  
Cardiovascular

Medicina Geral e Familiar

#JAC eLEARNING

# ESSENTIALS OF HEART FAILURE

Course coordinator:  
Joana Pimenta, MD, PhD

[jac-ensino.pt](http://jac-ensino.pt)

# ESSENTIALS OF HEART FAILURE

## Patient based approach for General Practitioners

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### **Introduction.**

Essentials of Heart Failure is a course created for General Practitioners, both specialists and residents, and it aims to provide participants with tools that facilitate the initial diagnostic and therapeutic approach to patients with heart failure in the setting of primary healthcare. The course includes a systematic revision of fundamental concepts and discussion of clinical cases based in up-to-date scientific knowledge.

The programme, lectured by faculty of renown scientific merit and extensive practical experience, is built in four different modules in e-learning format and a final knowledge assessment module.

### **Faculty.**

Mário Santos, MD, PhD  
Francisco Sampaio, MD, PhD  
Joana Pimenta, MD, PhD  
Joana Mascarenhas, MD  
Conceição Pires, MD

### **Course Timeframe.**

The course will be available from the starting date of each JAC edition. After starting the first module, registered participants must complete the course within 6 months.

## Learning objectives.

By the end of the course, attendees should be able to:

- Attain a general perspective of Heart Failure as a relevant epidemiological entity, and identify main risk factors, different clinical presentations, typical aetiologies and associated pathophysiological mechanisms;
- Understand the role of different diagnostic tests for confirmation of clinical suspicion and initial diagnostic workup in a primary care setting;
- Acquire knowledge on how to use pharmacologic agents in practical contexts: selection of agents and adequate dosages for specific cases and stages of disease progression, in a patient centred approach. Understand the principles of non-pharmacological approaches to the treatment of Heart Failure;
- Recognise the most frequent comorbidities in Heart Failure patients and related principles of management;
- Acquire practical tools for the daily management of Heart Failure patients in a Primary Care Unit. Identify patients that will typically benefit from evaluation in hospital care setting and the appropriate moment for referral;
- Understand the principles of palliative care in Heart Failure and the role of General Practitioners in the care network.



## Introduction: one HF, many HFs...

Mário Santos

**Session 1:** Epidemiology, pathophysiology, natural history and classification of Heart Failure (HF).

**Session 2:** Aetiology of Heart Failure.

**Session 3:** Identification of patients at risk and strategies of prevention.

**Take-home messages** & Self-assessment test.

## Reaching a diagnosis

Francisco Sampaio

**Sessão 1:** When to suspect?

**Sessão 2:** The fundamental diagnostic study: from the ECG to the echocardiogram.

**Sessão 3:** Aetiological study: what can I do in my local unit?

**Sessão 4:** When should I refer for additional tests?

**Take-home messages** & Self-assessment test.

## Pharmacological treatment: a practical guide for navigating the algorithms

Joana Pimenta

**Session 1:** When and how to start?

**Session 2:** Which pharmacological agents should I use and what is the appropriate dosage?

**Session 3:** When should I refer my patient?

**Take-home messages** & Self-assessment test.

## An integral approach to the patient with HF

Joana Pimenta, Joana Mascarenhas &  
Conceição Pires

**Session 1:** Non-pharmacological treatment.

Joana Mascarenhas

**Session 2:** Comorbidities (renal failure, anemia, COPD...). Joana Mascarenhas

**Session 3:** Palliative care in HF: the role of Family Physicians. Conceição Pires

**Session 4:** Theory into practice: tips and tricks for daily management in a GPs setting (based in clinical cases). Joana Pimenta & Joana Mascarenhas

**Take-home messages** & Self-assessment test.

## Knowledge Assessment Test



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