

## Problem Definition

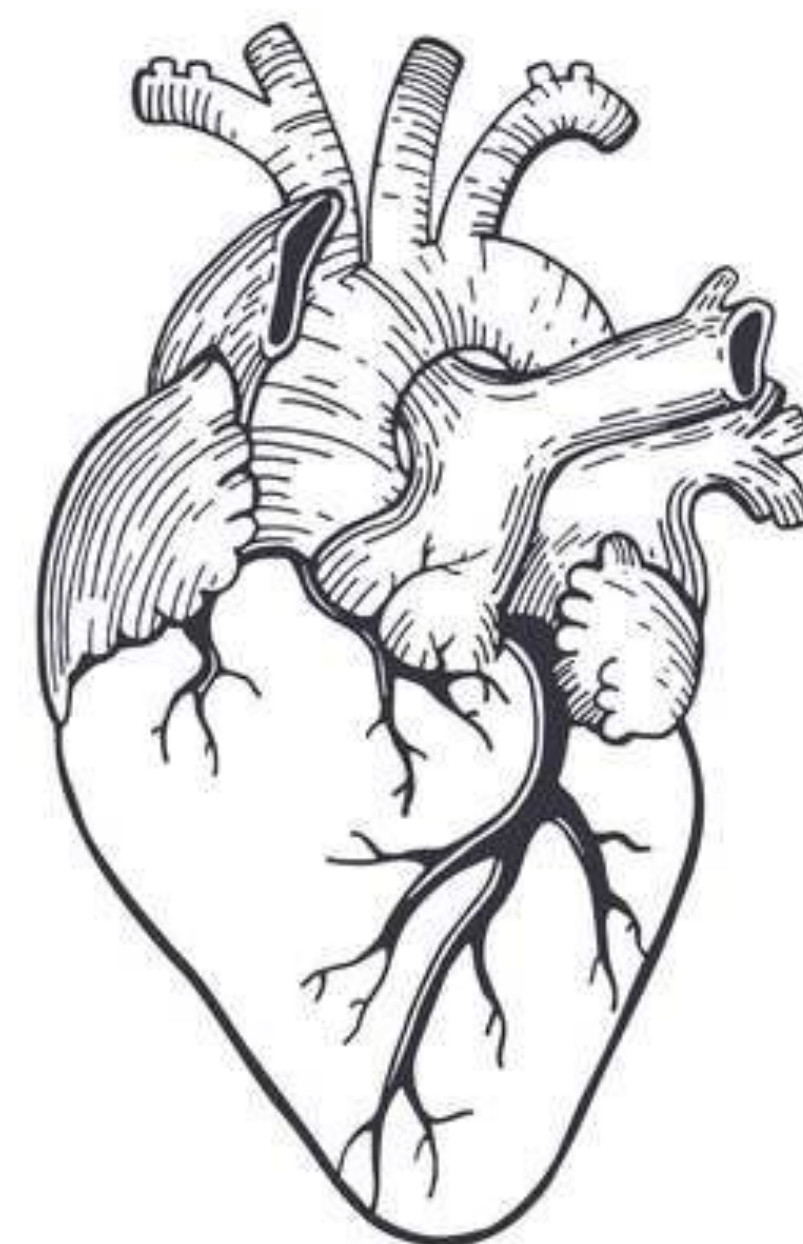
**MRA use in HFrEF is a Class 1A Recommendation<sup>1</sup>**

RALES Trial: reduce mortality by 30% and lower hospitalizations by 35% in NYHA III – IV<sup>2</sup>

EMPHASIS-HF Trial: decrease cardiovascular death or HF hospitalization from 25.9% to 18.3% in NYHA II<sup>3</sup>

## Aims For Improvement

Improve MRA prescription rate in the outpatient cardiology clinic by 25%



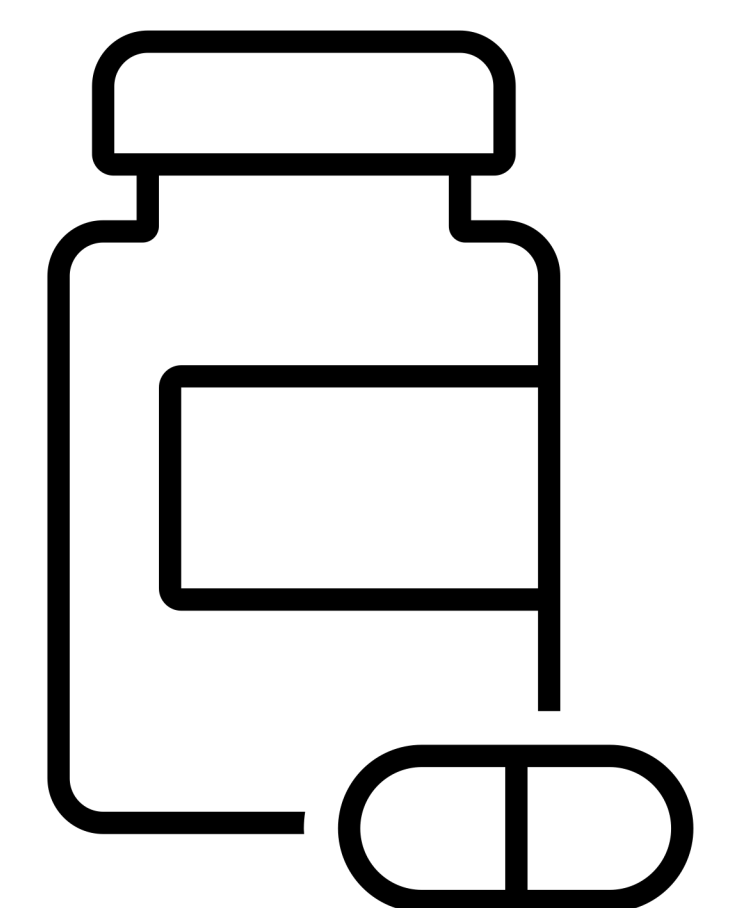
## Phase 1

### Study Design

- Patients at Jefferson Heart Institute between June – Dec 2019
- EF  $\leq$  35%
- Contraindications:
  - K $>$ 5
  - GFR $<$ 30
- NYHA class and other prescribed GDMT was recorded

### Results

**67.5%** of patients who met criteria were **not** prescribed an MRA



## Phase 2 (Intervention)

- Identify barriers to prescription
- Improve prescription through combination of educational measures and EMR interventions
  - Lectures and educational material
  - “Smartphrases” in Epic for heart failure visits
  - Possibility of expanding to other clinics and inpatient services

## Discussion

- Greatly under-utilized
- Recent increased interest in novel agents (ARNI and SGLT2 inhibitors)
- Continued focus needed on MRAs -> well-studied, effective, safe, and affordable

## References

1. Hunt, S. A., Abraham, W. T., Chin, M. H., *et al.* ACC/AHA 2005 Guideline Update for the Diagnosis and Management of Chronic Heart Failure in the Adult: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Writing Committee to Update the 2001 Guidelines for the Evaluation and Management of Heart Failure): developed in collaboration with the American College of Chest Physicians and the International Society for Heart and Lung Transplantation: endorsed by the Heart Rhythm Society. *Circulation* **112**, e154-235 (2005).
2. Pitt, B., Zannad, F., Remme, W. J., *et al.* The effect of spironolactone on morbidity and mortality in patients with severe heart failure. Randomized Aldactone Evaluation Study Investigators. *N. Engl. J. Med.* **341**, 709–717 (1999).
3. Zannad, F., McMurray, J. J. V., Krum, H., *et al.* Eplerenone in patients with systolic heart failure and mild symptoms. *N. Engl. J. Med.* **364**, 11–21 (2011).