

CHIEF COMPLAINT**Congestive Heart Failure****COMMENTS TO SPECIALIST**

This is a very ill 68-year-old gentleman with COPD, hypertension, chronic systolic heart failure ejection fraction of 15%, morbid obesity, stage II chronic kidney disease, and diabetes mellitus.

He has had frequent exacerbations of his COPD and heart failure. He was recently in the hospital and treated with IV diuretics.

Since returning to the facility last week, his shortness of breath has worsened, and his weight is increasing.

MAIN QUESTION

Please provide recommendations for managing his heart failure.

Specialist Response**SUMMARY**

Treatment options are available at the primary care level.

DETAILS

I've reviewed the patient's medication list and noted several medication changes that could potentially improve his heart failure management:

- In the short term, increase his torsemide to twice a day to help with acute symptoms of increased weight gain and shortness of breath.
- Add Entresto 24/26 mg twice a day.
- Add a very selective beta-blocker such as Bisoprolol 2.5 mg a day and titrate the dose up to 5 mg a day, if tolerated.
- Add Dapagliflozin 5 mg a day.
- Closely monitor his blood pressure and renal function.

Thank you for the courtesy of this consultation