

## **Documentation to Support Heart Failure**

### **Consensus Statement: Universal Definition and Classification of Heart Failure 2021**

The Universal Definition and Classification of Heart Failure is a consensus statement released in 2021. The goal was to provide a standard definition of heart failure to decrease the variability in diagnosis and to better assess the impact of treatment.

Universal Heart Failure Definition: Heart failure is a clinical syndrome with current or prior:

- **Symptoms and/or signs** caused by structural and/or functional cardiac abnormality with at least one of the following:
  - EF < 50%
  - Abnormal cardiac chamber enlargement
  - E/E' of > 15
    - E/E' is a noninvasive measure of elevated LV filling pressures reported on an echocardiogram
  - Moderate/severe ventricular hypertrophy or moderate/severe valvular obstruction or regurgitant lesion

**AND at least one of the following:**

- **Elevated natriuretic peptide levels**
- **Objective evidence of cardiogenic pulmonary or systemic congestion** by diagnostic modalities
  - CXR
  - Elevated filling pressures by echocardiography
  - Hemodynamic measurement
    - R heart catheterization
    - Pulmonary artery catheter

**Symptoms of Heart Failure**

Typical	Less Typical
Breathlessness	Nocturnal cough
Orthopnea	Wheezing
Paroxysmal nocturnal dyspnea	Bloated feeling
Reduce exercise tolerance	Postprandial satiety
Fatigue, tiredness	Loss of appetite
Ankle swelling	Decline in cognitive function, confusion (especially in the elderly)
Inability to exercise	Depression
Swelling of parts of the body other than ankles	Dizziness, syncope
Bendopnea	

**Signs of Heart Failure**

More Specific	Less Specific
Elevated jugular venous pressure	Peripheral edema
Third heart sound	Pulmonary rales
Summation gallop with third and fourth heart sounds	Unintentional weight loss
Cardiomegaly, laterally displaced apical impulse	Weight loss with muscle wasting and cachexia
Hepatojugular reflux	Cardiac murmur
Cheyne Stokes respiration in advanced HF	Reduced air entry and dullness to percussion at lung bases suggestive of pleural effusion
	Tachycardia, irregular pulse
	Tachypnea
	Hepatomegaly/ascites
	Cold extremities
	Oliguria
	Narrow pulse pressure

When diagnosing heart failure, the type of heart failure should be documented. The Universal Definition and Classification of Heart Failure recommends the following classification:

- **HFrEF** (HF with reduced ejection fraction)
  - Symptomatic HF with LVEF  $\leq 40\%$
- **HFmrEF** (HF with **mildly reduced** ejection fraction)
  - Symptomatic HF with LVEF 41-49%
  - Previously labeled as HF with **mid-range** ejection fraction
- **HFpEF** (HF with preserved ejection fraction)
  - Symptomatic HF with LVEF  $\geq 50\%$
- **HFimpEF** (HF with improved ejection fraction) – *new classification*
  - Must meet ALL 3 criteria
    - Baseline LVEF  $\leq 40\%$
    - $\geq 10$ -point increase from baseline LVEF
    - A second measurement of LVEF  $> 40\%$