Heart failure (HF) is a healthcare sustainability challenge.

- HF is a problem in all ages, with a peak in the elderly. HF is the most common indication for hospital admission amongst the elderly.
- It occurs as a result of the heart becoming too weak or stiff, or due to an unhealthy valve.
- HF is a common condition. At least 15 million people live with HF in Europe.
- It is also the most common cause of admissions in people over 65.
- One in five of us can expect to live with HF at some point in our lives.
- The burden of HF is high. HF is a healthcare sustainability challenge.

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

Executive summary

- The handbook of multidisciplinary and integrated heart failure care
- September 2018
- All members provide their time for free.
- Integrated heart failure care
- The handbook

Summary

Heart failure (HF) is a healthcare sustainability challenge.

- HF is a problem in all ages, with a peak in the elderly. HF is the most common indication for hospital admission amongst the elderly.
- It occurs as a result of the heart becoming too weak or stiff, or due to an unhealthy valve.
- HF is a common condition. At least 15 million people live with HF in Europe.
- It is also the most common cause of admissions in people over 65.
- One in five of us can expect to live with HF at some point in our lives.
- The burden of HF is high. HF is a healthcare sustainability challenge.

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.

Call to action

We call on governments to recognise heart failure (HF) as an urgent sustainability challenge for 21st-century healthcare systems. Governments across Europe must:

- Move a national strategy for HF management to the top of the healthcare policy agenda, securing cross-sectoral commitment and funding.
- Invest in sustainable, high-care models of care for HF as a test case for delivering effective, cost-effective healthcare.
- Ensure that HF care is prioritised, with a system plan for HF management and incentivisation. This should be developed and implemented in parallel to the implementation of the primary care strategy.

The following organisations support and endorse this handbook.
What is multidisciplinary and integrated care in heart failure?

Multidisciplinary and integrated care in heart failure

Integrated care has been defined as reducing the potential of multifaceted factors to limit treatment effectiveness and outcomes for patients with heart failure. It encompasses team-based care that is coordinated and shared among various healthcare providers. Involving patients in the management of their illness is considered an essential part of integrated care. Team members are expected to work in close coordination with one another and share responsibilities.

Multidisciplinary and integrated care changes across the HF journey

There are several phases or a case management approach to the patient journey from diagnosis and care to follow-up and beyond.13 The best care outcomes for long-term management of patients with HF include the following and require the involvement of subspecialists to adapt care models and improve quality:

- Initiation of self-care education to patients, carers and families:
  - Efforts at rapid alleviation of symptoms;6 consideration of implantable cardioverter defibrillator; transition to oral therapies, and is endorsed and owned by the Network’s members, who have full editorial control.

- Diagnosis, including understanding of HF causes, requires involvement of echocardiogram and B-type natriuretic peptide as part of the diagnosis and includes several tests and judgement from a specialist:6 13 23 Timely initiation of treatment is essential to prolong life and diagnosis of HF may have implications that require a wider range of specialists and generalists.13 HF patients have complex care needs, spanning specialist in HF) or internal medicine specialist.13 Patients with the right post-discharge support and information, and delay and fragmentation of care in the weeks after discharge there is a risk for loss of key points and support:6 23 26 Models of multidisciplinary care14 15 have been developed in the context of multiple sclerosis,16 diabetes,17 heart disease18 and kidney disease.19 The Multidisciplinary and Integrated Heart Failure Network has developed a model of care that can be adapted to innovation in multidisciplinary care.
  - Hospital discharge planning and close follow-up with specialists and generalists:13
  - Medication upon stabilisation of implantable cardioverter defibrillator; transition to oral therapies.
  - In the weeks after discharge there is a risk for loss of key points and support:6 23 26 Models of multidisciplinary care14 15 have been developed in the context of multiple sclerosis,16 diabetes,17 heart disease18 and kidney disease.19 The Multidisciplinary and Integrated Heart Failure Network has developed a model of care that can be adapted to innovation in multidisciplinary care.

The three stages of the patient care journey

The three stages of the patient care journey

1. Diagnosis

- HF signs and symptoms rapidly picked up by healthcare professionals
- Diagnosis, including understanding of HF causes, requires involvement of echocardiogram and B-type natriuretic peptide
- Hospital discharge planning and close follow-up with specialists and generalists
- Medication upon stabilisation of implantable cardioverter defibrillator; transition to oral therapies

2. Care and follow-up

- Efforts at rapid alleviation of symptoms;6 consideration of implantable cardioverter defibrillator; transition to oral therapies
- Person-centred care led by cardiologists (with a sub-specialty in HF) or internal medicine specialist
- In the weeks after discharge there is a risk for loss of key points and support
- Models of multidisciplinary care have been developed in the context of multiple sclerosis, diabetes, heart disease and kidney disease

3. Living with HF

- Person-centred care led by cardiologists (with a sub-specialty in HF) or internal medicine specialist
- In the weeks after discharge there is a risk for loss of key points and support
- Models of multidisciplinary care have been developed in the context of multiple sclerosis, diabetes, heart disease and kidney disease

Figure 1. Multidisciplinary and integrated heart failure care journey: key components of quality

Key

References

5. Jaarsma T, Stromberg A. 2014. Heart failure clinics are still useful (more than ever?). Can J Cardiol 30(3): 272-5