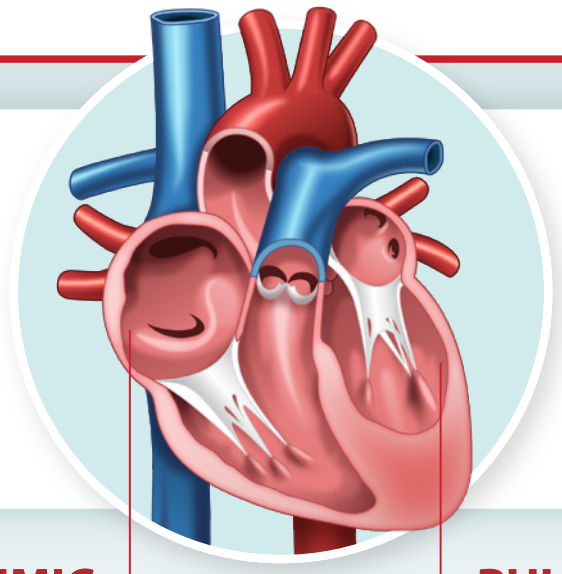
Understanding Congestion in Heart Failure Patients

HFSA
HEART FAILURE SOCIETY OF AMERICA





What is Congestion?

Congestion in heart failure is defined as the signs and symptoms of extracellular fluid accumulation and increased cardiac filling pressures.

Types of Congestion

SYSTEMIC

Right Heart Failure

Congestion of Peripheral Tissues

PULMONARY

Left Heart Failure

Decreased Cardiac Output

Pulmonary Congestion

Management of Congestion

Diuretics, **loop diuretics** in particular, are a mainstay in treating patients with acute decompensated heart failure, and also play a key role in the management of many patients with chronic congestive heart failure.



Thiazide Diuretics

Thiazide diuretics enhance loop diuretics by blocking sodium reabsorption in the distal convoluted tubule, downstream from the loop diuretics' action site.



IV Diuretics

The ambulatory administration of intravenous diuretics has reduced emergency department visits and hospitalizations.



SQ Diuretics

The administration of subcutaneous furosemide via an on-body infuser can be self-administered at home.

Challenges in the Management of Congestion



30% of patients are diuretic resistant.

This may be related to slow absorption of diuretics caused by gut edema or impaired secretion of diuretics into the lumen.



40% of heart failure patients are discharged from the hospital with residual or unresolved congestion.

Congestion: New Treatment Options

Diuretic resistance and inadequate decongestion are common problems in treating HF patients.

Oral diuretics are a mainstay of managing congestion in heart failure.

Clinicians should be aware of newer strategies, including subcutaneous furosemide, to treat these issues.



CARDIO BITES CONGESTION

For more information, please visit the HFSA CardioBites Congestion series:
https://www.youtube.com/playlist?list=PLYL7LwhWMWn0OFa9Ty1NVLeQwuMivALks

This program is provided by a grant from

scPharmaceuticals®