

NYHA Treatment when EF <45%

ACE inhibitor*

- I** *If symptomatic oedema*
Diuretic

Beta-blocker (slow increase in dose)

If EF <35%

- II Aldosterone receptor antagonist**

If EF <35% and QRS >120 ms

Assess need for CRT and/or ICD

- III + IV** Advanced treatment/palliative care.

*If not tolerated → Angiotensin II receptor antagonist, EF = Ejection Fraction

Drug class	Example	Start (mg)	Target (mg)
ACE-Inhibitor	Enalapril	2.5 x 2	10-20 x 2
Diuretic	Furix	20 - 40	40 - 240
Beta-blocker	Bisoprolol	1.25 x 1	10 x 1
Aldosterone antagonist	Spironolakton	25 x 1	25-50 x 1
Angiotensin II antagonist	Candesartan	4-8 x 1	32 x 1

Acute heart failure (left ventricle)

Heart position

Oxygen (target SaO₂ >90%) or **CPAP** *if severe lung oedema*

Furosemid (10 mg/ml 2-4 ml i.v.)

Nitroglycerin i.v. (0.25-0.5 mg) or

spray (0.4 mg) sublingually *if systolic BP >100*