**Practical points for management of patients with heart failure (HF)**Andrew Sindone

* Targets for patients with HF: systolic BP of 105 mmHg and pulse of 55 / minute.
* Start with an ACE inhibitor: use a once daily agent, start with a low dose and give it at night; uptitrate every 1 – 2 weeks.
* Add a Beta-blocker: start with the lowest dose and uptitrate every 1-2 weeks.
* If they are congested and have normal renal function: add on a low dose of MRA (usually spironolactone); may need to start with 25 mg 2 or 3 times a week.
* If they have significant congestion, may have to use furosemide, but use the lowest effective dose and aim to minimise the time that the patient receives the furosemide.
* Switch the ACE / ARB to Entresto if they still have symptoms of heart failure and LVEF remains < 40% after 3 – 6 months
* Start Entresto at 24/26 mg bd.
* Start low and go slow.
* Increase Entresto every 2 weeks but try to stop other medications which may lower BP except Beta-blocker