

## **Managing Heart Failure in Primary Care Quality Improvement Protocol**

University of Idaho

### **Beginning Date**

September 1, 2025

### **End Date**

March 31, 2026

### **Project Leader**

Chris Longenecker, MD, Cardiologist

### **Clinical Gap**

Despite evidence-based guidelines, many patients with HFrEF are not receiving all four classes of Guideline-Directed Medical Therapy (GDMT) which includes the following:

- a. Angiotensin Receptor-Neprilysin Inhibitors (ARNI) or Renin-Angiotensin System Inhibitors (ACEi/ARB)
- b. Beta Blockers (BB) (carvedilol, metoprolol succinate, or bisoprolol)
- c. Mineralocorticoid Receptor Antagonists (MRA) (e.g., spironolactone, eplerenone)
- d. Sodium-Glucose Cotransporter-2 Inhibitors (SGLT2i) (e.g., dapagliflozin, empagliflozin)

This Quality Improvement effort aims to improve implementation of these therapies in primary care through targeted education, peer mentoring, and structured chart review.

### **Initiative Overview**

ECHO Idaho's Managing Heart Failure in Primary Care series uses a hub-and-spoke model to connect specialists with primary care providers (PCP) to support the following aims:

**Aim 1:** Improve knowledge and confidence in managing care for patients with HFrEF

**Aim 2:** Increase the average GDMT score across all patients with HFrEF on PCP's panel

**Aim 3:** Increase understanding of barriers patients face preventing them from being on GDMT and identify solutions to help address these barriers

### **Free Maintenance of Certification (MOC) Part IV Credits and Continuing Education**

The University of Idaho, School of Health and Medical Professions Office of Continuing Education is an approved [Portfolio Sponsor](#) through the American Board of Medical Specialties, which serves as a single-point system for 18 different medical specialty boards. Each medical board requires and certifies MOC activities for different amounts of credit. Please see the [Portfolio Program Credit Translation handout](#) to see a list of all participating accreditation board and understand how participating in a Portfolio program-sponsored activity translates to for your accreditation board.



In support of improving patient care, University of Idaho, School of Health and Medical Professions is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

All ECHO sessions will also offer free continuing education credit. You can learn more about credit types and offerings on the [ECHO Idaho website](#).

### Meaningful Participation Requirements

Meaningful participation is crucial to the success of the quality improvement project and will be certified by the project leader and program staff. Minimum requirements of meaningful participation are outlined in Table 2 and include:

#### 1. Attend Kick-off Meeting

- a. Participation in a 1-hour meeting with the Kick-off Quality Improvement Cohort on September 26, 2025, at 9:00 a.m. Mountain time that will provide an overview of GDMT for HFrEF and review of the Quality Improvement Cohort process (including chart review requirements).

#### 2. Attend at least 8 of 10 full ECHO Managing Heart Failure in Primary Care sessions

- a. Session attendance requires completion of the post session survey.

#### 3. Attend monthly Managing Heart Failure in Primary Care ECHO QI Sessions

- a. Must attend all 3 30-minute QI meetings (10/2/2025, 11/6/2025, and 2/26/2026)
- b. Each 30-minute meeting will include a review of each participants' chart reviews and allow participants the opportunity to consult project leaders about using GDMT.

#### 4. Submit 3 retrospective chart reviews that includes the following data:

- a. Average GDMT score of patients with HFrEF (calculated by Qualtrics)
- b. Identify common barriers to GDMT as expressed by patients

#### 5. Complete the attestation form

- a. The attestation form serves as confirmation that you, as a participant, have completed the necessary learning activities and assessments required for the CME Quality Improvement project. This will be sent to each participant and the lead faculty following the final ECHO session.

## Schedule

| Date       | Activity   | Notes   |
|------------|--|---|
| 9/18/2025  | <b>ECHO Session:</b> Prevention of Heart Failure and Risk Factors<br>12:30-1:30 p.m. MT                                    |   |
| 9/26/2025  | <b>Kick-off Meeting</b><br>9:00 a.m. MT  |   |
| 10/02/2025 | <b>ECHO Session:</b> Heart Failure Diagnosis and Workup<br>12:30-1:30 p.m. MT  |   |
|            | <b>Chart review data #1 due</b><br><b>QI Meeting</b><br>1:30-2:00 p.m. MT  | QI meeting immediately following ECHO session |
| 10/16/2025 | <b>ECHO Session:</b> Managing Heart Failure for Special Populations (Rural, Geri, and SUD)<br>12:30-1:30 p.m. MT           |   |
| 11/06/2025 | <b>ECHO Session:</b> MRAs & SGLT2i<br>12:30-1:30 p.m. MT   |   |
|            | <b>Chart review data #2 due</b><br><b>QI Meeting</b><br>1:30-2:00 p.m. MT  | QI meeting immediately following ECHO session |
| 11/20/2025 | <b>ECHO Session:</b> Beta Blockers & ACEi/ARB/ARNI<br>12:30-1:30 p.m. MT   |   |
| 12/04/2025 | <b>ECHO Session:</b> Outpatient Management of Congestion<br>12:30-1:30 p.m. MT 12:30-1:30 p.m. MT                          |   |
| 12/18/2025 | <b>ECHO Session:</b> Ischemic Workup and Other Post-Acute Management of Heart Failure<br>12:30-1:30 p.m. MT                |   |
| 1/15/2026  | <b>ECHO Session:</b> Management of Heart Failure with Preserved Ejection Fraction<br>12:30-1:30 p.m. MT                    |   |
| 2/05/2026  | <b>ECHO Session:</b> Management of Advanced Heart Failure with VAD and Transplant<br>12:30-1:30 p.m. MT 12:30-1:30 p.m. MT |   |
| 2/26/2026  | <b>ECHO Session:</b> Management of Arrhythmias and Risk of Sudden Cardiac Death<br>12:30-1:30 p.m. MT                      |   |
|            | <b>Chart review data #3 due</b><br><b>QI Meeting</b><br>1:30-2:00 p.m. MT  | QI meeting immediately following ECHO session |