

- ◆ These medication regimen checklists were derived from evidence-based medicine guidelines.
- ◆ Use the appropriate checklist to search for potential gaps in care. If found, please contact your Pharmacist or Medical Director for review.
- ◆ This sheet also contains high-level education for members on how their medications work, to help encourage compliance.

## Post Myocardial Infarction (MI)

- √ Angiotensin Converting Enzyme Inhibitor (ACEI) or Angiotensin Receptor Blocker (ARB)
  - √ Antiplatelet Agent(s) [2 after stenting, 1 of which is usually aspirin]
  - √ Beta-blocker
  - √ Statin
- [Note: patients may also be on a nitrate]

## HF with EF >40%

- √ Control blood pressure: may use ACEI or ARB, &/or beta-blockers
- √ May use diuretic for relief of symptoms due to volume overload.

## Heart Failure (HF) with Ejection Fraction (EF) ≤40%

- √ ACEI or ARB
  - √ Beta-Blocker
  - √ Diuretic
- [Note patients may be on additional therapy, such as an aldosterone antagonist, hydralazine/isosorbide dinitrate, ivabradine, & digoxin, depending on clinical conditions. The provider may also use sacubitril/valsartan in place of ACEI or ARB monotherapy.]

## Member Medication Education

- ACEI or ARB - relaxes blood vessels & lower blood pressure, which can benefit the heart and kidney
- Aldosterone Antagonist - lower blood pressure; may decrease impairment of the muscle cells in the heart & blood vessels
- Antiplatelet Agent - prevent coronary artery clots from forming and impeding blood flow, which can contribute to heart attack & stroke
- Beta-blocker - lower blood pressure & heart rate, increase blood flow to your heart
- Digoxin - helps the heart beat, and regulate heart rhythm
- Diuretic - rid the body of excess fluid, lowering blood pressure & making it easier for the heart to function
- Hydralazine/isosorbide dinitrate - lower blood pressure and increase blood flow
- Ivabradine - lowers heart rate
- Nitrate - relaxes blood vessels, which may improve blood flow and relieve chest pain/pressure
- Sacubitril/valsartan - relaxes blood vessels & lowers blood pressure, which can benefit the heart and kidney; also rids the body of excess sodium & fluid
- Statin - lowers cholesterol, which may decrease risk of stroke & heart attack