

The C.O.R.E. Clinic™ at Minnesota Heart Clinic

Cardiomyopathy . Optimization . Rehabilitation . Education

A comprehensive, state-of-the-art program for medical management of patients with cardiomyopathy and heart failure.

Our unique phase-based program was developed by the heart failure experts at Minnesota Heart Clinic. Patients are guided through a series of phases that provide in-depth assessment, treatment, education, and support.

Clinic Director: Kris Mannchen, CNP, Medical Director: Eric Ernst, MD

Phase I: Evaluation

Each patient meets with a cardiologist for a consultation. The cardiologist will discuss the causes and severity of heart failure and suggest additional testing that may lead to life-saving treatment. Medical therapy may be initiated that can decrease or reverse the progression of disease and improve symptoms.

Phase II: Optimization

In coordination with the primary care physician, each patient is closely monitored while medications are introduced and adjusted to provide optimal benefit. More frequent office visits may be necessary during this phase with our nurse practitioners and physician assistants who are highly trained in heart failure management. These visits provide an opportunity to focus on education regarding the disease process as well as the medications, lifestyle changes and diet that may be helpful.

Phase III: Resynchronization

Many heart failure patients have problems with arrhythmias and abnormal electrical conduction patterns in the heart. These problems may be serious and require a focused evaluation. Devices such as implantable defibrillators and biventricular pacemakers will be discussed.

Phase IV: Stabilization

During this phase, occasional office visits once or twice a year are used to monitor stable patients who are on optimal medical and device therapy.

Phase V: Restabilization

Occasionally, patients with stable heart failure will go through periods of worsening symptoms. During these times we may need to see patients urgently in the clinic and may recommend outpatient hospital management with intravenous medical therapy.

The C.O.R.E. Clinic™: Programs for Outpatient Management of Heart Failure

In addition to the C.O.R.E. Clinic phases of clinical management, we have developed other programs that help keep our patients feeling well.

Telemanagement: Patients with severe heart failure may benefit from close, individual monitoring while at home. We have developed this program to connect our patients to the clinic on a daily basis so that any deviation from their stable medical course can be managed swiftly and appropriately—before they are hospitalized for severe symptoms.

Outpatient Infusion Clinic: Some patients with severe heart failure cannot be managed successfully with even the most intensive outpatient oral medication regimen. We have developed an outpatient infusion clinic to provide a carefully monitored setting that will allow us to treat patients aggressively with intravenous medications and prevent recurrent hospitalizations.

Cardiac Rehabilitation: Some patients with heart failure will benefit from an outpatient exercise program that will provide the foundation for a future of cardiovascular fitness. The highly acclaimed Cardiac Rehabilitation programs in the Fairview System can provide the basis of a healthy lifestyle which will benefit our patients for years to come.