

# PQI 08-AD: (CHF) Heart Failure Admission Rate



## Measure Focus

Number of inpatient hospital admissions for heart failure per 100,000 beneficiary months for adults ages 19 and older.

## Goal

Lower admission rates indicate better performance.

## Measure Definition

- Members qualify based on total months of enrollment for beneficiaries aged 19+ during the measurement period.
- Compliance: No inpatient discharge with a principal ICD-10-CM diagnosis of heart failure.
- Example: A patient discharged with heart failure as the principal diagnosis counts as noncompliant.

## Exclusions

- Transfers from another hospital, SNF, ICF, or other healthcare facility
- Ungroupable DRG
- Missing age, year, or principal diagnosis
- Obstetric discharges
- ICD-10-CM diagnoses for cardiac procedure

## Provider Tips to Reduce Hospital Admissions for Heart Failure

### 1. Empower Patient Education

- Use teach-back to confirm understanding
- Reinforce daily weights, low-sodium diet (<2000 mg/day), early symptom recognition

### 2. Optimize Medications

- Address adherence barriers
- Reconcile medications regularly
- Consider evidence-based treatments including SGLT2 inhibitors (dapagliflozin, empagliflozin)

### 3. Implement Proactive Follow-Up

- Early post-discharge visits, home health, and telehealth

### 4. Utilize Technology

- Remote Patient Monitoring (RPM) for vitals and symptoms
- Consider CardioMEMS when appropriate

### 5. Address Psychosocial Factors

- Screen for depression and anxiety; connect to support resources

### 6. Manage Comorbidities

- Treat hypertension, diabetes, and hyperlipidemia aggressively

### 7. Promote Lifestyle Changes

- Fluid restriction as needed, light exercise, sleep hygiene, infection prevention (flu vaccine)

## [MayoClinic.org](https://www.mayoclinic.org)

The information listed here is not all-inclusive and should be used as a reference only. Please refer to current ICD-10/CPT®/HCPCS coding and documentation guidelines found at [cms.gov](https://www.cms.gov). HEDIS® measures can be found at [ncqa.org](https://www.ncqa.org).