**Optimal Medical Therapy Certificate Program (OMT-HF) - An Overview**

***A program developed by the Heart Failure Society of America***

The Optimal Medical Therapy in Heart Failure Certificate Program (OMT-HF) is an assessment-based certificate program that recognizes the critical role that non-heart failure specialists play in optimal medical therapy (OMT) for patients with heart failure, and seeks to help them develop the skills needed to assess the condition of patients with heart failure and apply practical aspects of optimal medical management, specifically focused on heart failure medications, from initiation to titration to target doses to optimal management overtime.

The Optimal Medical Therapy Certificate Program (OMT-HF) was developed by the Heart Failure Society of America (HFSA) to close the gap in guideline-directed medical therapy (GDMT) and implementation. OMT provides guidance to practitioners who treat patients with HF but don’t specialize in Advanced HF and are seeking an update on the optimal utilization and dosing of the latest evidence-based treatments.

**Audience / Potential Learners**

This program is ideal for healthcare providers who do not specialize in heart failure, but prescribe and routinely manage heart failure medications. This includes healthcare providers (with prescribing privileges) who manage patients with heart failure:

* Physicians (general cardiologists, hospitalists, and family practice physicians/internists who treat patients with heart failure but were not heart failure specialists)
* Nurse practitioners (NPs) who manage patients with HF
* Physician assistants (PAs) who manage patients with HF
* It also includes non-prescribing health care professionals who are involved in medical management of heart failure, such as clinical pharmacists, nurses, or case managers.

**Pricing**

The full program is available for only $149 for all learners.

**How It Works**

To build your knowledge of OMT for HF, this self-guided program includes these components:

* Introduction to the Program and OMT
* Module 1: Available Medical Therapy for Heart Failure
* Module 2: Managing OMT to Target Doses
* Module 3: Management Across the Care Continuum

**Earning A Certificate**

After fully reviewing the self-study introduction and modules, you will be able to access and take the certificate test on HFSA’s Learning Center. Upon successful completion of the test, you will receive your certificate in Optimal Medical Therapy in Heart Failure!

**Why It Matters**

Healthcare providers who utilize OMT for their heart failure patients see numerous benefits, including:

* Improved quality of life for patients
* Reduced heart failure hospitalizations
* Increased knowledge of new and emerging therapies
* Improved patient outcomes

**What is OMT?**

This program uses the term optimized medical therapy (OMT) to describe optimal utilization and dosing of evidence-based therapies for heart failure (HF). In this context, OMT includes therapies recommended in key US treatment guidelines (often referred to as guideline-directed management and therapy or GDMT), as well as newer evidence-based therapies not yet reflected in major US guidelines for HF.

Current treatment guidelines jointly published by the American College of Cardiology (ACC), the American Heart Association (AHA), and the Heart Failure Society of America (HFSA) recommend that appropriate patients with heart failure with reduced ejection fraction (HFrEF) [defined as left ventricular ejection fraction <40%] receive the following medications:

* An agent that inhibits the renin-angiotensin-aldosterone system (RAS) inhibitor:
* Angiotensin receptor-neprilysin inhibitor (ARNI), OR
* Angiotensin-converting enzyme inhibitor (ACEI), OR
* Angiotensin receptor blocker (ARB)
* An evidence-based beta-blocker
* A mineralocorticoid receptor antagonist (MRA)
* A sodium-glucose co-transporter 2 inhibitor (SGLT2I)

These therapies are typically administered in addition to a diuretic in patients with signs and/or symptoms of congestion.

For some patients, the addition of ivabradine, digoxin, and/or an isosorbide dinitrate + hydralazine combination may also be appropriate.

Whenever possible, these therapies should be administered at target doses for HF. Target doses are determined from clinical trials; however, we acknowledge that the maximal dose tolerated for each patient is individualized.

In the program's introduction, we will present the context and rationale for this program, and focus on OMT for heart failure.

**Learn more and sign up at** [**hfsa.org/omt-hf**](https://hfsa.org/omt-hf)

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