

Heart Failure — High-Yield Drug Sheet · ورقة الأدوية

Purpose before memorisation — know the goal, then you know what to monitor.

Group	Simplified purpose	Key monitoring	Student cautions
Loop diuretic (furosemide)	Excrete Na ⁺ /water → reduce congestion	Weight, I/O, BP, renal function, K ⁺ /Na ⁺ /Mg ²⁺	Overdiuresis, hypotension, electrolyte loss
ARNI / ACEi / ARB	Reduce harmful RAAS signalling	BP, creatinine/eGFR, K ⁺	Hypotension, hyperkalemia; angioedema, pregnancy
Beta-blocker (evidence-based)	Reduce chronic sympathetic drive; improve outcomes	HR, BP, rhythm, symptoms	Bradycardia/hypotension; timing in decompensation
MRA (spironolactone/eplerenone)	Block aldosterone; outcome benefit	K ⁺ , creatinine/eGFR, BP	Hyperkalemia; endocrine effects (spironolactone)
SGLT2 inhibitor	HF benefit beyond glucose lowering	Renal function, volume status	Volume depletion, genital infections, rare ketoacidosis
Digoxin (selected)	Symptom/rate control; narrow window	HR/rhythm, renal function, K ⁺ , level	Toxicity rises with renal dysfunction / low K ⁺
IV iron (selected)	Treat iron deficiency; may improve function	Hb, ferritin, TSAT; infusion reaction	Confirm indication; evaluate the cause of deficiency

تذكير

صَفِّ كل دواء بسؤال: هل يقلّل الأذى العصبي الهرموني، أم يعدّل المآل، أم يضبط النظم، أم يزيل السوائل؟ عندها تعرف ماذا تراقب.