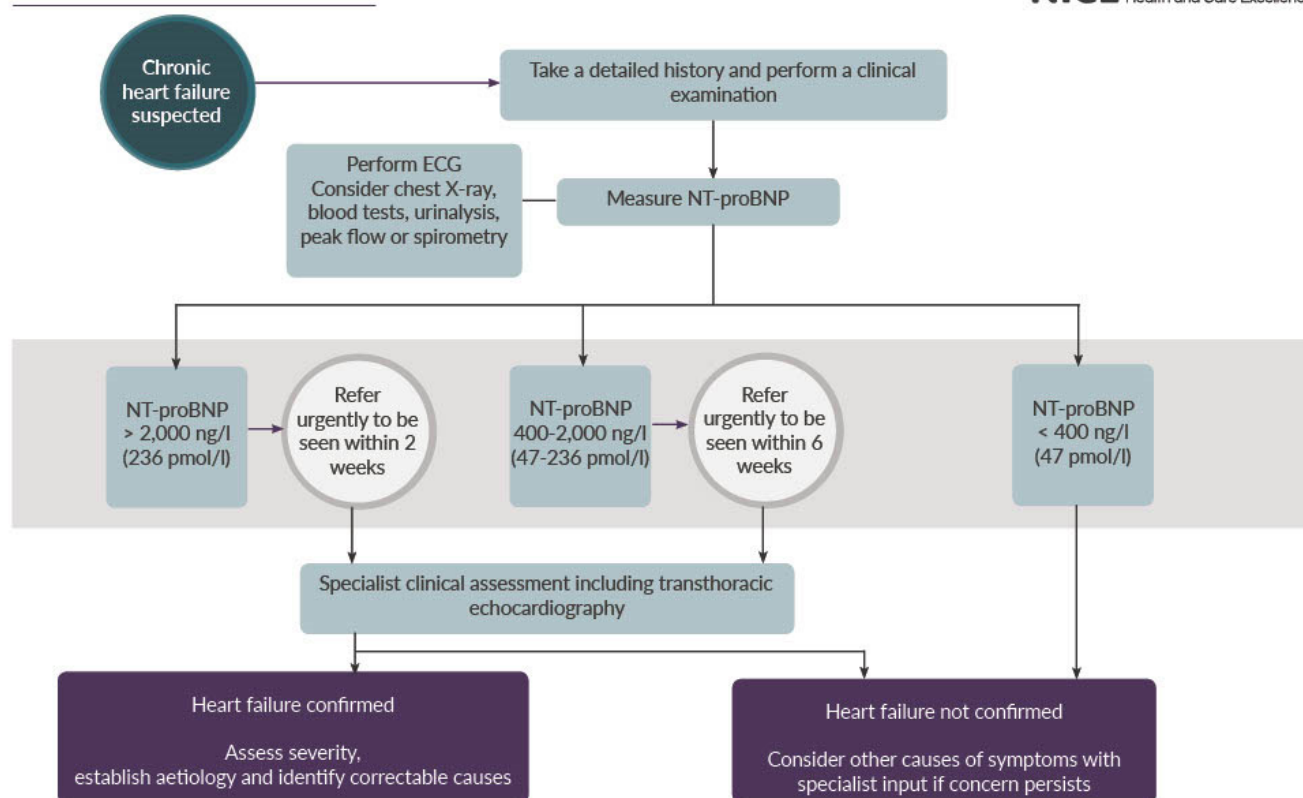


Appendix 1: Diagnosis of Chronic Heart Failure

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Chronic heart failure: diagnosis

NICE National Institute for Health and Care Excellence



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This is a summary of the recommendations on tests to offer to diagnose chronic heart failure from NICE's guideline on chronic heart failure. The guideline also covers management. See the original guidance at www.nice.org.uk/guidance/NG106

Appendix 2: BNP levels

Factors that may suppress NTpro-BNP level⁸:

- Medicines: including many that are used to treat HF: diuretics, ACE-i, ARBs, MRAs
- Obesity. BMI >35kg/m²
- Afro-Caribbean background

Factors that may elevate NTpro-BNP level⁸:

- Age over 70
- Female sex
- Other conditions that stretch heart muscle can increase levels: left ventricular hypertrophy, tachycardia including atrial fibrillation, right ventricular overload
- Sepsis
- Hypoxia - pulmonary embolism, COPD
- Chronic kidney disease
- Diabetes
- Liver cirrhosis

Further research is needed into normal levels of NT-proBNP in the population. One recent study found that males over the age of 80 had a median NT-proBNP of 280pg/ml³⁵. The same study found that up to 10% of young females had an NTpro-BNP level of >125pg/ml³⁵. NT-proBNP has so far not been found to fulfil the strict criteria required to be considered for population screening. It should be remembered that it is most useful in ruling out HF in those who have symptoms that suggest a cardiac cause.

More information is available from: Welsh P, Campbell RT, Mooney L et al. Reference ranges for NT-proBNP and risk factors for a higher NT-proBNP in a large general population cohort *Circ Heart Fail* 2022;15

Appendix 3: Medical Therapy in HFrEF

<https://onlinelibrary.wiley.com/doi/10.1002/ejhf.2471#:~:text=patients%20with%20CKD.-,Table%204.,-Initiation%20of%20heart>

Appendix 4: Initiation of HF drugs in relation to baseline CKD status

<https://onlinelibrary.wiley.com/doi/10.1002/ejhf.2471#:~:text=patients%20with%20CKD,-,Table%204,-.%20Initiation%20of>

Appendix 5: DVLA Driving guidelines for cardiac conditions

<https://bjcardio.co.uk/2021/03/driving-after-cardiac-intervention-are-we-doing-enough/#:~:text=to%20the%20patient,-,Figure%201,-.%20Poster%20intended%20to>