

Appendix O: INTERMACS Profiles of Advanced Heart Failure

INTERMACS[®] Patient Profile at time of implant: Select one. These profiles will provide a *general* clinical description of the patients receiving **primary LVAD or TAH** implants. If there is significant clinical change between the initial decision to implant and the actual implant procedure, then the profile closest to the time of implant should be recorded. Patients admitted electively for implant should be described by the profile just prior to admission.

INTERMACS[®] 1: Critical cardiogenic shock describes a patient who is “crashing and burning”, in which a patient has life-threatening hypotension and rapidly escalating inotropic pressor support, with critical organ hypoperfusion often confirmed by worsening acidosis and lactate levels. This patient can have modifier A or TCS (see ‘Modifiers’ below)

INTERMACS[®] 2: Progressive decline describes a patient who has been demonstrated “dependent” on inotropic support but nonetheless shows signs of continuing deterioration in nutrition, renal function, fluid retention, or other major status indicator. Patient profile 2 can also describe a patient with refractory volume overload, perhaps with evidence of impaired perfusion, in whom inotropic infusions *cannot be maintained* due to tachyarrhythmias, clinical ischemia, or other intolerance. This patient can have modifiers A or TCS.

INTERMACS[®] 3: Stable but inotrope dependent describes a patient who is clinically stable on mild-moderate doses of intravenous inotropes (or has a temporary circulatory support device) after repeated documentation of failure to wean without symptomatic hypotension, worsening symptoms, or progressive organ dysfunction (usually renal). It is critical to monitor nutrition, renal function, fluid balance, and overall status carefully in order to distinguish between a patient who is truly stable at Patient Profile 3 and a patient who has unappreciated decline rendering them Patient Profile 2. This patient may be either at home or in the hospital. Patient Profile 3 can have modifier A, and if in the hospital with circulatory support can have modifier TCS. If patient is at home most of the time on outpatient inotropic infusion, this patient can have a modifier FF if he or she frequently returns to the hospital.

INTERMACS[®] 4: Resting symptoms describes a patient who is at home on oral therapy but frequently has symptoms of congestion at rest or with activities of daily living (ADL). He or she may have orthopnea, shortness of breath during ADL such as dressing or bathing, gastrointestinal symptoms (abdominal discomfort, nausea, poor appetite), disabling ascites or severe lower extremity edema. This patient should be carefully considered for more intensive management and surveillance programs, which may in some cases, reveal poor compliance that would compromise outcomes with any therapy. This patient can have modifiers A and/or FF.

INTERMACS[®] 5: Exertion Intolerant describes a patient who is comfortable at rest but unable to engage in any activity, living predominantly within the house or housebound. This patient has no congestive symptoms, but may have chronically elevated volume

status, frequently with renal dysfunction, and may be characterized as exercise intolerant. This patient can have modifiers A and/or FF.

INTERMACS® 6: Exertion Limited also describes a patient who is comfortable at rest without evidence of fluid overload, but who is able to do some mild activity. Activities of daily living are comfortable and minor activities outside the home such as visiting friends or going to a restaurant can be performed, but fatigue results within a few minutes of any meaningful physical exertion. This patient has occasional episodes of worsening symptoms and is likely to have had a hospitalization for heart failure within the past year. This patient can have modifiers A and/or FF.

INTERMACS® 7: Advanced NYHA Class 3 describes a patient who is clinically stable with a reasonable level of comfortable activity, despite history of previous decompensation that is not recent. This patient is usually able to walk more than a block. Any decompensation requiring intravenous diuretics or hospitalization within the previous month should make this person a Patient Profile 6 or lower. This patient may have a modifier A only.

MODIFIERS of the INTERMACS® Patient Profiles:

A - Arrhythmia. This modifier can modify any profile. Recurrent ventricular tachyarrhythmias that have recently contributed substantially to the overall clinical course. This includes frequent shocks from ICD or requirement for external defibrillator, usually more than twice weekly.

TCS –Temporary Circulatory Support. This modifier can modify only patients who are confined to the hospital, Patient Profiles 1, 2, and 3 (a patient who is listed as Patient Profile 3 stable on inotropes who has been at home until elective admission for implantable VAD cannot have a TCS modifier); support includes, but is not limited to, IABP, ECMO, TandemHeart, Levitronix, BVS 5000 or AB5000, Impella.

FF – Frequent Flyer. This modifier is designed for Patient Profiles 4, 5, and 6. This modifier can modify Patient Profile 3 if usually at home (frequent admission would require escalation from Patient Profile 7 to Patient Profile 6 or worse). Frequent Flyer is designated for a patient requiring frequent emergency visits or hospitalizations for intravenous diuretics, ultrafiltration, or brief inotropic therapy. Frequent would generally be at least two emergency visits/admissions in the past 3 months or 3 times in the past 6 months. Note: if admissions are triggered by tachyarrhythmias or ICD shocks then the modifier to be applied to would be A, not FF.