

## Improvements in Heart Failure Patients through Self-Therapy

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The trial, titled Hemodynamically Guided Home Self-Therapy in Severe Heart Failure Patients trial (HOMEOSTASIS), allows patients to adjust their HF medications daily through a left atrial pressure (LAP) management system based on a physician-directed prescription plan and their current HF status.

Similar to methods of insulin therapy in diabetes patients, the outpatient hemodynamic monitoring is linked to a self-management therapeutic strategy. The initial results suggest that such therapy can significantly improve symptoms and outcomes of HF patients through the LAP management system.

Forty patients participated in the HOMEOSTASIS trial that was published in the American Heart Association Journal *Circulation*. The trial

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