

Same Symptoms, Different Stories: HFrEF and HFpEF Explained

January 20, 2026 1200 CST/1300 EST | 10 West Special Functions and Virtual via Teams Webinar

Overview: This presentation will provide a comprehensive review of the pathophysiology of both heart failure with reduced ejection fraction (HFrEF) and heart failure with preserved ejection fraction (HFpEF), enabling pharmacists to effectively compare and contrast these two disease states. This presentation will also review the mechanisms of actions for the drugs utilized to emphasize guideline-directed medical therapy (GDMT). In addition, this presentation will review emerging clinical trials to ensure pharmacists remain current with the evolving landscape of heart failure management.

Speaker: Mikayla Lang, PharmD, PGY-1 Pharmacy Resident – Advocate Lutheran General Hospital

Preceptors: Brian Kulpinski, PharmD, BCPS; Ryan Williams, PharmD, BCPS

Objectives:

1. Compare and contrast the differences in pathophysiology between heart failure with reduced ejection fraction (HFrEF) versus heart failure with preserved ejection fraction (HFpEF)
2. Differentiate the current treatment options available for HFrEF and HFpEF
3. Recall the mechanism of action of drugs used in HFrEF and HFpEF
4. Outline new clinical trials for HFrEF and HFpEF

Target Audience: Advocate Health Pharmacists, Physicians, Nurses, and other interested healthcare professionals

Disclosure: The planner(s) and speaker(s) have indicated that there are no relevant financial relationships with any ineligible companies to disclose.

Link to Live sessions: [Pharmacy Grand Rounds 2026](#)

Commercial Support: There is no financial support for this activity.

Accreditation Statement:



In support of improving patient care, Advocate Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Statement(s):

Accreditation Council for Pharmacy Education (ACPE):

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