

Coronary Artery Disease Practice Guidelines

Definition: Narrowing of coronary arteries through plaque accumulation

Goal: Maintain adequate coronary blood flow and myocardial perfusion

Clinical Presentation	Assessment and Monitoring	Interventions	Documentation
Physical exam	<ol style="list-style-type: none"> Physical assessment/history Presence of anginal pain Vital signs Activity level and symptomatology of anginal pain Smoking history 	<p>Perform physical assessment presence of chest pain</p> <p>12 Lead EKG at baseline and pre and post pain.</p> <p>Continuous cardiac monitoring</p> <p>O2 therapy</p> <p>Activity plan to reduce anginal symptoms</p>	<p>Physical assessment q 4hr</p> <p>EKG changes</p> <p>Pre and post pain scores</p> <p>O2 requirement and changes in respiratory effort</p> <p>Patient tolerance to activity</p>
Medications	<ul style="list-style-type: none"> - Lipid lowering agents - Anti-platelet Agents - Anticoagulants - Beta-Blockers - Nitrates - Aldosterone - Ace Inhibitors - ARB's - Influenza vaccine 	Pt response to medications	Drug allergies and reactions
Lab values	<ul style="list-style-type: none"> - Cardiac Enzymes if pain present, - Electrolytes - CBC and Coagulation - Lipid Panel within 24 hours of admission 	Monitor daily and with changes	Document treatment and response

Diagnostic Testing	<ul style="list-style-type: none"> - Echo - Cardiac Catheterization - Stress Testing 	Provide patient education for procedures	Patient response to procedure
Education	<ul style="list-style-type: none"> - Smoking Cessation - Optimal blood pressure 120/80 - Lipid management LDL<100 - Physical activity-30 min. 5 days per week minimum - Weight management/BMI 18.5-24.9 - Diabetes Management, if applicable - Risk factors and symptoms of CAD - Angina pain management - Medication Compliance 	Provide Patient/Family education-Verbally/Discussion and Brochures	<ul style="list-style-type: none"> -Patient/Family education -Record of pt/family understanding & form of education given

Smith, S.C., Allen, J, Blair, S.N., Bonow, R.O., & Brass, L.M. (2006). AHA/ACC guidelines for secondary prevention for patients with coronary and other atherosclerotic vascular disease: 2006 update: endorsed by the national heart, lung, and blood institute. Circulation, 113, 2363-2372.

<http://www.americanheart.org>

Revised 10/2010 by G. Curry, RN