

## Acute Coronary Syndrome Practice Guidelines

**Definition:** Can be either STEMI, NSTEMI, Unstable angina

**Goal:** Maintain optimal myocardial perfusion and cardiac output

Clinical Presentation	Assessment and Monitoring	Interventions	Documentation
	Continuous cardiac monitor O2 to maintain O2 sat $\geq$ 95% IV saline lock Activity: bedrest Weight daily I/O	EKG with chest pain Defibrillation for V-fib, pulseless V-Tach	Six second strip Qshift with PR, QRS, QT
Medications	Anticoagulation Anti-platelet Agents Aspirin Beta-Blockers Morphine Nitrates ACE Inhibitors Lipid lowering agents Thrombolytics-if indicated Stool softener	Identify pt allergies  Identify bleeding risk, initiate bleeding precautions Morphine to be used if nitrates do not relieve pain and presence of pulmonary congestion present	Drug allergies and reactions  Pre and post pain response with use of nitrates  Pt response to medication therapy
Lab values	Cardiac Enzymes Electrolytes, CBC and Coagulation Lipid panel within 24 hours of admission Coagulation labs PT,PTT,INR	Continue to monitor cardiac enzymes until trending down and restart if pain reoccurs  Follow IIB/IIIA inhibitor protocol if initiated	Document treatment and response  Document lab values if using IIB/IIIA inhibitors following protocol

Diagnostic Testing Interventions	12 lead EKG daily & with chest pain Echo Stress Testing Cardiac Cath Cardiac surgery	Provide pt education for procedures  Initiate cardiac cath pathway	Patient response to procedure  Follow cardiac cath pathway
Education	Risk factors identification Smoking Cessation Diabetes Management, if applicable Cardiac diet review Symptoms of ACS Pain management, pain scale and reporting chest pain When to call 911 CPR/family & friends training Medication Compliance	Provide Patient/Family education Verbally/Discussion and Brochures      Pocket Patient Education handout	Patient/Family education record of pt/family understanding & form of education given
Required Discharge Outcomes	ECASA Beta Blocker Ace if LVEF < 40% Statin if LDL >100 Smoking cessation plan Cardiac rehab referral/plan		Depart process Patient/Family education record

Resources:

<http://www.americanheart.org>

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