



## Chest Pain

### Pre-Referral Considerations:

1. Use to differentiate pre-test probability
  - a. Sex
  - b. Age
  - c. Symptoms
2. Typical angina is central chest pressure, squeezing and/or fullness especially with exertion and relief with rest or nitroglycerine
3. Atypical angina is arm, throat, jaw discomfort, or exertional fatigue or shortness of breath
4. Non-anginal pain is none or one of the typical (central chest, exertion relief with rest) symptoms and includes things like chest wall tenderness
5. Office ECG

**Red Flags:** ST elevations or unstable angina call 911

### Lab: Required and Recommended

1. CBC
2. BMP
3. FLP
4. TSH
5. UA

### Stress Testing:

1. If normal resting ECG and able to exercise greater than 4 METs order plain exercise treadmill test
2. If resting ECG shows ST segment depression  $<1$  mm, complete left bundle branch block, ventricular pace rhythm, ventricular pre-excitation syndrome, or patient had previous PCI or CABG some sort of imaging is needed either echocardiography or nuclear studies
3. If person unable to exercise then pharmacological stress test such as dobutamine or persantine is needed

### Contraindications to Stress Testing Include:

1. Recent acute MI
2. Severe aortic stenosis
3. Decompensated heart failure
4. Symptomatic cardiac arrhythmias
5. Unstable angina
6. Acute aortic dissection
7. Acute pericarditis or myocarditis or acute pulmonary embolus



**Caution with:**

1. Left main disease E
2. Electrolyte abnormalities
3. Uncontrolled blood pressure H
4. Hypertrophic cardiomyopathy
5. AV block
6. Mental or physical impairment or moderate valvular stenosis

**What to avoid ordering:**

1. Echocardiogram without stress test unless suspect valvular disease
2. Cardiac Computed Tomography Angiography as exact stenosis quantification can be complicated

**Comments:**

Unnecessary testing should be avoided; however, if a primary care provider has a high index of suspicion of a specific diagnosis that merits further testing, appropriate pre-referral testing could be ordered.