

The Atlantic Provinces Medical Peer Review



Management of Specific Disease Entities – Cardiology #1

ANGINA

It is important to note that these guidelines are meant to be of assistance to assessors in making observations. They should not be taken as standards of any of the Atlantic Provinces Licensing Authorities.

Risk Factors: family history; hyperlipidemia; hypertension; tobacco use; DM; male; age; obesity

Signs & Symptoms:

- ✓ precordial pressure or heaviness radiating to the back, neck or arms
- ✓ brought on by exertion, emotional stress, meals, cold air, or smoking; relieved by rest or nitrates
- ✓ discomfort may radiate to neck, lower jaw, teeth, shoulders and inner aspects of arms and back
- ✓ clenched fist over sternum; choking sensation on exertion; atypical symptoms in women, elderly and diabetics; may see dyslipidemia signs: xanthomas, carotid bruits, diminished pulses

Diagnosis:

- ✓ EKG & exercise stress treadmill testing; lipid profile
- ✓ stress echo, coronary angiography, stress scintigraphy
- ✓ differential diagnosis: GERD, esophageal spasm, PUD, GB, costochondritis, pericarditis, aortic dissection, pleurisy, pulmonary embolism or hypertension, pneumothorax, radiculopathy, shoulder arthropathy, psychological

Therapies:

- ✓ smoking cessation; exercise program after physician approval
- ✓ low fat, salt, cholesterol diet; weight loss if required
- ✓ ASA; Beta blockers; Nitroglycerine; long-acting nitrates; HMG-COA reductase inhibitors for hyperlipidemia
- ✓ Ace inhibitors: CAD and other vascular disease, especially DM or left ventricular dysfunction
- ✓ consider Plavix for severe, diffuse CAD; Plavix for 12 months after stent placement
- ✓ surgery: CABG, angioplasty, stent placement
- ✓ follow-up: unstable symptoms warrant hospitalization for evaluation; monitoring based on frequency and severity of complaint

	N/A	E	S	D
Clinical history and physical exam are documented.				
It is evident that routine tests have been ordered and completed.				
Appropriate therapies are used and regularly reviewed.				

COMMENTS: _____