



Clinical Practice Guideline 2008 Key Points Chest Pain

Provided by:

Highmark Cardiology Clinical Quality Improvement Committee

In accordance with Highmark's commitment to quality care, the Highmark Cardiology Quality Improvement Committee, consisting of network Primary Care Physicians and Specialists, has adopted current American College of Cardiology/American Heart Association Clinical Practice Recommendations as appropriate for use throughout the Highmark networks.

Selected Clinical Guidelines

The ACC/AHA 2002 Guideline Update for the Management of Patients With Chronic Stable Angina and the ACC/AHA Guidelines for the Management of Patients With ST-Elevation Myocardial Infarction are available on the following World Wide Web sites:

http://www.acc.org/qualityandscience/clinical/guidelines/stable/update_index.htm

<http://www.acc.org/qualityandscience/clinical/guidelines/stemi/Guideline1/index.htm>

KEY POINTS

Some flexibility in specific cases will require deviations from guideline recommendations. All providers are responsible for individualizing recommendations to the specific clinical characteristics of each patient.

- Beta-blockers should be prescribed to all individuals with coronary artery disease (CAD) or post-cardiac event unless there is a contraindication.
- Diabetes, congestive heart failure and left ventricular dysfunction are no longer considered contraindications for beta-blocker therapy.
- Aspirin should be prescribed to all individuals with CAD or post-cardiac event unless there is a contraindication.
- The target LDL-C level after STEMI should be substantially less than 100 mg/dL.
- Patients with LDL-C 100 mg/dL or above should be prescribed drug therapy on hospital discharge, with preference given to statins. *See Cholesterol Guideline for specific information related to cholesterol management.*

Physicians are encouraged to reference the Highmark Drug Formulary when selecting prescription drug therapy for eligible members, which may be found at <http://highmark.formularies.com/>.

Members with a Select (formerly the Highmark Closed Formulary) benefit do not have coverage for nonformulary drugs. When selecting prescription drug therapy for eligible Medicare Advantage members, please consider referencing the Highmark Medicare-Approved Formulary which may be found at <http://highmark.medicare-approvedformularies.com>.

If appropriate, consider prescribing medications included in the formulary to avoid noncovered expenses for your patient. Physicians may request to have a nonformulary drug covered for an individual patient. Evidence to support the ineffectiveness of formulary alternatives for the

particular patient's condition or a reasonable expectation of adverse reactions from the use of formulary products must be submitted for a request to be considered.

Instructions and the request form for this process are located on the Provider Resource Center under "Provider Forms".

Additional References

- Install the ACC/AHA pocket angina guidelines into your palm pilot
http://www.acc.org/qualityandscience/clinical/pocket_guidelines.htm
- Evidence-Based Guidelines for Cardiovascular Disease Prevention in Women
<http://circ.ahajournals.org/cgi/reprint/01.CIR.0000114834.85476.81v1.pdf>

Resources For Your Highmark Patients

- Blues On CallSM nurse Health Coaches are available 24/7 to provide one-on-one telephonic support for patients regarding chest pain and many other health topics. Your Highmark patients can reach Blues On Call at 1-888-258-3428 (1-888-BLUE 428) toll free.
- The Dr. Dean Ornish Program for Reversing Heart Disease[®] is currently available at nine western Pennsylvania hospitals. Participants in this 12-month long lifestyle improvement program have experienced improved lipid panels, weight loss, decreased blood pressure, and better blood glucose control. (*Applicants with Diabetes, CHD or risk factors may qualify*)
- Ornish Advantage is a six-week program for those who want to learn more about modifying their lifestyle to prevent heart disease. It is designed as an introduction to the Dr. Dean Ornish Program for Reversing Heart Disease[®]. Each session is delivered by a highly trained team of clinical professionals and includes both lectures and interactive lifestyle improvement activities. For more information about The Dr. Dean Ornish Program for Reversing Heart Disease[®] or Ornish Advantage call 1-800-879-2217.
- In addition, the following wellness programs are offered through the Preventive Health Services Network:
 - ❖ Personal Nutrition Coaching
 - ❖ Eat Well for Life, a hands on nutrition program for life-long weight management
 - ❖ Discover Relaxation Within, to help manage stress
 - ❖ Clear the Air, to help you quit smoking
 - ❖ HOPE, to help manage or prevent osteoporosis

For more information, call 1-800-879-2217.

- On-line "Improve Your Health" programs are available at www.highmark.com:
 - ❖ HealthMedia[®] *Balance*[™] – A weight management program
 - ❖ HealthMedia[®] *Nourish*[™] – A nutrition program
 - ❖ HealthMedia[®] *Breathe*[™] – A smoking cessation program
 - ❖ HealthMedia[®] *Relax*[™] – A stress management program
 - ❖ HealthMedia[®] *Care*[™] For Your Health – A self management program for chronic conditions

To access Highmark's "Improve Your Health" programs:

- Direct your Highmark patients to go to Highmark's website at www.highmark.com and select the web address for the plan that serves them.
- Log in to the member website. Not registered? Select "click here to get a password"
- HealthMedia[®] programs can be found by clicking the tab heading on the top of the home page called "Your Health" and then selecting "Improve Your Health" from the list of topics on the left side of the page

As with any insurance, members are eligible for services only as long as they are active members of the plan and the services are covered benefits of their group or direct pay contract.