

## **CORONARY ARTERY DISEASE CLINICAL PRACTICE GUIDELINES**

The following guidelines are applicable for patients age 18 and older who have a diagnosis of Coronary Artery Disease (CAD). For these patients, their medical record will contain documentation of the following:

1. Clinical assessments including:
  1. Blood pressure (goal <140/90, ideal <130/80)
  2. Fasting lipid profile including total cholesterol, LDL, HDL, and triglycerides in past 12-15 months (goal is annual)
2. Goal of obtaining an LDL<100 mg/dL (ideal is <70)
  - a. Treatment of elevated LDL with lipid lowering medication
3. Goal of triglycerides <150 mg/dl (ideal is <100)
  - a. Treatment of elevated triglyceride with nutrition counseling, fish oil, or fibrate drug
4. Medication list, including:
  - a. ASA or other antiplatelet agent
  - b. ACE Inhibitor or Angiotension II Receptor Blockers (ARB) for diabetic patient
  - c. Beta-blockers for patients post MI
5. HbA1C goal of <7 for all Diabetic patients
6. Assessment of lifestyle habits, including:
  - a. Document physicians recommendation for smoking cessation and counseling if appropriate
  - b. Physical activity and exercise
7. Nutritional counseling, including:
  - a. Maintenance of a healthy BMI between 18.5 and 24.9
  - b. Waist circumference goal for men less than 40 inches, women less than 35 inches
  - c. Instructions to follow a heart healthy diet
  - d. Referral to a nutritionist or dietitian, as needed
8. Influenza vaccine having been provided within the past year
9. Pneumococcal vaccine being provided in adults based on the following criteria:
  - a. Age 65 years or older with no or unknown history of prior receipt of PPSV
  - b. Age 19-64 years of age with no or unknown history of prior receipt of PPSV and any of the following conditions:
    1. Cigarette smoker
    2. Coronary Artery Disease
  - c. Adults in need of a second (and final) dose of PPSV if five or more years have elapsed since the previous dose of PPSV and the PPSV was given before 65 years of age and are at high risk for pneumococcal infection