May 7, 2014

Memorandum

To: UMHS Physicians, Nurse Practitioners, and Physician Assistants

From: Grant Greenberg MD, MA, MHSA, Guidelines Clinical Lead
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Subject: UMHS Clinical Care Guideline: Secondary Prevention of Ischemic Heart Disease and Stroke in Adults

What’s New!

Statin:
- If ≤ 75 years old, prescribe high-intensity statin
- If > 75 years old, consider moderate-intensity statin.

Stroke:
- Now includes information on secondary prevention for ischemic stroke and transient ischemic attacks, including tips on management of patients with atrial fibrillation and carotid stenosis.
- For non cardioembolic stroke, use antiplatelet (aspirin, clopidogrel, or aspirin+ dipyridamole). Aspirin + clopidogrel combination is not recommended.

New anticoagulants:
- For patients with atrial fibrillation, warfarin is no longer the only oral anticoagulant available.
- For stroke due to non-valvular atrial fibrillation, anticoagulants are preferred over anti-platelets.
- Dabigatran, rivaroxaban, or apixaban are available options.

New antiplatelet agents. Ticagrelor can be used for ACS post-stent in place of clopidogrel as well as prasugrel in appropriate patients.

Antiplatelet choice:
- Recent ACS treated without angioplasty, in addition to aspirin add clopidogrel for up to 1 year.
- Post PCI, use dual antiplatelet (aspirin plus P2Y12 inhibitor) in consultation with cardiologist for up to 1 year depending on stent type and stent indication, whether ACS vs. CAD For patients with stroke or stable IHD (no event in the last 12 months), can stop anti-platelet if patient is started on warfarin

Symptomatic carotid stenosis >70%: Surgery or stent plus medical management is recommended.

Other Key Points.

See Table 1 for summaries of the following 15 intervention approaches to secondary prevention of IVD:

- Lifestyle
- Blood pressure control
- Tobacco treatment
- Lipid management
- Diabetes management
- Depression screening

- Medication
- Antiplatelet agents and anticoagulants
- Beta blockers in IHD
- Renin-angiotensin-aldosterone system blockers in IHD
- Pain control (NSAID caution)
- Immunizations

Lifestyle
- Physical activity
- Weight management
- Nutrition
- Supplements

Surgery
- Carotid endarterectomy or stenting

Patient education material.

- Ischemic Vascular Disease (short handout)
- Ischemic Vascular Disease (booklet)
- My I-Smart