

IDENTIFY and **MANAGE** ACUTE CORONARY SYNDROMES:



INSTABLE NON-STEMI

UNSTABLE **ANGINA**

CP-LOW RISK

"The ACS Scorecard"

$ \overline{\mathbf{A}} $	PRESENTING SYMPTOMS
	RISK FACTOR PROFILE
	ECG ABNORMALITIES
	CARDIAC MARKERS

A <u>POSITIVE</u> finding in <u>TWO</u> or MORE of the above categories indicates it is <u>EXTREMELY</u> <u>LIKELY</u> that <u>ACS</u> is <u>present</u>.... steps must be AGGRESSIVELY TAKEN to definitively RULE OUT the PRESENCE of ACS!

PATIENT EVALUATION

- INITIAL APPROACH (SHOCK SURVEY)
- ABCs (er, oops... CAB!)
- CHIEF COMPLAINT
- SECONDARY EVALUATION
 - RAPID, FOCUSED ASSESSMENT
 - PAIN / PRESSURE / BREATHING / SYMPTOMS ?

SHOCK ASSESSMENT



SHOCK =

INADEQUTE TISSUE
PERFUSION

- STARTS THE INSTANT YOU SEE PATIENT
- ENDS WHEN YOU REACH THE PATIENT'S SIDE

SHOCK ASSESSMENT

LOC:

ANXIOUS RESTLESS LETHARGIC UNCONSCIOUS AWAKE ALERT & ORIENTED

SKIN:

PALE / ASHEN CYANOTIC COOL DIAPHORETIC

NORMAL HUE WARM DRY

BREATHING:

TACHYPNEA

NORMAL

PULSE:

WEAK / THREADY TOO FAST or SLOW STRONG

STATUS:



SHOCK S*



NORMAL

FAIL the SHOCK SURVEY?



WORK TO RAPIDLY IDENTIFY THE CAUSE OF SHOCK.

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CARDIOGENIC ? ---- RAPID EKG!!
HYPOVOLEMIC ?
SEPTIC ?
DIABETIC ?
NEUROGENIC/SPINAL ?
METABOLIC ?
etc.
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CHIEF COMPLAINT

CHIEF COMPLAINT

KEY WORDS:

"CHEST: PAIN / HEAVINESS / PRESSURE / FUNNY FEELING IN," etc.

SHORTNESS BREATH

DIZZINESS / LIGHTHEADEDNESS

ETC. ETC. ETC.

SYMTOMS OF MYOCARDIAL INFARCTION:

1. CHEST PAIN:

- Substernal can radiate to neck, shoulders, jaw, L or R arm
- Pain described as "Dull Pain" or "Pressure" or "Heaviness" but can be sharp
- Usually NOT effected by DEEP INSPIRATION, POSITION, or MOVEMENT

SYMTOMS OF MYOCARDIAL INFARCTION:

- 1. CHEST PAIN
- 2. SHORTNESS OF BREATH May or may not be present.

SYMTOMS OF MYOCARDIAL INFARCTION:

- 1. CHEST PAIN
- 2. SHORTNESS OF BREATH
- 3. NAUSEA

 May or may not be present

SYMTOMS OF MYOCARDIAL INFARCTION:

- 1. CHEST PAIN
- 2. SHORTNESS OF BREATH
- 3. NAUSEA
- 4. COLD, CLAMMY, PALE SKIN and other signs of hypoperfusion may be present

- - - "Classic Symptoms" - - -



QUICK ASSESSMENT "SHORT FORM"

- SUBSTERNAL CHEST PAIN
 (HAVE PATIENT POINT TO WORST PAIN)
- ✓ DESCRIBED AS "DULL PAIN," "PRESSURE," or "HEAVINESS"
- ✓ DOES NOT CHANGE WITH DEEP BREATH

ATYPICAL SYMPTOMS of ACS

???

Acute MI patients who present without chest pain* are SHREWD:

Stroke (previous history of)

Heart failure (previous history of)

Race (non-white)

Elderly (age 75+)

Women

Diabetes mellitus

* The information listed in the table to the immediate left resulted from a study conducted by John G. Canto, MD, MSPH, et. al., of the University of Alabama. The study consisted of 434,877 patients diagnosed with AMI between 1994 and 1998 in 1,674 US hospitals. Study results were published in the Journal of the American Medical Association (JAMA) on June 28, 2000, Vol. 283, No. 24, pages 3223-3229

Common atypical complaints associated with AMI without chest pain include:

Malaise (weakness) Fatigue

Indigestion Abdominal pain

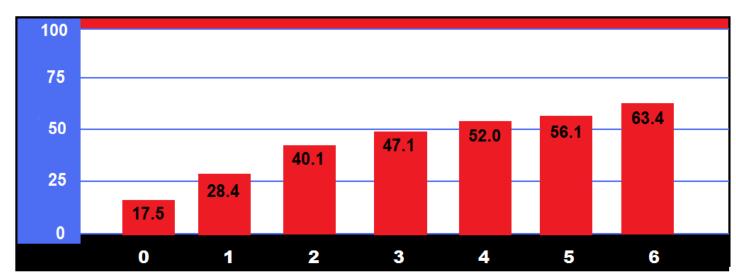
Nausea Cold sweats

Dizziness Elevated heart rate

Syncope Dsypnea

Effect of Having Multiple Risk Factors for AMI Without Chest Pain

% of
PATIENTS with
ACUTE MI
PRESENTING
TO THE
EMERGENCY
DEPARTMENT
WITHOUT
CHEST PAIN



NUMBER OF RISK FACTORS PRESENT

RISK FACTORS INCLUDE: Stroke (previous), Heart failure (previous), Race (non-white), Elderly (age 75+), Women, Diabtetes

DATA SOURCE: J. CANTO, MD, MSPH, et al, JAMA 2000; 283: 3223 - 3229

WOMEN'S MAJOR SYMPTOMS PRIOR TO THEIR HEART ATTACK:

UNUSUAL FATIGUE	71 %
 SLEEP DISTURBANCE 	48 %
■ SOB	42 %
INDIGESTION	39 %
ANXIETY	36 %

APPROXIMATELY 78 % OF WOMEN REPORTED EXPERIENCING AT LEAST ONE OF THESE SYMPTOMS FOR MORE THAN ONE MONTH EITHER DAILY OR SEVERAL TIMES PER WEEK PRIOR TO THEIR MI.

WOMEN'S MAJOR SYMPTOMS DURING THEIR HEART ATTACK:

SHORTNESS OF BREATH	58 %
WEAKNESS	55 %
UNUSUAL FATIGUE	43 %
COLD SWEAT	39 %
DIZZINESS	39 %



43 % HAD NO CHEST PAIN AT ANY TIME DURING THEIR MI!

Circulation, 2003:108;2619-2623

SUSPECTED ACUTE MI PATIENT...

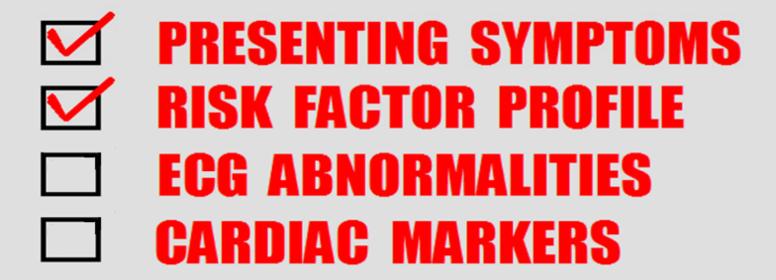
- OXYGEN
- ECG MONITORING
- VITALS
- LUNG / HEART SOUNDS
- IV THERAPY SEND LABS
- 12 + LEAD EKG -- within 10 MINUTES of PATIENT'S ARRIVAL

"The ACS Scorecard"

PRESENTING SYMPTOMS
RISK FACTOR PROFILE
ECG ABNORMALITIES
CARDIAC MARKERS

A <u>POSITIVE</u> finding in <u>TWO</u> or MORE of the above categories indicates it is <u>EXTREMELY</u> <u>LIKELY</u> that <u>ACS</u> is <u>present</u>.... steps must be AGGRESSIVELY TAKEN to definitively RULE OUT the PRESENCE of ACS!

"The ACS Scorecard"



A <u>POSITIVE</u> finding in <u>TWO</u> or MORE of the above categories indicates it is <u>EXTREMELY</u> <u>LIKELY</u> that <u>ACS</u> is <u>present</u>.... steps must be AGGRESSIVELY TAKEN to definitively RULE OUT the PRESENCE of ACS!

RISK FACTORS

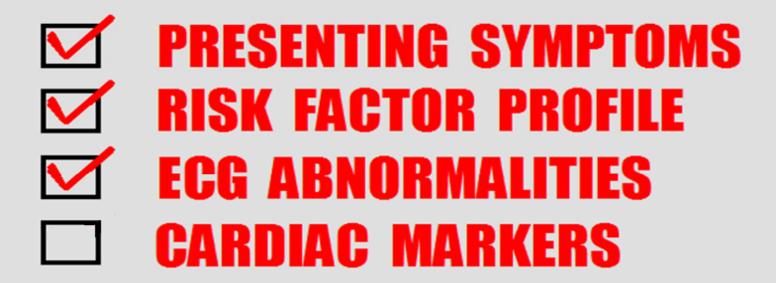
for the development of

CORONARY ARTERY DISEASE:

- **●** HEREDITY
- ♠™ ↑ LDL and ↓ HDL CHOLESTEROL PROFILES
- **♪**** SMOKING
- 🍑 DIABETES MELLITUS
- OBESITY
- PHYSICAL INACTIVITY
- HYPERTENSION
- AGE OVER 65
- MALE
- HIGH STRESS

per the AMERICAN HEART ASSOCIATION

"The ACS Scorecard"



A <u>POSITIVE</u> finding in <u>TWO</u> or MORE of the above categories indicates it is <u>EXTREMELY</u> <u>LIKELY</u> that <u>ACS</u> is <u>present</u>... steps must be AGGRESSIVELY TAKEN to definitively RULE OUT the PRESENCE of ACS!

Assess Initial 12 – Lead ECG Findings

NON-STEMI

CP-LOW RISK

- ST elevation or new LBBB:
 - ST elevation MI (STEMI)

- ST depression or Twave inversion: strongly suspicious for ischemia
 - High-risk unstable angina / non ST elevation MI (UA ? NSTEMI)

- Nondiagnostic ECG: absence of changes in ST segment or T-waves
 - Intermediate / low risk UA

Classify patients with acute ischemic chest pain into 1 of the 3 groups above within 10 minutes of arrival.

ECG EVALUATION for ACS:

STEP 1: EVALUATE WIDTH of QRS

BOOK PAGE: 73

IF THE QRS IS TOO WIDE

(GREATER THAN 120 ms)

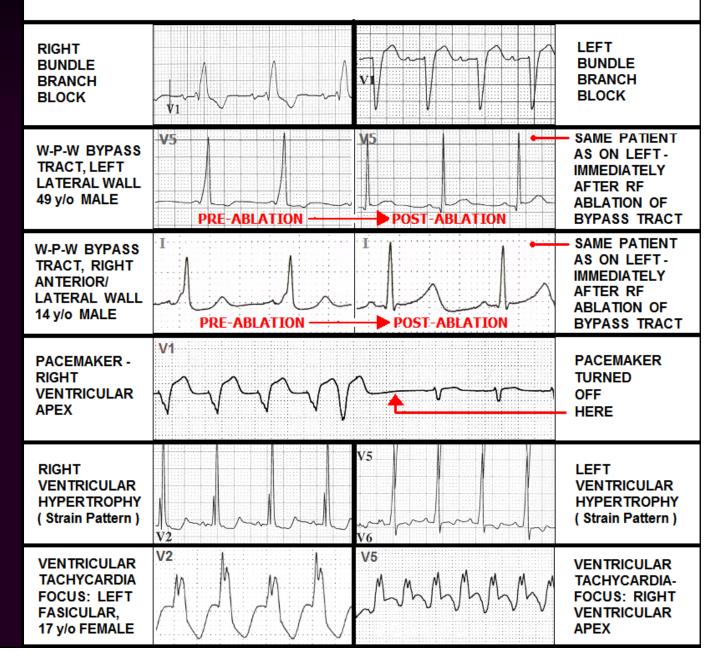
. . . . IS the QRS morphology:

LEFT BUNDLE BRANCH BLOCK - OR RIGHT BUNDLE BRANCH BLOCK ?????

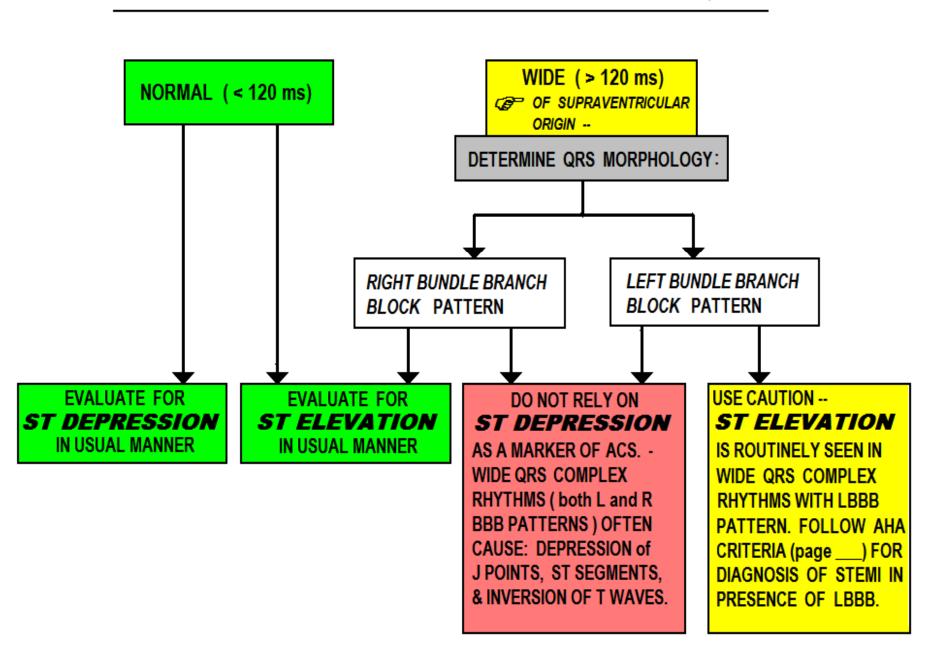
WIDE QRS
COMPLEXES
ALTER THE
-J POINTS
-ST SEGMENTS
-T WAVES

Of the ECG . . .

ONDITIONS WHICH ALTER THE ECG MARKERS of ACUTE CORONARY SYNDROME

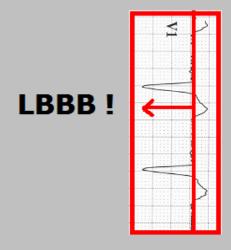


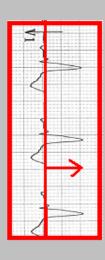
STEP 1 - EVALUATE WIDTH OF QRS:



DIAGNOSING BUNDLE BRANCH BLOCKS in LEAD V1

- * The "York Hospital" Method:
- ROTATE your rhythm strip (of LEAD V1) CLOCKWISE
- 2. <u>DIAGNOSE</u> -- The side of the ISOELECTRIC LINE that the bulk of the QRS complex rests -- is the side of the heart with the BUNDLE BRANCH BLOCK!



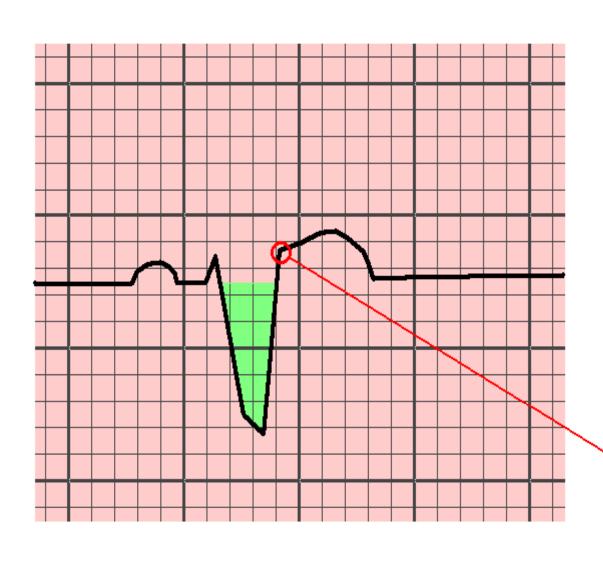


RBBB!

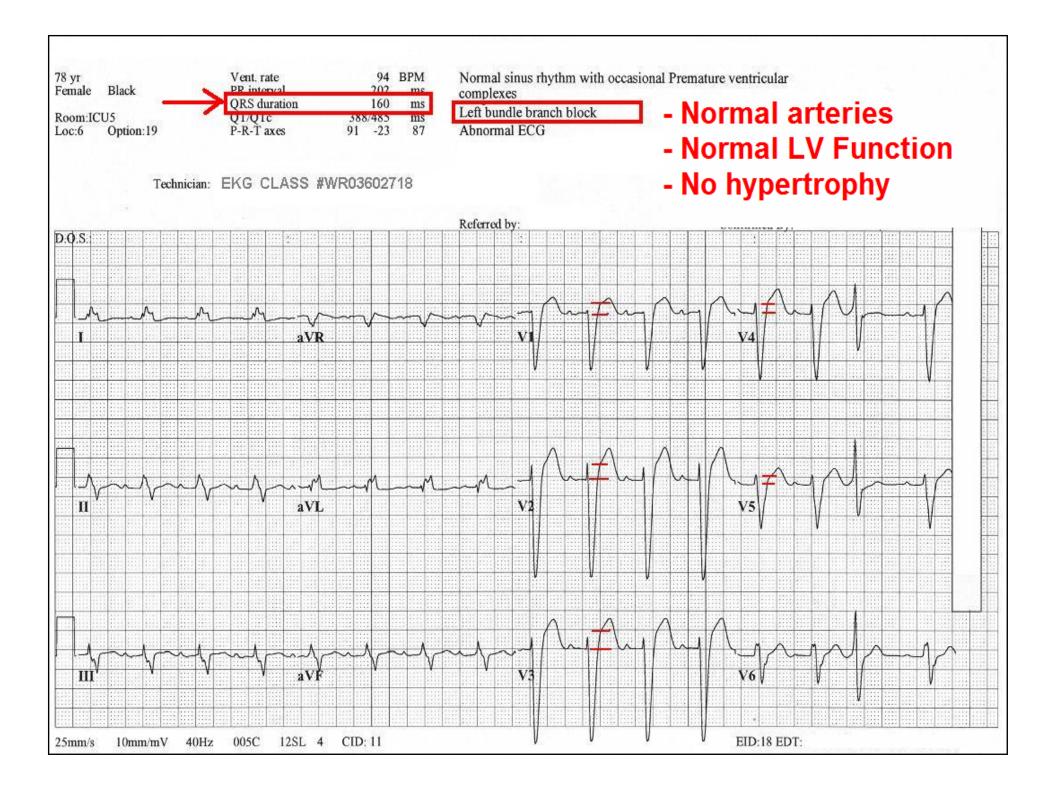


I do not know whom is responsible for developing this "fine pearl" of cardiology wisdom, but the first time I ever heard of it -- after teaching 12 Lead EKG for several years -was while teaching EKG at York Hospital in York, Pennsylvania. I promised the room full of nurses -who were laughing, by this time -- that I would credit them for enlightening me on this rather useful and usually accurate technique!

DIAGNOSING LBBB IN LEAD V1:



- QRS GREATER THAN 120 ms (.12)
- EVIDENCE THAT THIS IS NOT VENTRICULAR BEAT
- TERMINAL PHASE (LAST PART) OF QRS COMPLEX IS NEGATIVE DEFLECTION
- S-T SEGMENTS ARE
 NORMALLY
 ALWAYS ELEVATED!



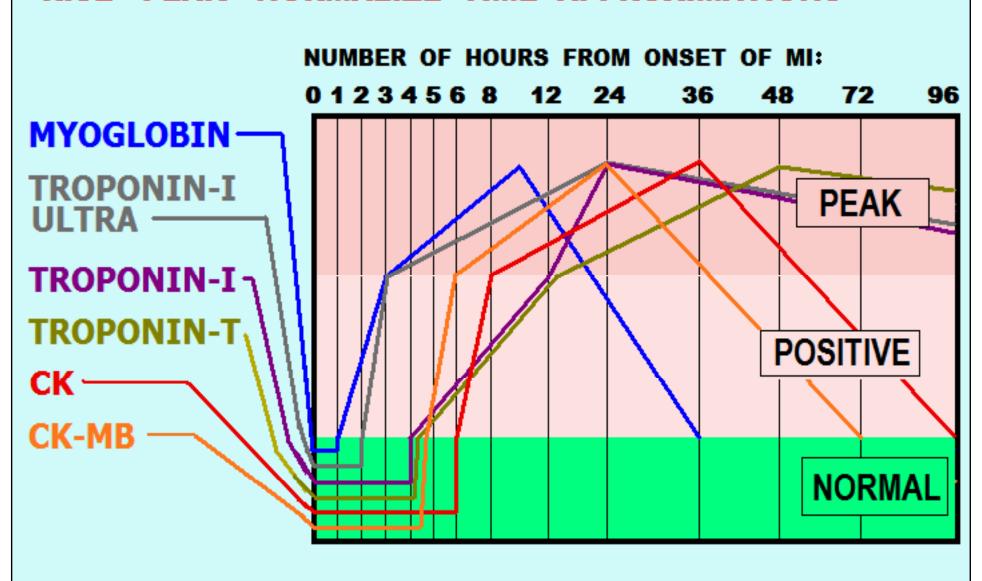
A.H.A. ACLS GUIDELINES 2000 / 2006

FOR PATIENTS WITH KNOWN Hx of LBBB PRESENTING WITH Sx of ACUTE MI RELY ON:

- Cardiac Enzymes
- Symptoms
- Risk Factor Profile
- High Index of Suspicion

CARDIAC MARKERS

RISE - PEAK - NORMALIZE TIME APPROXIMATIONS

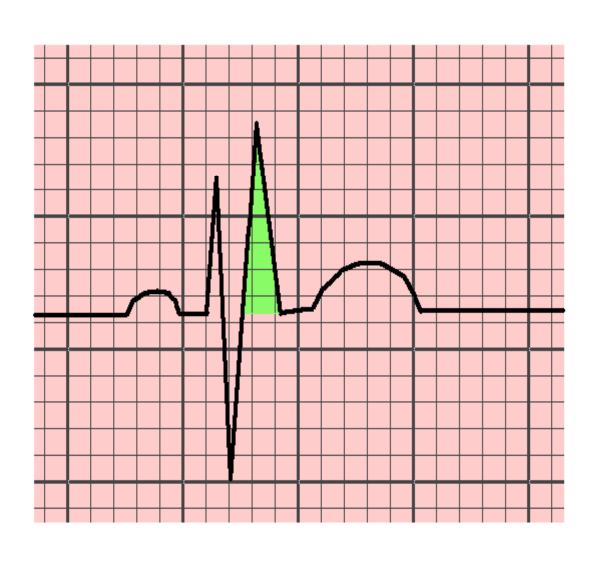


A.H.A. ACLS GUIDELINES 2000 / 2006

A patient with ACUTE MI symptoms and LBBB who has:

- a) Previously NORMAL EKGs
 - or -
- b) NO EKG HISTORY AVAILABLE should be treated as NEW ANTERIOR-SEPTAL WALL MI UNTIL PROVEN OTHERWISE

DIAGNOSING RBBB IN LEAD V1:



• WIDER THAN 120 ms (.12)

(or 3 little boxes)

 TERMINAL PHASE (LAST PART) OF QRS COMPLEX IS POSITIVE DEFLECTION

A.H.A. ACLS GUIDELINES 2000 / 2006

PATIENTS with RIGHT BUNDLE BRANCH BLOCK --



use J-POINTS and S-T SEGMENTS in the usual manner to screen for ACUTE MI

ACUTE ANTERIOR WALL M.I. WITH RIGHT BUNDLE BRANCH BLOCK NOTE S-T ELEVATION EASILY IDENTIFIED ...

48 yr Vent. rate 102 BPM Male Caucasian PR interval 130 ms QRS duration 168 ms Room:ATL QT/QTc 400/521 ms Loc:3 Option:23 P-R-T axes 60 114 -19

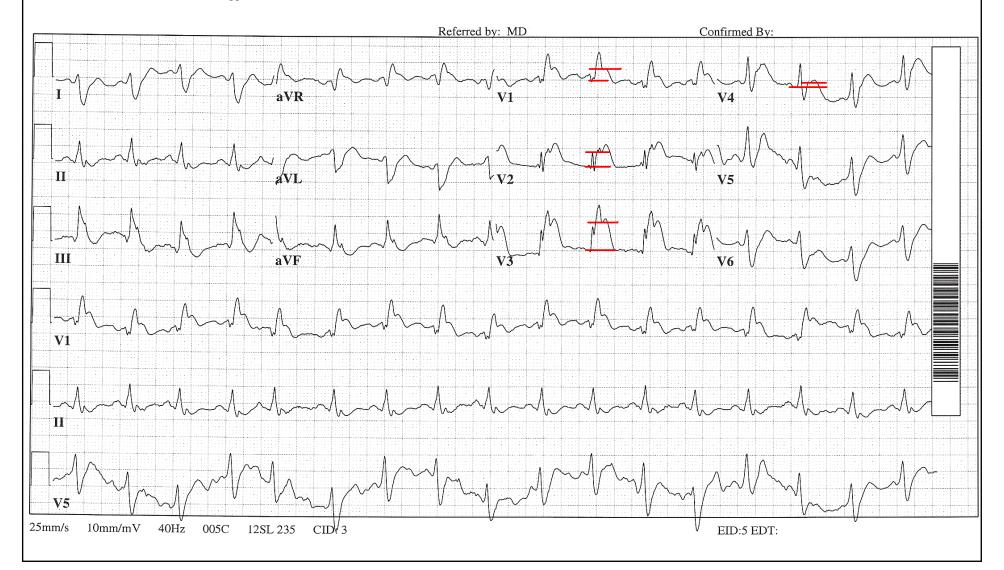
Sinus tachycardia with Premature supraventricular complexes and Fusion complexes Right bundle branch block

Left posterior fascicular block
*** Bifascicular block ***

ST elevation consider anterior injury or acute infarct
** ** ** * ACUTE MI * ** ** **

Abnormal ECG ...

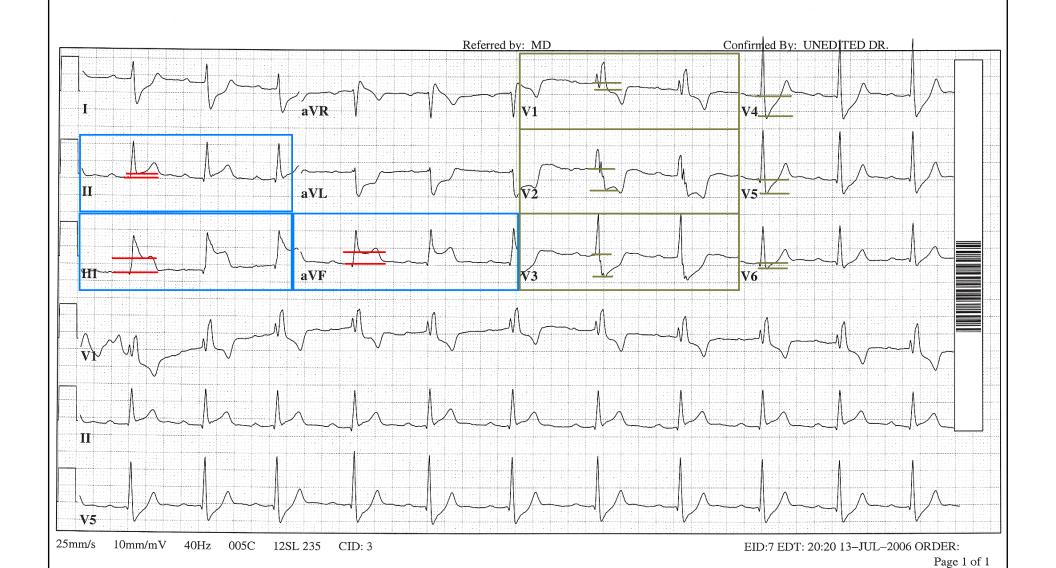
Technician: W Ruppert



ACUTE INFERIOR WALL M.I. WITH RIGHT BUNDLE BRANCH BLOCK -- WITH POSTERIOR RECIPROCAL S-T DEPRESSION

25 yr Male	Caucasian	Vent. rate PR interval	258	BPM ms
		QRS duration OT/OTc	136 398/420	ms ms
Loc:3	Option:23	P-R-T axes	44 94	82

Sinus rhythm with 1st degree A–V block
Right bundle branch block
ST elevation consider inferior injury or acute infarct
** ** ** * * ACUTE MI * ** ** **
Abnormal ECG



IF THE QRS COMPLEXES ON THE EKG ARE OF NORMAL WIDTH (<120 ms):

STEP 2 - EVALUATE the EKG for ACS

THE EKG MARKERS USED FOR DETERMINING THE PRESENCE OF ACUTE CORONARY SYNDROME INCLUDE:

- J POINTS
- ST SEGMENTS
- T WAVES

CAREFULLY SCRUTINIZE THESE MARKERS IN EVERY LEAD OF THE 12 LEAD EKG, TO DETERMINE IF THEY ARE NORMAL or ABNORMAL.

NORMAL ST - T WAVES

WHEN QRS WIDTH
 IS NORMAL (< 120 ms)



ASSESS:

- J POINT: ISOELECTRIC (or < 1 mm dev.)

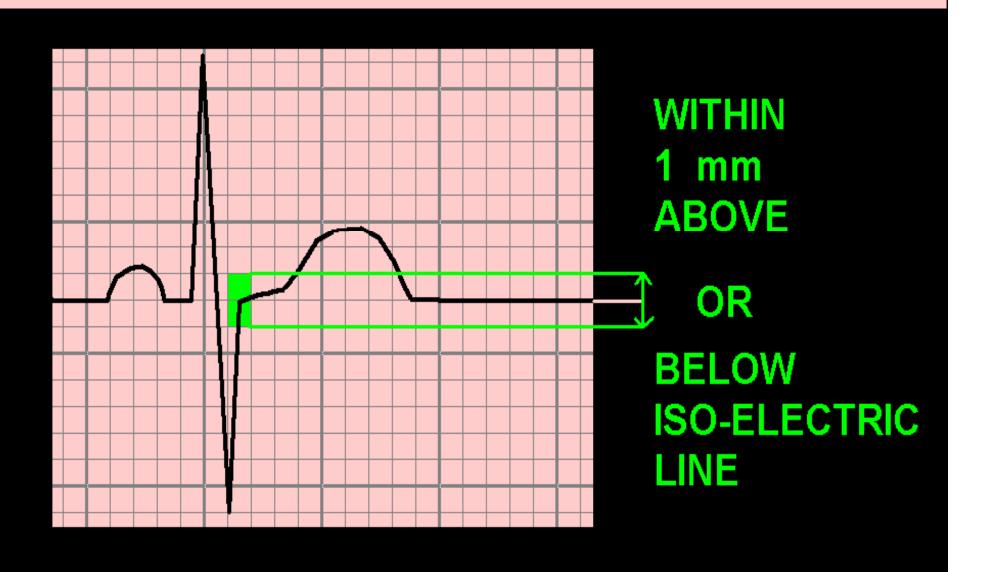
- ST SEG: SLIGHT, POSITIVE INCLINATION

- T WAVE: UPRIGHT, POSITIVE



in EVERY LEAD EXCEPT aVR !!

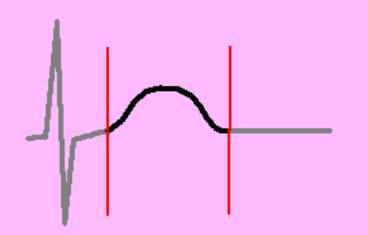
THE J POINT SHOULD BE ...



THE S-T SEGMENT



THE T WAVE

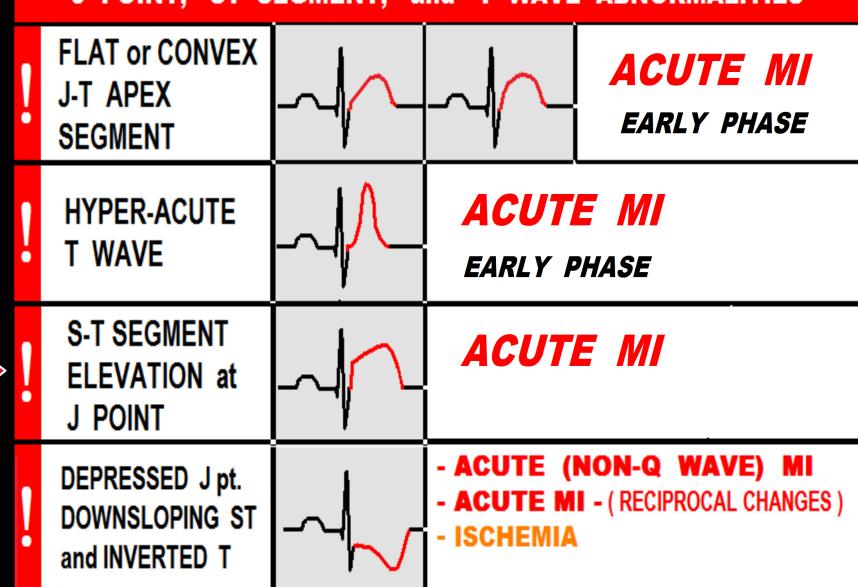


SHOULD BE
 A "NICE,"
 ROUNDED,
 CONVEX SHAPE

- SHOULD BE SYMMETRICAL
- SHOULD BE UPRIGHT IN ALL LEADS, EXCEPT AVR
- MAY BE INVERTED IN LEADS AVL, III, and V1

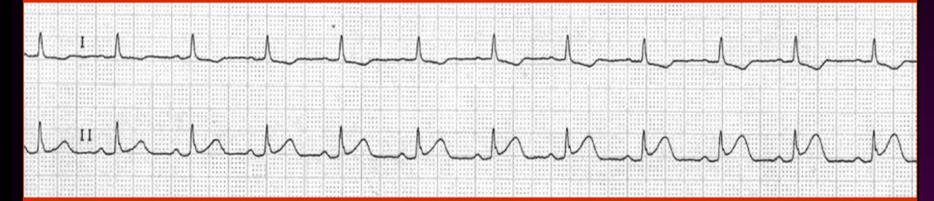
PATTERNS of ACS & ISCHEMIA

-- J POINT, ST SEGMENT, and T WAVE ABNORMALITIES --



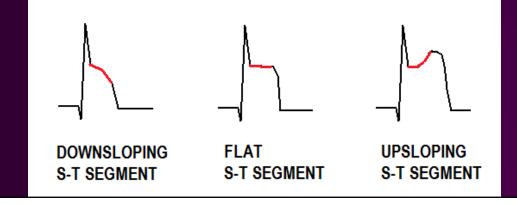
ST SEGMENT ELEVATION:

S-T SEGMENTS ELEVATE WITHIN SECONDS OF CORONARY ARTERY OCCLUSION:

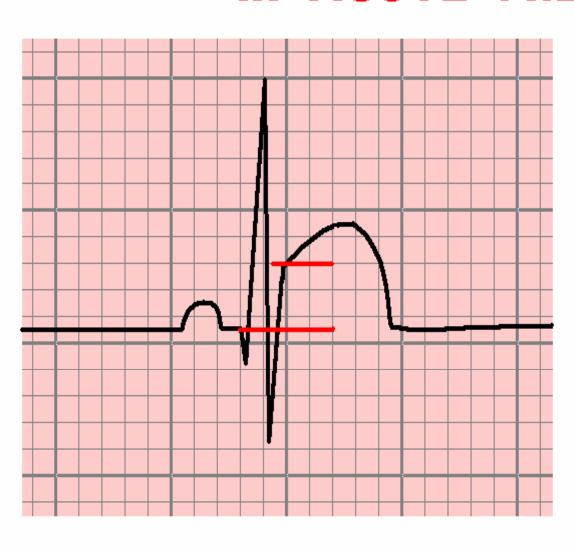


IN THIS CASE, a normal response to balloon occlusion of the RIGHT CORONARY ARTERY during PTCA in the CARDIAC CATH LAB

3 COMMON PATTERNS of ST SEGMENT ELEVATION From ACUTE MI:



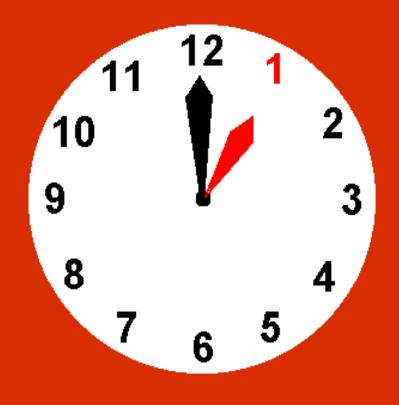
S-T SEGMENT ELEVATION in ACUTE M.I.



- GREATER THAN
 1 mm
- IN TWO OR MORE CONSECUTIVE LEADS

INFARCTION

SUDDEN DEATH from ACUTE MI may occur at ANY TIME during the MI



Although CARDIAC CELLS can survive up to 12 HOURS without perfusion, TIME is of ESSENCE

ACUTE MI

COMPLICATIONS TO ANTICIPATE FOR ALL MI PATIENTS:







YOUARE

THE EMERGENCY ROOM PHYSICIAN



CASE STUDY 1 - STEMI

CHIEF COMPLAINT and SIGNIFICANT HISTORY:

72 y/o male, c/o CHEST "HEAVINESS," started 20 minutes before calling 911. Pain is "8" on 1-10 scale, also c/o mild shortness of breath. Has had same pain "intermittently" x 2 weeks.

RISK FACTOR PROFILE:

FAMILY HISTORY - father died of MI at age 77

FORMER CIGARETTE SMOKER - smoked for 30 year - quit 27 years ago

DIABETES - oral meds and diet controlled

HIGH CHOLESTEROL - controlled with STATIN meds

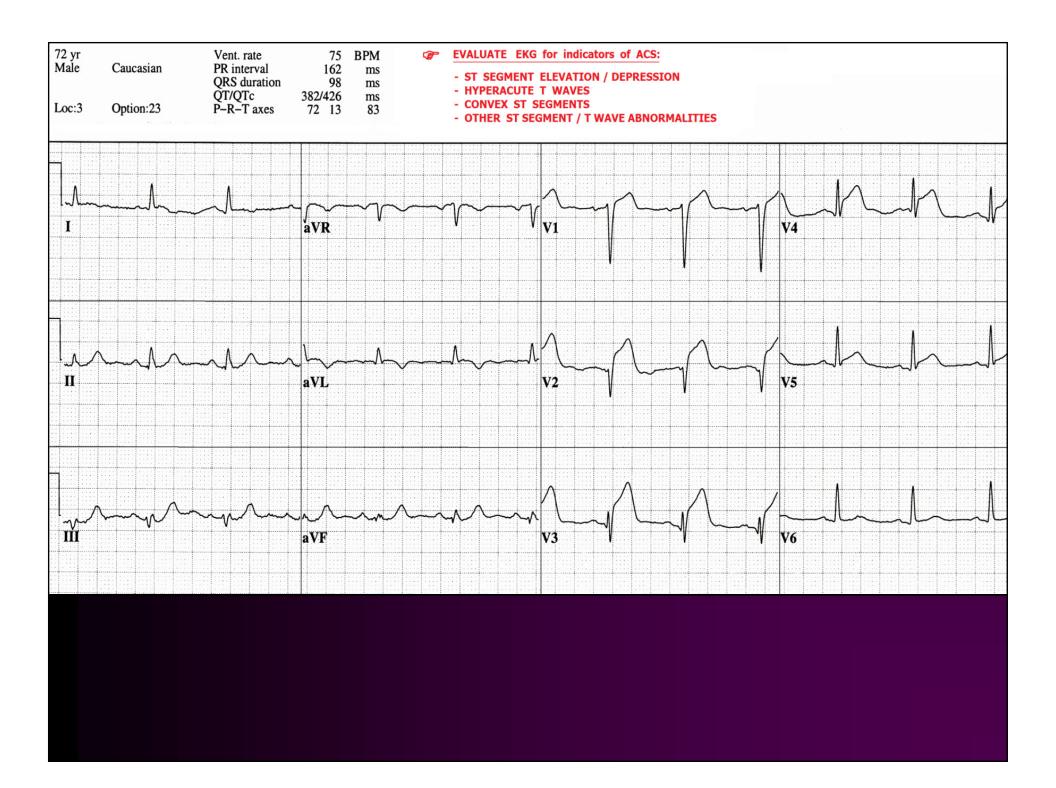
AGE: OVER 65

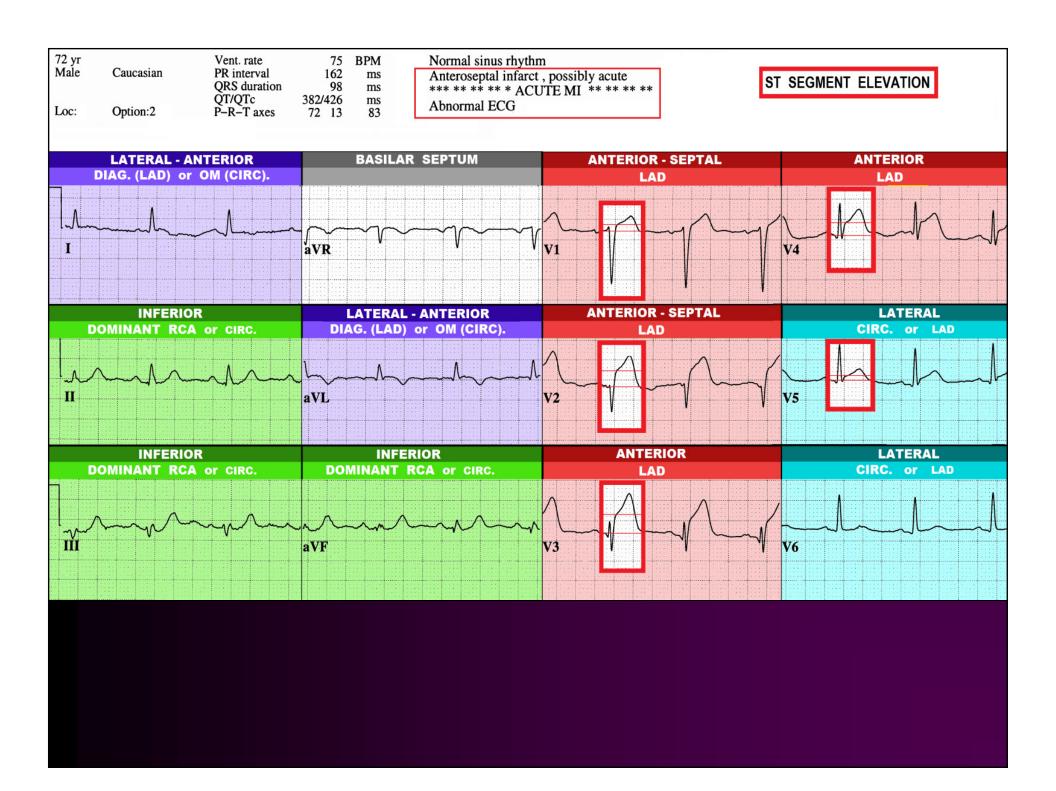
PHYSICAL EXAM: Patient calm, alert, oriented X 4, skin cool, dry, pale.

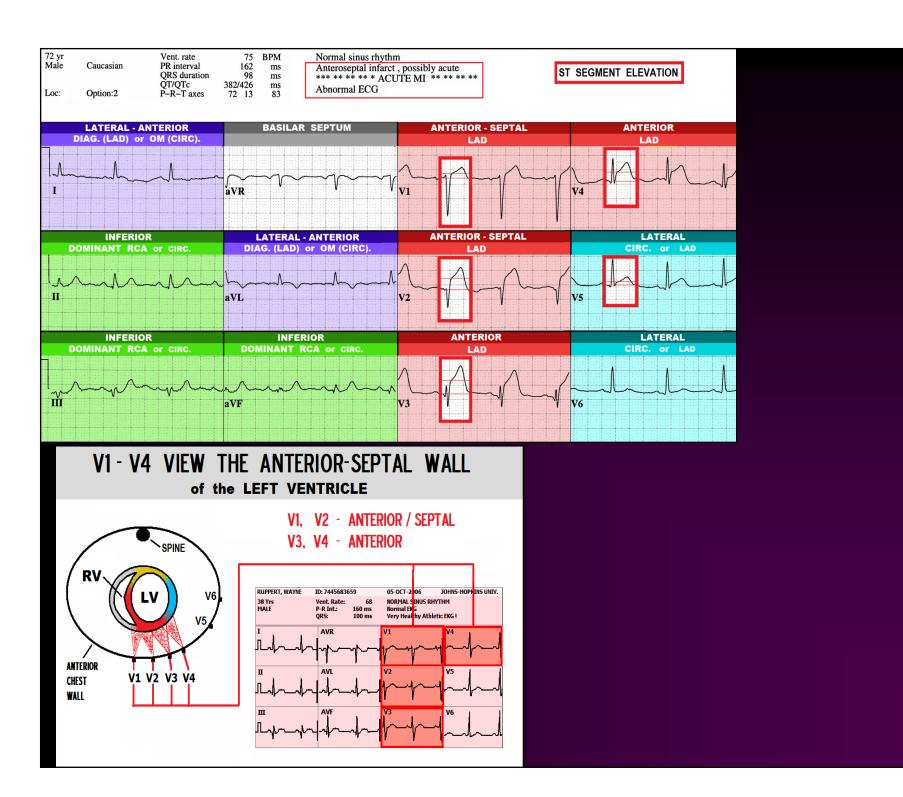
No JVD, Lungs clear bilaterally. Heart sounds normal S1, S2. No peripheral edema.

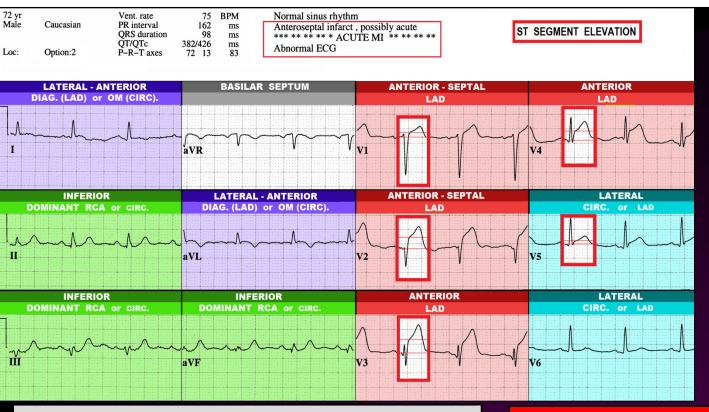
VITAL SIGNS: BP: 100/64, P: 75, R: 20, SAO2: 94%

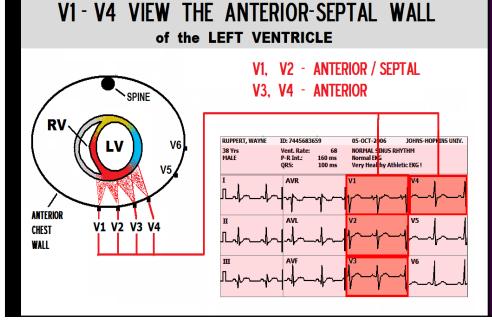
LABS: FIRST TROPONIN: 6.4

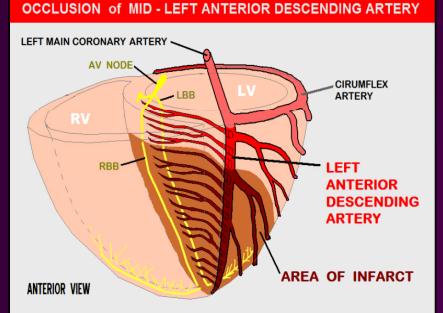


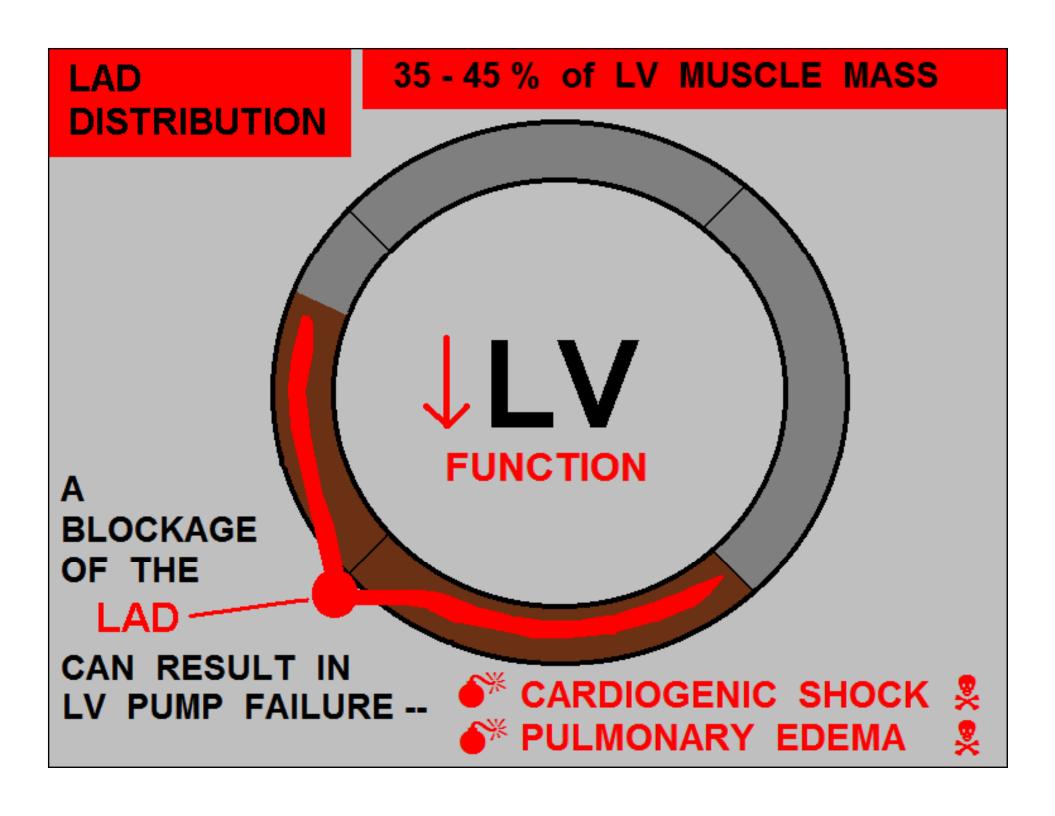








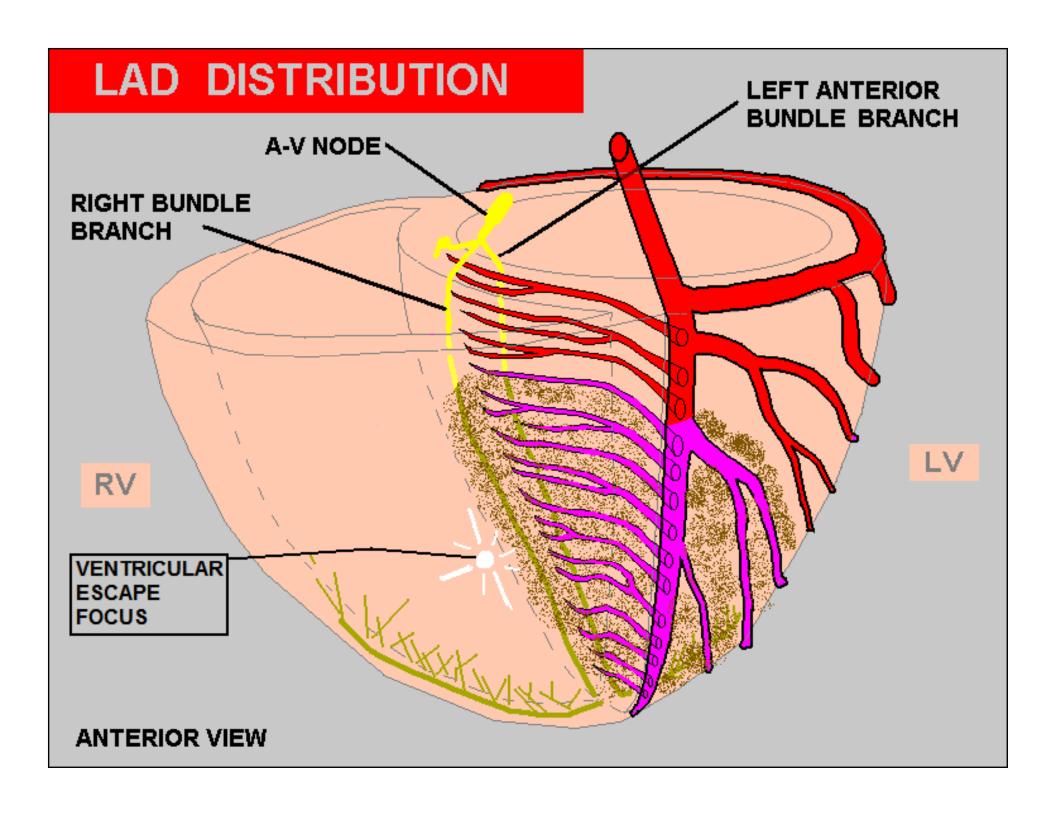






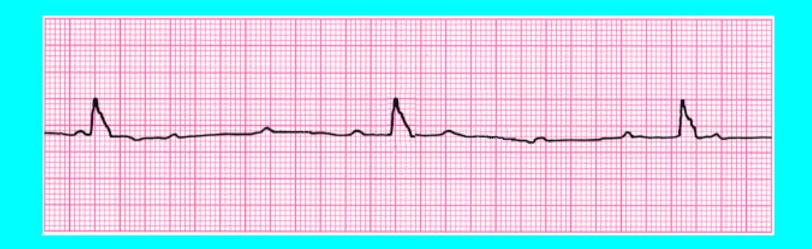
LEFT ANTERIOR DESCENDING ARTERY (LAD)

- ANTERIOR WALL OF LEFT VENTRICLE
- 35 45 % OF LEFT VENTRICLE MUSCLE MASS
 - SEPTUM, ANTERIOR 2/3
- **BUNDLE BRANCHES**
 - ANTERIOR-MEDIAL PAPILLARY MUSCLE



3rd DEGREE HB with IDIOVENTRICULAR ESCAPE RHYTHM

LOOKS LIKE THIS:



AND IT PROBABLY WILL NOT RESPOND TO ATROPINE -- BEST TREATMENT IS TRANSCUTANEOUS PACEMAKER

COMPLICATIONS of ANTERIOR WALL MI:



CRITICAL INTERVENTIONS



LV **PUMP FAILURE**

- HYPOTENSION CARDIOGENIC SHOCK
- PULMONARY EDEMA

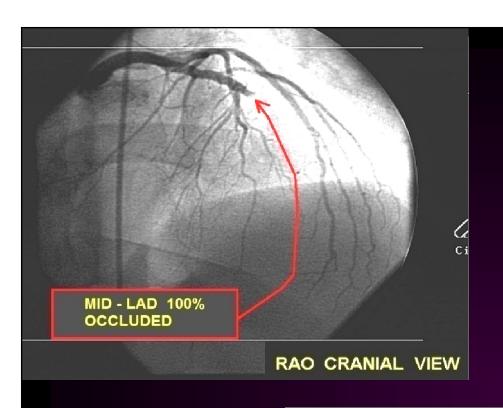
- INOTROPES
- I.A.B.P.

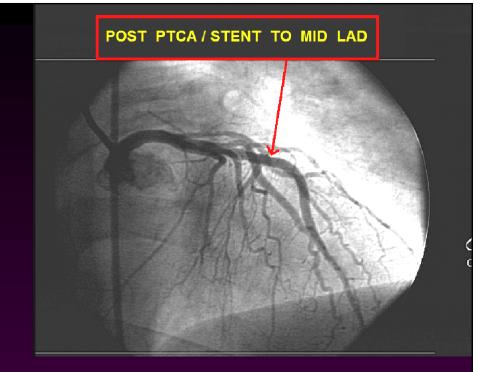
DAMAGE TO **BUNDLE**

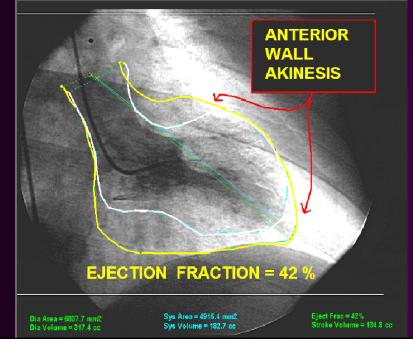
- BUNDLE BRANCH BLOCKS 3° HEART BLOCK W **BRANCHES • IDIOVENTRICULAR ESCAPE RHYTHM**
- MONITOR with DEFIB / **PACING PADS**

CARDIAC **ARREST**

- VENTRICULAR TACHYCARDIA
- VENTRICULAR FIBRILLATION
- DEFIB PADS
- ANTI-**ARRHTYMIC MEDS**







CASE STUDY 7 - STEMI

CHIEF COMPLAINT and SIGNIFICANT HISTORY:

46 yr. old MALE arrives in ER, C/O SUDDEN ONSET OF CHEST PRESSURE 45 MINUTES AGO. PAIN IS CONSTANT, PRESSURE-LIKE, AND NOT EFFECTED BY POSITION, MOVEMENT or DEEP INSPIRATION. ALSO C/O D.I.B.

RISK FACTOR PROFILE:

▲ CURRENT CIGARTTE SMOKER x 18 YEARS**

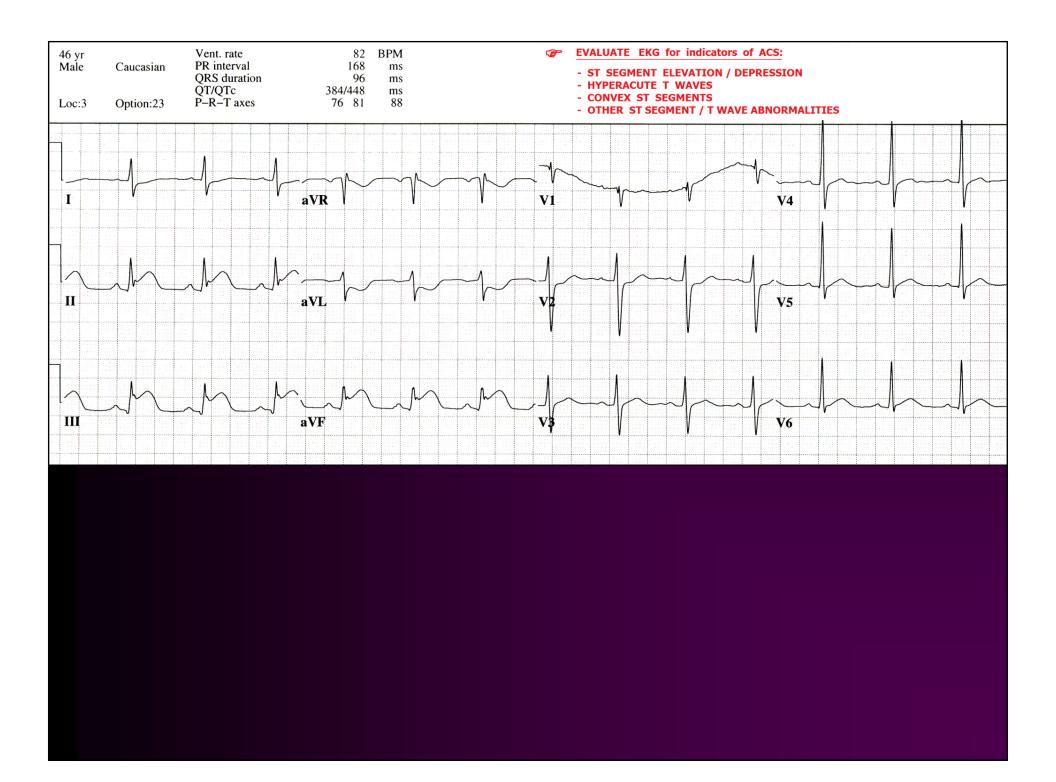
●* HYPERTENSION

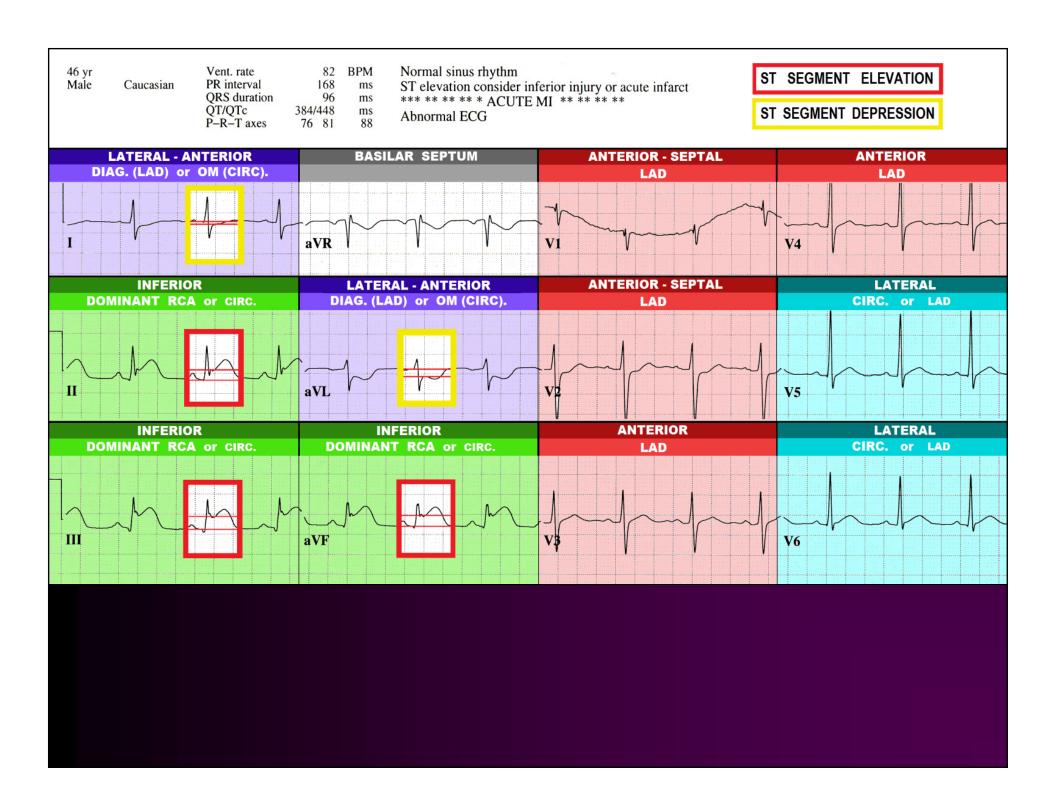
HIGH LDL CHOLESTEROL

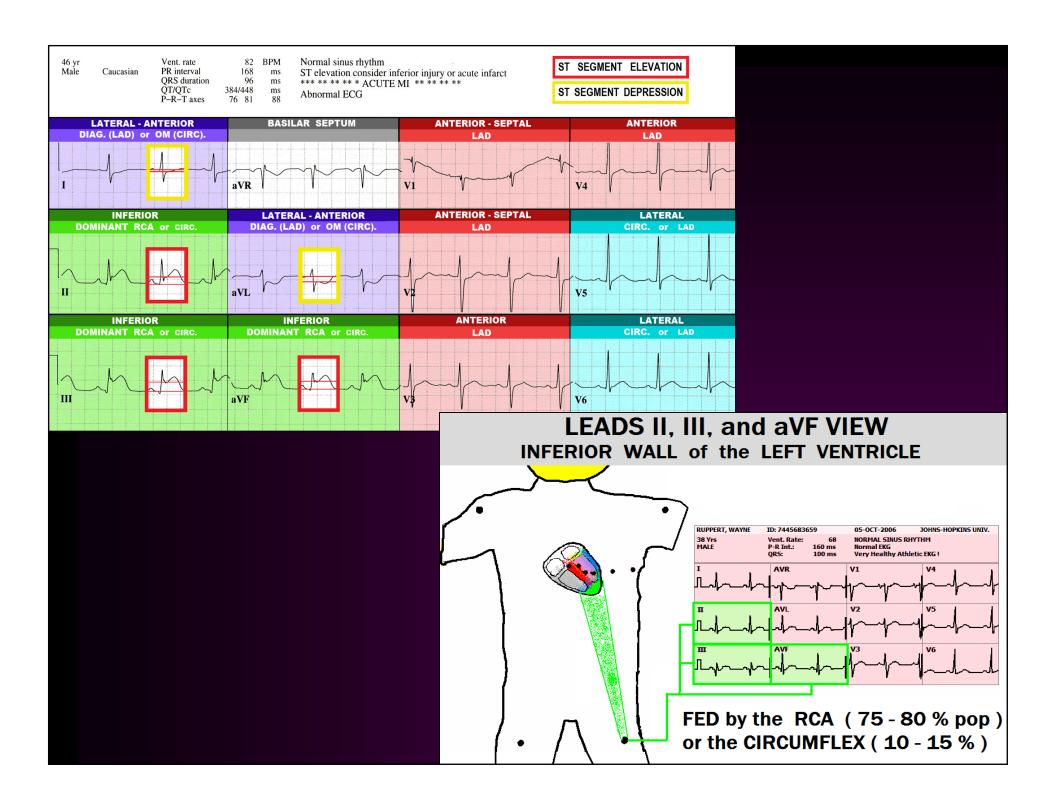
PHYSICAL EXAM: Patient is alert & oriented x 4, skin warm, dry, color normal. Non-anxious Lungs clear, normal S1, S2. No JVD, No ankle edema.

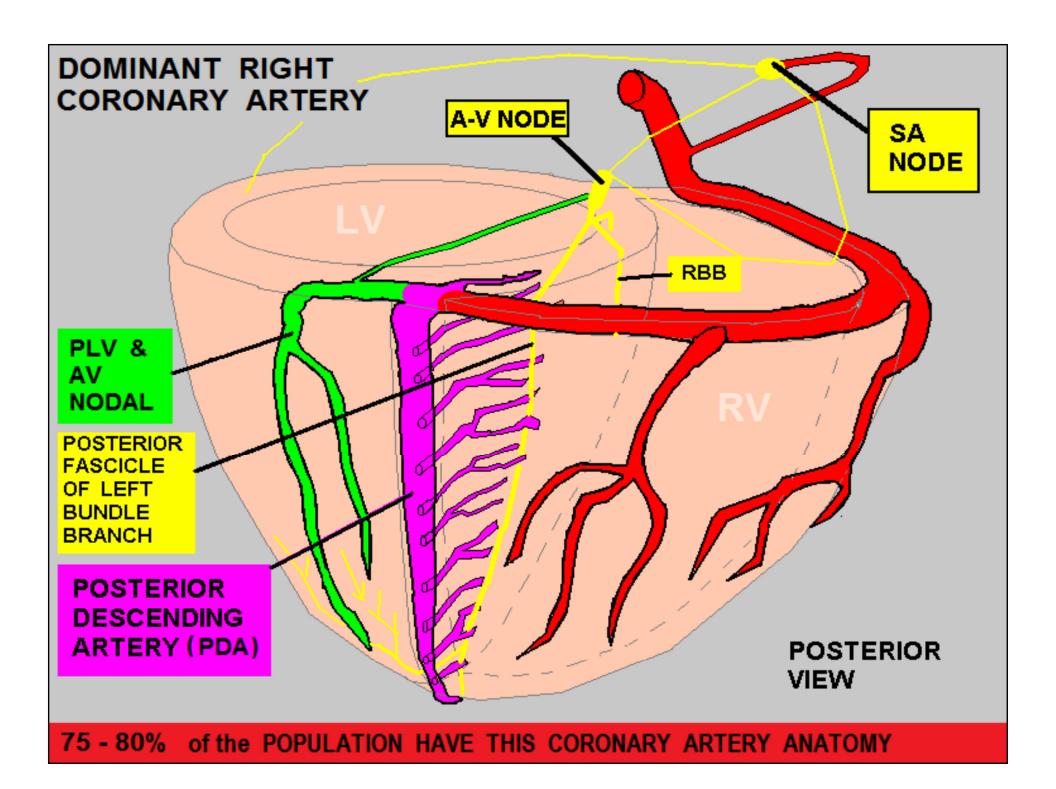
VITAL SIGNS: BP: 136/88 P: 88 R: 20 SAO2: 100% on 4 LPM O2

LABS: TROPONIN: < .04









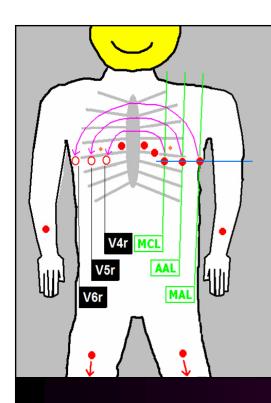




RIGHT CORONARY ARTERY (RCA)

RIGHT DOMINANT SYSTEMS

- RIGHT ATRIUM
- **SINUS NODE** (55% of the population)
- ▶ RIGHT VENTRICLE 100 % of muscle mass
- ▶ LEFT VENTRICLE: 15 25 % of muscle mass
 - INFERIOR WALL
 - approx. 1/2 of POSTERIOR WALL
- AV NODE

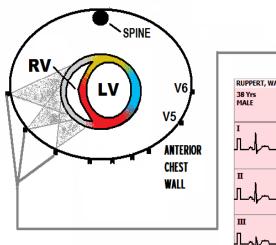


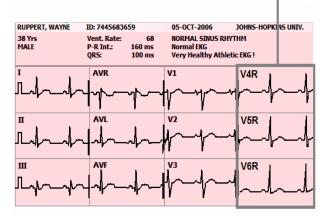
To do a RIGHT - SIDED EKG . .

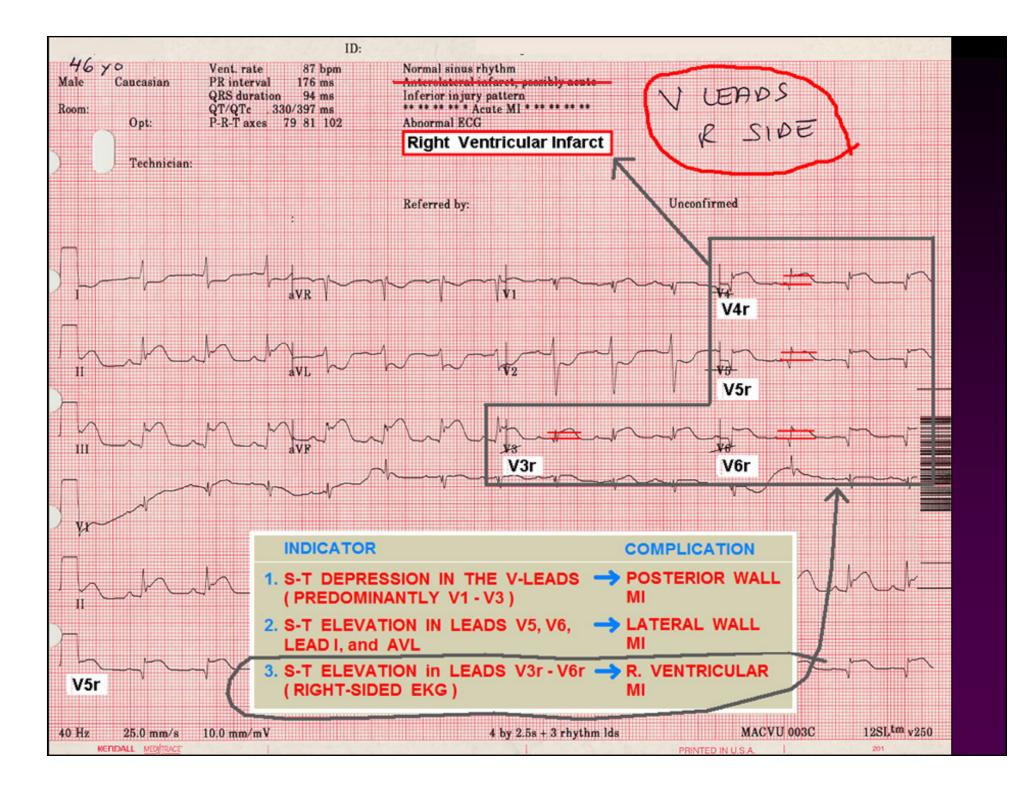
MOVE leads V4, V5, and V6

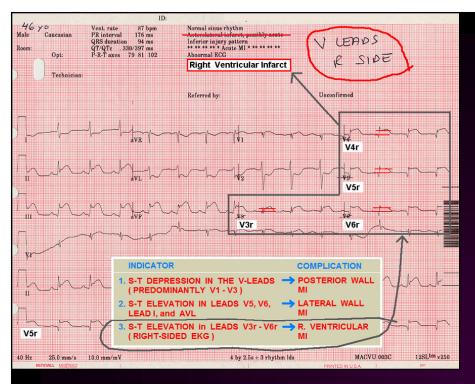
to the corresponding placement on the RIGHT SIDE of patient's chest . . .

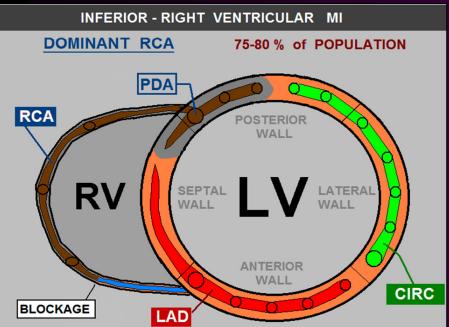
V4R - V6R VIEW THE RIGHT VENTRICLE

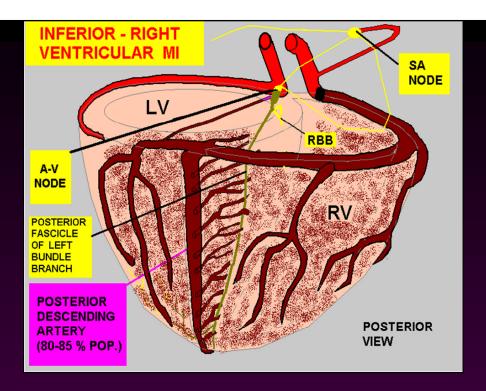












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ACUTE MI PATIENT

INITIATE CARDIAC ALERT!

