

## Chest Pain Admission

If EKG is unchanged from baseline, cardiac enzymes x 2 are negative and all life-threatening conditions (PE, Aortic dissection and pneumothorax) are not suspected, then arrange for stress testing.

**Stress testing:** How to determine which type of stress test is appropriate?

GXT Aka Exercise stress test, Stress ECHO, Exercise myoview, Lexiscan myoview, Adenosine or Dobutamine myoview.

**First question:** Is the patient able to walk on a treadmill-if **NO**, then proceed to a pharmacologic stress test with imaging such as Lexiscan , Adenosine or Dobutamine myoview. If **YES**, then proceed to **second question**.

**Second question:** Is the patient's EKG normal? **YES**, then proceed to an exercise stress test (see points to consider)

If **NO**, is it abnormal due to a LBBB and Ventricular pacing? **YES**, then proceed with Lexiscan myoview- (Exercise myoview stress test in a patient with LBBB or ventricular pacing-is known to have a reduce specificity.)

EKG is abnormal due to WPW, ST depression greater then 1mm at rest, LVH or non-specific ST-T wave abnormalities-proceed with exercise stress test with imaging either Stress ECHO or Exercise myoview (see points to consider).

**Third question:** Does the patient have a history of CAD? If **YES**, then proceed with stress testing with imaging, either Stress ECHO or Exercise myoview. If **NO**, then proceed with GXT. (see points to consider)

### *Points to consider:*

- Consider patients body habitus when deciding between Stress ECHO and Exercise myoview. If a patient is obese or a women with large breast tissue-proceed with exercise myoview
- If a patient has multiple risk factors for CAD or the clinical suspicion is high-perform exercise stress test with imaging
- Lexiscan myoview is preferred at Bethesda North

### **References:**

Askew,JW. Selecting the optimal cardiac stress test. In: UpToDate, Downey BC. (Accessed on November 12,2016.)