INTRODUCTION: This guideline is organized around eight clinical scenarios:

I. Suspected Coronary Artery Disease (CAD)
II. Incompletely Evaluated CAD
III. Follow-up of Known Ischemic CAD
IV. CAD in Presence of Other New Cardiac Concerns
V. Chronic Valvular Disease and Pulmonary Hypertension
VI. Prior to Noncardiac Surgery
VII. Prior to Cardiac Rehabilitation or Exercise Program
VIII. Post Cardiac Transplantation

This guideline is for stress imaging, specifically stress echocardiography, with exercise or dobutamine, with appropriate preference for suitable alternatives, such as stress EKG alone or stress testing with myocardial perfusion imaging, when more suitable, using the following stream of logic:

- A stress EKG alone is often appropriate. A baseline EKG, which does not allow interpretation of ischemic findings with exercise, will sometimes, but not always, require the addition of stress imaging (echo or MPI).

- When stress imaging is appropriate, as an addition to stress EKG alone, stress echo is preferred when the patient is able to exercise, MPI when the patient cannot exercise. This document does not actively endorse dobutamine echocardiography as a recommended alternative to stress myocardial perfusion imaging for pragmatic reasons, but dobutamine echocardiography can certainly be an acceptable alternative to stress myocardial perfusion imaging when preferred by the clinical provider.

- When stress echo is precluded by specific imaging difficulties (e.g. poor quality image despite contrast medium, uncontrolled atrial fibrillation, ventricular paced rhythm, baseline wall motion abnormalities, etc., as listed in the Additional Information section), then MPI is referred to as the preferable or default strategy.

- Echocardiographic contrast medium is appropriate for those studies in which at least 2 contiguous myocardial segments (of the 16 ACC/AHA myocardial segments) are not visible on the study.
• Hemodynamic assessment can be a reason for preference of stress echocardiography over alternative stress testing.

Compelling indications (e.g. ACC Class I or IIA or Appropriate Use Criteria ‘A’) for stress imaging (echo and MPI) are the foundation, and the less compelling indications (IIB or ‘M’) have been selected as appropriate for those scenarios in which the clinical presentation incurs high risk. If a patient fits two or more clinical scenarios, the scenario which endorses stress echo (MPI only if the default) supersedes any category which does not.

Issues such as pretest probability, global risk of coronary or cardiovascular disease, anginal equivalent, aspects of different types of stress testing, etc. are discussed in the Additional Information section at the end of this document, and the reader is encouraged to refer to that section, in order to optimally utilize this guideline.

Initial Clinical Reviewers (ICRs) and Physician Clinical Reviewers (PCRs) must be able to apply criteria based on individual needs and based on an assessment of the local delivery system.

INDICATIONS FOR STRESS ECHO (MPI only if the default) BY CLINICAL SCENARIO

I. SUSPECTED (CAD):
   High Global Risk asymptomatic OR
   Stable symptomatic OR
   Low risk “unstable” symptomatic (Tables 6 & 7)

• SYMPTOMATIC: LOW PRETEST PROBABILITY patients should undergo a treadmill exercise stress EKG alone, with stress echocardiography reserved for those whose EKG is uninterpretable. (MPI is to be chosen only when it is the default strategy.)

• SYMPTOMATIC: INTERMEDIATE OR HIGH PRETEST PROBABILITY patients are appropriate for stress echo (or MPI if it is the default strategy).

• REPEAT STRESS TESTING FOR SIMILAR SYMPTOMS AND SAME PRETEST PROBABILITY should not be performed for at least 5 years following prior stress testing or invasive coronary arteriography, unless there has been a change in clinical presentation.

• ASYMPTOMATIC HIGH GLOBAL RISK (>20% coronary or vascular event rate over ensuing 10 years, based upon Framingham-ATP IV, Reynolds, Pooled Cohort Equation includes cerebrovascular risk), ACC/AHA Risk Calculator, MESA Risk Calculator (includes calcium score), or very similar risk calculator) or based upon COMPELLING NON-INVASIVE DATA, such as clearly pathologic Q waves on the EKG, marked ST-segment and/or T wave abnormalities of myocardial ischemia without symptoms, clear regional wall motion abnormalities of the left ventricle, or reduced ejection fraction below 50%, should be assessed with EKG STRESS TEST alone, with stress echocardiography reserved for those whose EKG is uninterpretable. (Patients with ejection fraction < 50%, with contraindication to invasive coronary arteriography, are reasonable candidates for stress echocardiogram, with MPI used only if it is the default strategy, e.g. segmental wall motion abnormality, ejection fraction < 40%, unable to exercise, etc.). Patients taking multiple simultaneous anti-rejection medications (e.g. cyclosporine, tacrolimus, mycophenolate mofetil, azathioprine, long term supraphysiologic doses of glucocorticoids, but not everolimus or sirolimus/rapamycin),
should be assessed with EKG STRESS TEST alone, with stress echocardiography reserved for those whose EKG is uninterpretable. (MPI is to be chosen only when it is the default strategy.)

- **REPEAT EKG STRESS TEST ALONE OF ASYMPTOMATIC HIGH GLOBAL RISK** patients (as described in the 2 bullets immediately above), whose last invasive or non-invasive test was over two years ago and was negative for hemodynamically significant obstructive coronary artery disease (i.e. no ischemia on stress testing, no Fractional Flow Reserve (FFR) <= 0.80 for a major vessel, or no angiographic stenosis >70% for a major vessel), is reasonable.

- **HIGH OCCUPATIONAL RISK patients** (e.g. associated with public safety, airline and boat pilots, bus and train drivers, bridge and tunnel workers/toll collectors, police officers, and firefighters) or **HIGH PERSONAL RISK patients** (e.g. scuba divers, etc.), should be assessed with EKG STRESS TEST alone, with stress echocardiography reserved for those whose EKG is uninterpretable. (MPI is to be chosen only when it is the default strategy.) Determinations for screening of asymptomatic patients (without known coronary artery disease) in high-risk occupations should be deferred to those agencies that manage such non-medical necessity.

**II. INCOMPLETELY EVALUATED CAD:**
Requires further evaluation within 2 years of a prior coronary evaluation for **CLARIFICATION OF DIAGNOSIS OR DISEASE SEVERITY**

- NORMAL EXERCISE STRESS TEST EKG within the past 2 years and currently compelling coronary history or symptoms should be considered appropriate indication for a repeat stress test with stress echocardiography (or MPI if it is the default strategy), particularly if there are reasons to avoid cardiac catheterization (CKD, dye allergy, etc.), unless invasive coronary arteriography is strongly indicated (e.g. compelling presentation of moderate or high risk unstable angina).

- ABNORMAL OR INDETERMINATE EXERCISE STRESS EKG or CCTA (coronary computed tomographic angiography) within the past 2 years, for whom a noninvasive approach is preferable to proceeding to invasive coronary arteriography (unclear nature of symptoms, mildly abnormal or borderline EKG stress test or CCTA, CKD, dye allergy, etc.), is an appropriate indication for stress echocardiography (or MPI only if it is the default strategy).

- A WELL DOCUMENTED MYOCARDIAL INFARCTION OR moderate to high risk ACUTE CORONARY SYNDROME WITHIN THE PAST 2 YEARS, when stable, without subsequent stress imaging or invasive coronary arteriography, can be appropriate for stress echocardiography. (MPI only if it is the default strategy), especially when a non-invasive approach is documented to be preferable to invasive coronary arteriography.

- SEVERITY/EXTENT OF ISCHEMIA ASSESSMENT, in order to assist with the management strategy, in patients with prior invasive coronary arteriography within the past 2 years and unclear lesional significance, is an appropriate indication for stress echo (MPI only if it is the default strategy), if it will affect management.

**III. FOLLOW-UP of KNOWN ISCHEMIC CAD:**
A. In need of FOLLOW-UP TESTING for known ischemic coronary artery disease, either ASYMPTOMATIC OR WITH STABLE symptoms

- ROUTINE FOLLOW-UP when last invasive or non-invasive assessment of coronary artery disease showed HEMODYNAMICALLY SIGNIFICANT CAD (ischemia on stress test or FFR <= 0.80 for a major vessel or stenosis >=70% of a major vessel) over two years ago, without supervening coronary revascularization, is an appropriate indication for stress echocardiography (MPI only if it is the default strategy) in patients with high risk clinical scenarios, such as left ventricular dysfunction (ejection fraction less than 50%) or severe un-revascularized multivessel CAD (if it will alter management), OR in patients with HIGH RISK OCCUPATIONS (e.g. associated with public safety, airline and boat pilots, bus and train drivers, bridge and tunnel workers/toll collectors, police officers, and firefighters) or a HIGH PERSONAL RISK (e.g. scuba divers, etc.).

- SEVERITY/EXTENT OF ISCHEMIA ASSESSMENT, in order to assist with the management strategy, in patients with recent invasive coronary arteriography AND suspected residual ischemia post incomplete coronary revascularization, is an appropriate indication for stress echo (MPI only if it is the default strategy), if it will affect management.

- MYOCARDIAL VIABILITY TESTING BY Dobutamine Stress Echocardiography (myocardial perfusion imaging at rest is equally suitable), prior to coronary revascularization is reasonable in patients with ejection fraction less than or equal to 50%, if it could significantly alter the revascularization strategy.

B. NEW, RECURRENT, OR WORSENING (PROGRESSIVE) SYMPTOMS in patients with known ischemic CAD (ischemia on stress testing, lesion stenosis >=70%, or FFR <= 0.80), which has not been revascularized.

- PRIOR LOW RISK CORONARY EVALUATION AT LEAST TWO YEARS EARLIER (e.g. limited extent of CORONARY ARTERY DISEASE, <5% myocardium at risk), AND NOW WITH NEW STABLE (or low risk unstable), RECURRENT, OR SLOWLY WORSENING (PROGRESSIVE) SYMPTOMS of coronary ischemia, is an appropriate indication for stress echo (MPI only if it is the default strategy) in this patient group. However, regardless of timing of prior non-invasive assessment, clinical documentation of continued problematic symptoms or moderate to highly likely acute coronary syndrome (Table 6) of even low mortality risk (Table 7) is often better assessed with invasive coronary arteriography, particularly when stress testing in the last 2 years and current clinical findings are at odds. This category is very documentation-sensitive and requires judgment.

- INVASIVE CORONARY ARTERIOGRAPHY IS GENERALLY PREFERABLE in those patients, who have a PRIOR MODERATE OR HIGH RISK STRESS TEST RESULT (especially if NOT previously evaluated by invasive coronary arteriography) or a current diagnosis of moderate to high risk UNSTABLE ANGINA, and inappropriate for repeat stress echo (or MYOCARDIAL PERFUSION IMAGING when it is the default strategy), unless supervening reasons to prefer a non-invasive approach are documented in the record (e.g. very unclear symptoms, CKD, dye allergy, etc.), and it could alter management.

C. FOLLOW-UP OF PATIENTS POST CORONARY REVASCULARIZATION
• **ASYMPTOMATIC, ROUTINE FOLLOW-UP**, stress echocardiography (MPIx only if it is the default strategy) at a minimum of 2 YEARS post coronary artery bypass grafting or 2 YEARS post percutaneous coronary intervention (whichever was the latter) is appropriate only for patients with high direct CORONARY-related risk, such as incomplete coronary revascularization with feasible additional revascularization of residual severe multivessel disease, need for otherwise unevaluated follow up of stenting of unprotected left main coronary artery (LM) disease or left ventricular dysfunction (ejection fraction less than 50%), OR for patients with HIGH OCCUPATIONAL RISK (e.g. associated with public safety, airline and boat pilots, bus and train drivers, bridge and tunnel workers/toll collectors, police officers, and firefighters) or HIGH PERSONAL RISK (e.g. scuba divers, etc.).

• **NEW, RECURRENT, OR WORSENING SYMPTOMS POST CORONARY REVASCULARIZATION**, with good documentation, are an indication for stress echocardiography (MPI only if it is the default strategy) if it could affect management.

### IV. CAD IN PRESENCE OF OTHER NEW CARDIAC CONCERNS

• **NON-CORONARY CARDIAC DIAGNOSES** support use of stress echocardiography (MPI only if it is the default strategy) in newly diagnosed systolic or diastolic heart failure, sustained VT (> 100 bpm), VF, exercise induced VT or nonsustained VT, frequent PVCs (over 30 per hour), and/or required initiation of antiarrhythmic drug (AAD) therapy when invasive coronary arteriography is not necessarily indicated.

• **NEW ONSET ATRIAL FIBRILLATION**, in patients with coronary artery disease and/or moderate or high global risk, are candidates for stress echocardiography (MPI only if it is the default strategy) if there has been no coronary evaluation by stress imaging or invasive coronary arteriography within the preceding two years.

Note: Syncope is no longer an accepted indication for stress imaging. Stress imaging is rarely required for evaluation of syncope, and the indication for high global risk is already stated in the NIA guideline elsewhere (see Shen et al).

• **LEFT BUNDLE BRANCH BLOCK**, when the history, physical examination, and/or noninvasive ejection fraction together support further evaluation, and invasive coronary arteriography is not already indicated, is an indication for stress echocardiography (MPI only if it is the default strategy).

• **EKG STRESS TESTING** without imaging is reasonable for EVALUATION OF EXERCISE-INDUCED ARRHYTHMIA (or long QT interval evaluation when the resting QTc is normal), when coronary artery disease is not suspected.

• **KAWASAKI DISEASE** long-term surveillance is better performed with CCTA, which includes aneurysm assessment.

### V. CHRONIC VALVULAR DISEASE AND PULMONARY HYPERTENSION - HEMODYNAMIC ASSESSMENT:

EXERCISE HEMODYNAMICS can be obtained with Stress echocardiography with Doppler when it will affect management of chronic valvular heart disease (e.g. lead to surgery, valvuloplasty, transvalvular heart valve replacement, mitral clip, etc.)
and/or pulmonary hypertension (e.g. lead to major change in medical management, surgery for congenital heart disease, etc.):

- **Asymptomatic patients with moderate or severe chronic valvular heart disease**, is an appropriate indication for stress echocardiography, when there is an inconsistency between clinical presentation and the resting echocardiogram in patients with moderate or severe valvular disease, and exercise echocardiography with Doppler can improve assessment of functional capacity and/or valvular disease severity, and the assessment will thereby affect management.

- **Symptomatic patients with mild or moderate mitral stenosis, moderate mitral regurgitation, or equivocal severe aortic stenosis** (low cardiac output, low stroke volume index <35 ml/sq. M, and/or left ventricular systolic dysfunction), if it will affect management, is an appropriate indication for stress echocardiography, with dobutamine required for the assessment.

- For documented suspicion of pulmonary hypertension with normal or borderline elevated pressures on resting echocardiogram, and when needed to assess the effect of therapy for pulmonary hypertension, if it will affect management, stress echocardiography is appropriate.

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VI. Prior to NONCARDIAC SURGERY

- **THORACOABDOMINAL AORTIC VASCULAR SURGERY** is an indication for PREOPERATIVE Stress echo *(MPI only if it is the default strategy)* if the patient has less than a 4 MET (see Additional Information section) exercise functionality, AND that patient has at least one OPERATIVE clinical risk factor from the list: ischemic coronary artery disease (by study more than two years ago with lesions, which are: >=70% or ischemia producing on prior stress testing or with FFR <=0.80), cerebrovascular disease, insulin-requiring diabetes mellitus, history of congestive heart failure or ejection fraction less than 40%, or CKD with creatinine >= 2 mg/dl. (Such stress imaging is restricted to patients who have not had either stress imaging or invasive coronary arteriography within the past year.) **If invasive coronary arteriography is preferable, then preoperative stress imaging is not appropriate.**

- **UNRELATED TO THE PLANNED SURGICAL PROCEDURE**, stress imaging might be indicated for other reasons at the time patients are seen for preoperative cardiac risk evaluation. When such indications for stress imaging are unrelated to the need for the intended non-cardiac surgery, then the record must document those reasons in order to support proceeding with appropriate stress echocardiography (MPI only if it is the default strategy).

- **BARIATRIC SURGERY** is not considered an indication for preoperative stress testing.

- **SOLID ORGAN TRANSPLANTATION** is an indication for preoperative stress echocardiography *(MPI only if it is the default strategy)* if: invasive coronary arteriography is not intended as the initial preoperative evaluation of choice, **AND** there has not been an adequate coronary evaluation within the past year.

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VII. Prior to CARDIAC REHABILITATION or EXERCISE PROGRAM
- CARDIAC REHABILITATION ENTRY or DETERMINATION OF EXERCISE CAPACITY is an indication for stress testing with EKG alone, when performed as part of the cardiac rehabilitation program or for purposes of exercise prescription.

VIII. Post CARDIAC TRANSPLANTATION

- During the first five years post cardiac transplantation, patients with glomerular filtration rates less than 40 mL/min/1.73 sq M, or who otherwise should not undergo invasive coronary arteriography every 1-2 years, are appropriate for stress echocardiography (MPI only if it is the default strategy) every 1-2 years.

- After the first five years post cardiac transplantation, in lieu of invasive coronary arteriography: 1) patients considered at low risk for transplant vasculopathy (i.e., with normal invasive coronary arteriography) can have annual stress echocardiography (MPI only if it is the default strategy), and 2) patients with transplant coronary vasculopathy can have annual stress echocardiography (MPI only if it is the default strategy), if the risk of annual invasive coronary arteriography is not acceptable (i.e., high risk of contrast nephropathy).

ADDITIONAL INFORMATION:

Definitions of Coronary Artery Disease:

1. Percentage stenosis refers to diameter stenosis when angiography is the method and refers to cross sectional narrowing when IVUS (intravascular ultrasound) is the method of determination.

2. Coronary artery calcification is a marker of risk, as measured by Agatston score on coronary artery calcium imaging. It is not a diagnostic tool so much as it is a risk stratification tool (similar to an ankle brachia index, family history of coronary artery disease, or high sensitivity C-reactive protein). Its incorporation into Global Risk can be achieved by using the MESA risk calculator.

3. Stenoses less than 50% are considered nonobstructive coronary artery disease, while stenoses of 50% or more are considered obstructive coronary artery disease. However, the contents of this Guideline are very clear about specifying that ischemic heart disease requires one of three possible determinants:
   i. Percentage stenosis of at least 70% - by angiography or IVUS (intravascular ultrasound), as described above, for a major vessel
   ii. FFR (fractional flow reserve) of 0.80 or less for a major vessel
   iii. Demonstrable ischemic findings on stress testing (acceptable EKG or imaging), that are at least mild in degree

4. A major vessel would be a coronary vessel that would typically be substantial enough for revascularization, if it were indicated. Lesser forms of coronary artery disease would be labeled as “limited.” (i.e. A 50% lesion in a tiny septal would be limited obstructive coronary artery disease.)

5. Microvascular ischemic coronary artery disease, as might be described by a normal FFR (fractional flow reserve) above 0.80 with a reduced CFR (coronary flow reserve less than 2.5), has not otherwise been addressed in this manuscript, because it is very rarely an issue in compliance determinations. However, it would constitute a form of ischemic heart disease.

6. FFR (fractional flow reserve) is the distal to proximal pressure ratio across a coronary lesion during maximal hyperemia induced by either intravenous or intracoronary adenosine. Less than or equal to 0.80 is considered a reduction in coronary flow.
Definition of Peripheral Arterial Disease/Cerebrovascular Disease:

Non-coronary arterial narrowing causing symptoms (claudication, related tissue demise, threatened limb loss), asymptomatic 70% or more narrowing by non-invasive or invasive evaluation, atherosclerotic arterial aneurysm by non-invasive or invasive evaluation, or aortic atheroma of at least 4 mm thickness. As a subset of peripheral arterial disease, cerebrovascular disease is also defined as a history of stroke or TIA.

What is a valid anginal equivalent?

Development of an anginal equivalent (e.g. shortness of breath, fatigue, or weakness) either with or without prior coronary revascularization should be based upon the documentation of reasons to suspect that symptoms other than chest discomfort are not due to other organ systems (e.g. dyspnea due to lung disease, fatigue due to anemia, etc.), by presentation of clinical data such as respiratory rate, oximetry, lung exam, etc. (as well as d-dimer, chest CT(A), and/or PFTs, when appropriate), and then incorporated into the evaluation of coronary artery disease as would chest discomfort. Syncope by itself is generally not considered an anginal equivalent, and is handled under a separate category in this guideline.

Pretest Probability of CAD for Symptomatic Patients:

Pretest probability is a reference to symptoms that need evaluation as potentially coronary in origin.

- Typical Angina (Definite): Defined as 1) substernal chest pain or discomfort that is 2) provoked by exertion or emotional stress and 3) relieved by rest and/or nitroglycerin.
- Atypical Angina (Probable): Chest pain or discomfort that lacks 1 of the characteristics of definite or typical angina.
- Nonanginal Chest Pain: Chest pain or discomfort that meets 1 or none of the typical angina characteristics.

Once the presence of symptoms (Typical Angina/Atypical Angina/Non angina chest pain/Asymptomatic) is determined, the probabilities of CAD can be calculated from the risk algorithms as follows:

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Gender</th>
<th>Typical/Definite Angina Pectoris</th>
<th>Atypical/Probable Angina Pectoris</th>
<th>Nonanginal Chest Pain</th>
<th>Asymptomatic</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;39</td>
<td>Men</td>
<td>Intermediate</td>
<td>Intermediate</td>
<td>Low</td>
<td>Very low</td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td>Intermediate</td>
<td>Very low</td>
<td>Very low</td>
<td>Very low</td>
</tr>
<tr>
<td>40–49</td>
<td>Men</td>
<td>High</td>
<td>Intermediate</td>
<td>Intermediate</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td>Intermediate</td>
<td>Low</td>
<td>Very low</td>
<td>Very low</td>
</tr>
<tr>
<td>50–59</td>
<td>Men</td>
<td>High</td>
<td>Intermediate</td>
<td>Intermediate</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td>Intermediate</td>
<td>Intermediate</td>
<td>Low</td>
<td>Very low</td>
</tr>
<tr>
<td>&gt;60</td>
<td>Men</td>
<td>High</td>
<td>Intermediate</td>
<td>Intermediate</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td>High</td>
<td>Intermediate</td>
<td>Low</td>
<td>Low</td>
</tr>
</tbody>
</table>

- Very low: Less than 5% pretest probability of CAD
- Low: Less than 10% pretest probability of CAD
- Intermediate: Between 10% and 90% pretest probability of CAD
- High: Greater than 90% pretest probability of CAD

Global Risk of CAD or Vascular Disease
Global risk of CAD is defined as the probability of developing CAD, including myocardial infarction or CAD death over a given time period and refers to asymptomatic patients without known coronary artery disease. It should be determined by the Framingham Risk Score (ATP IV risk tool), the Reynolds Risk Index, or the Pooled Cohort Equation (which includes cerebrovascular risk). A high risk is considered greater than a 20% risk of a coronary or major vascular event over the ensuing 10 years.

- **CAD Risk—Low**
  Defined by the age-specific risk level that is below average. In general, low risk will correlate with a 10-year absolute CAD risk less than 10%.

- **CAD Risk—Moderate**
  Defined by the age-specific risk level that is average or above average. In general, moderate risk will correlate with a 10-year absolute CAD risk between 10% and 20%.

- **CAD Risk—High**
  Defined as the presence of peripheral arterial disease, cerebrovascular disease, or a 10-year absolute CAD risk of greater than 20%.

**Duke Treadmill Score**

The equation for calculating the Duke treadmill score (DTS) is,

\[ DTS = \text{exercise time in minutes} - (5 \times \text{ST deviation in mm or } 0.1 \text{ mV increments}) - (4 \times \text{exercise angina score}), \]

with angina score being 0 = none, 1 = non-limiting, and 2 = exercise-limiting.

The score typically ranges from -25 to +15. These values correspond to low-risk (with a score of \( \geq +5 \)), intermediate risk (with scores ranging from -10 to +4), and high-risk (with a score of \( \leq -11 \)) categories.

**What Type of Stress Test is Appropriate?**

**EKG Stress Test versus Stress Echocardiography versus Stress Myocardial Perfusion Imaging**

Appropriate resource utilization, cost effectiveness, and radiation exposure limitation dictate choices in stress testing options.

Five prominent scenarios for an EKG stress test WITHOUT imaging (i.e. exercise treadmill EKG test) are endorsed by the guidelines presented above, often (but not always) requiring that the patient can exercise for at least 3 minutes of Bruce protocol with achievement of near maximal heart rate AND has an interpretable EKG for ischemia during exercise:

- The (symptomatic) low pretest probability patient who is able to exercise and has an interpretable EKG
- The (asymptomatic) high global risk patient who is able to exercise and has an interpretable EKG
- The patient who is under evaluation for exercise induced arrhythmia (or long QT interval evaluation when the resting QTc is normal), and coronary artery disease is not suspected
- The patient who requires an entrance stress test EKG for a cardiac rehab program or for an exercise prescription

An uninterpretable baseline EKG includes:

- Abnormalities of ST segment depression of 0.1 mV (1 mm with conventional calibration) or more
- Ischemic looking T wave inversions of at least 0.25 mV (2.5 mm with conventional calibration)
- EKG findings of probable or definite LVH, WPW, a ventricular paced rhythm, or left bundle branch block
- Digitalis use or hypokalemia
- Resting HR under 50 bpm on a beta blocker and an anticipated suboptimal workload (e.g. rate-pressure product less than 20-25K)
- Prior false positive stress EKG

Exercise remains a valid stressor:

- In patients who can exercise to near maximal heart rate
- For entrance to cardiac rehabilitation or determination of an exercise prescription
- For exercise induced arrhythmia evaluation
- Even with an uninterpretable EKG if stress imaging is appropriate and EKG un-interpretability is acknowledged

Scenarios for choosing stress echocardiography over myocardial perfusion imaging:

- The patient can exercise to near maximal heart rate for at least 3 minutes of Bruce protocol, with usage of contrast medium if necessary to enable quality imaging

AND

There is normal baseline systolic function or mild global hypokinesia (ejection fraction 40-50%), without moderate or severe valvular disease. Stress echocardiography with Doppler is appropriate in the patient for whom determination of exercise hemodynamics is helpful.

- Exercise Doppler with hemodynamics is the main reason for stress testing.

**When is Myocardial Perfusion Imaging Preferred Over Stress Echocardiography?**

There are circumstances in which myocardial perfusion imaging is generally preferable to stress echocardiography:

- BMI >/= 40
- Ventricular paced rhythm, LBBB, WPW
- Frequent PVCs interfering with wall motion assessment
- Prior coronary artery bypass grafting with resultant paradoxical septal motion
- Currently in poorly controlled atrial fibrillation
- Poor cardiac window on echo (documented on echo report as technically limited or difficult, without likely benefit of contrast medium)
- Documented regional wall motion abnormality: dyskinesia, akinesia, or hypokinesia
- Unable to perform ADL’s with documented extent of limitations
- Functional capacity <4 METS or < 3’ Bruce protocol
- Arthritis with documented limitations
- Leg/foot amputation
- Active foot wound/ulcer
- Ambulation requires cane or walker
- Confinement to a wheelchair
- Severe chronic obstructive pulmonary disease (based upon PFT findings), severe dyspnea on exertion, or requirement for home oxygen use
- Systolic congestive heart failure with ejection fraction <40%
- Recent orthopedic surgery limiting use of a lower extremity

**Determinants of a 4 MET functional capacity:**
Examples of activities:

<4 METs:
- Slow ballroom dancing, golfing with a cart, playing a musical instrument, and walking at approximately 2 mph to 3 mph

>4 METs:
- Climbing a flight of stairs or walking up a hill, walking on level ground at 4 mph, and performing heavy work around the house

**Tools for Characterization of Unstable Angina:**

Risk Stratification in Acute Coronary Syndrome from 2007 ACC/AHA Guidelines

Three Principal Presentations of Unstable Angina (as defined within a two week time frame) (Braunwald)

<table>
<thead>
<tr>
<th>Class</th>
<th>Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest angina</td>
<td>Angina occurring at rest and prolonged, usually greater than 20 min</td>
</tr>
<tr>
<td>Now-onset angina</td>
<td>New-onset angina of at least CCS class III severity</td>
</tr>
<tr>
<td>Increasing angina</td>
<td>Previously diagnosed angina that has become distinctly more frequent, longer in duration, or lower in threshold (i.e., increased by 1 or more CCS class to at least CCS class III severity)</td>
</tr>
</tbody>
</table>

**Table 6: Likelihood that Symptoms Represent an Acute Coronary Syndrome**

<table>
<thead>
<tr>
<th>Feature</th>
<th>High Likelihood Any of the following:</th>
<th>Intermediate Likelihood Absence of high-likelihood features and presence of any of the following:</th>
<th>Low Likelihood Absence of high- or intermediate-likelihood features but may have:</th>
</tr>
</thead>
<tbody>
<tr>
<td>History</td>
<td>Chest or left arm pain or discomfort as chief symptom reproducing prior documented angina</td>
<td>Chest or left arm pain or discomfort as chief symptom</td>
<td>Probable ischemic symptoms in absence of any of the intermediate likelihood characteristics</td>
</tr>
<tr>
<td></td>
<td>Known history of CAD, including MI</td>
<td>Age greater than 70 years</td>
<td>Recent cocaine use</td>
</tr>
<tr>
<td>Examination</td>
<td>Transient MR murmur, hypertension, diaphoresis, pulmonary edema, or rales</td>
<td>Extracardiac vascular disease</td>
<td>Chest discomfort reproduced by palpation</td>
</tr>
<tr>
<td>ECG</td>
<td>New, or presumably new, transient ST-segment deviation (1 mm or greater) or T-wave inversion in multiple precordial leads</td>
<td>Fixed Q waves</td>
<td>T-wave flattening or inversion less than 1 mm in leads with dominant R waves</td>
</tr>
<tr>
<td>Cardiac markers</td>
<td>Elevated cardiac Tro, Tn, or CK-MB</td>
<td>ST depression 0.5 to 1 mm or T-wave inversion greater than 1 mm</td>
<td>Normal ECG</td>
</tr>
</tbody>
</table>


ACS = acute coronary syndrome; CAD = coronary artery disease; CK-MB = MB fraction of creatine kinase; ECG = electrocardiogram; MI = myocardial infarction; NR = normal regurgitation; Tn = troponin I; TnT = troponin T.
Table 7: Short Term Risk of Death or Nonfatal MI in Acute Coronary Syndrome

<table>
<thead>
<tr>
<th>Feature</th>
<th>High Risk</th>
<th>Intermediate Risk</th>
<th>Low Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>History</td>
<td>Accelerating tempo of ischemic symptoms in preceding 48 h</td>
<td>Prior MI, peripheral or cerebrovascular disease, or CABG, prior aspirin use</td>
<td>Increased angina frequency, severity, or duration</td>
</tr>
<tr>
<td>Character of pain</td>
<td>Prolonged ongoing (greater than 20 min) rest pain</td>
<td>Prolonged (greater than 20 min) rest angina, new resolved, with moderate or high</td>
<td>Angina provoked at a lower threshold</td>
</tr>
<tr>
<td></td>
<td></td>
<td>likelihood of CAD</td>
<td>New onset angina with onset 2 weeks to 2 months prior to presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rest angina (greater than 20 min) or relieved with rest or sublingual NTG</td>
<td></td>
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<td></td>
<td></td>
<td>NOcturnal angina</td>
<td></td>
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<td></td>
<td></td>
<td>New-onset or progressive CCS class III or IV angina in the past 2 weeks without</td>
<td></td>
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<td></td>
<td></td>
<td>Prolonged (greater than 20 min) rest pain</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>but with intermediate or high likelihood of CAD (see Table 6)</td>
<td></td>
</tr>
<tr>
<td>Clinical findings</td>
<td>Pulmonary edema, most likely due to ischemia</td>
<td>Age greater than 70 years</td>
<td></td>
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<tr>
<td></td>
<td>New or worsening MR murmur</td>
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<td></td>
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<tr>
<td></td>
<td>S5 or new/worsening signs</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Hypothesis, bradycardia, tachycardia</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Age greater than 75 years</td>
<td></td>
<td></td>
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<tr>
<td>ECG</td>
<td>Anemia at rest with transient ST-segment changes greater than 0.6 mm</td>
<td>T-wave changes</td>
<td>Normal or unchanged ECG</td>
</tr>
<tr>
<td></td>
<td>Bundle-branch block, new or presumed new</td>
<td>Pathological Q waves or resting ST-depression less than 1 mm in multiple lead</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sustained ventricular tachycardia</td>
<td>groups (anterior, inferior, lateral)</td>
<td></td>
</tr>
<tr>
<td>Cardiac markers</td>
<td>Elevated cardiac TnT, Tni, or CK-MB (e.g., TnT or Tni greater than 0.1 ng/</td>
<td>Slightly elevated cardiac TnT, Tni, or CK-MB (e.g., TnT greater than 0.01 but less</td>
<td>Normal</td>
</tr>
<tr>
<td></td>
<td>ml)</td>
<td>than 0.1 ng/ml</td>
<td></td>
</tr>
</tbody>
</table>

*Extraction of the short-term risks of death and nonfatal cardiac ischemic events (UA or NSTEMI) is a complex, multivariable problem that cannot be fully specified in a table such as this; therefore, this table is meant to offer general guidance and illustration rather than rigid algorithms. Adapted from AHA/ACC Clinical Practice Guidelines No. 10, Unstable Angina: Diagnosis and Management. May 1994 (129).*

The **TIMI Risk Score** is determined by the sum of the presence of 7 variables at admission: 1 point is given for each of the following variables: age ≥65 years, at least 3 risk factors for CAD, prior coronary stenosis of ≥50%, ST-segment deviation on ECG presentation, at least 2 anginal events in prior 24 hours, use of aspirin in prior 7 days, and elevated serum cardiac biomarkers. **Low-Risk TIMI Score**: TIMI score <2; **High-Risk TIMI Score**: TIMI score ≥2. A low risk TIMI score might still warrant invasive coronary arteriography, when other features, such as symptoms, are compelling.

**Abbreviations:**

- AAD: antiarrhythmic drug
- ADLs: activities of daily living
- CAD: coronary artery disease
- CCS: Canadian Cardiovascular Society
- CKD: chronic kidney disease
- EKG: electrocardiogram
- FFR: fractional flow reserve
- LBBB: left bundle-branch block
- LVH: left ventricular hypertrophy
- MI: myocardial infarction
- MET: estimated metabolic equivalent of exercise
- PFT: pulmonary function test
- PVCs: premature ventricular contractions
- TIMI: Thromoblysis in Myocardial Infarction (Study Group)
- WPW: Wolf Parkinson White
REFERENCES

General References for Stress Testing and Ischemic Heart Disease


General References for Stress Echocardiography


References for cardiovascular risk:
(Also see links to Online Calculators at end of Reference Section)


References for High Occupational Risk


Reference for peri-operative risk
Reference for unstable angina risk


Reference for indications for cardiac catheterization/ invasive coronary arteriography:


Reference for bariatric surgery risk


Reference for number of PVCs


Reference for syncope


Reference for left bundle branch block


Reference for right bundle branch block


Referenced for police, fireman, pilots, etc.


Referenced for Arrhythmias and Long QT Syndrome


Reference for Cardiac Transplantation Patients


Reference for Microvascular Coronary Disease


Reference for Kawasaki Disease


Reference for Anti-rejection Medication and Vascular Disease


Links to Cardiac/Vascular Risk Online Calculators:

Framingham-ATP IV: http://cvdrisk.nhlbi.nih.gov/

Reynolds Risk Score: http://www.reynoldsriskscore.org/

Pooled Cohort Equation (includes cardiac and cerebrovascular risk): http://clincalc.com/Cardiology/ASCVD/PooledCohort.aspx?example

ACC/AHA Risk Calculator (includes cardiac and cerebrovascular risk): http://tools.acc.org/ASCVD-Risk-Estimator/
MESA Risk Calculator with addition of Coronary Artery Calcium Score:
https://www.mesa-nhlbi.org/MESACHDRisk/MesaRiskScore/RiskScore.aspx

Reviewed/Approved by Michael Pentecost, MD, Chief Medical Officer