



## 11.2 CARDIOLOGY REFERRAL GUIDELINES

### Contracted Group: Southwest Medical

Please see updated ACC/AHA guidelines for evaluation and management of common cardiac conditions. Optimal Care guidelines are also available for Optum primary care providers for additional reference.

#### Adult Cardiology Patients (18 Years and Older) Referral Guidelines

888 S. Rancho  
Las Vegas, NV 89109  
Phone: (702) 877-8654  
Fax: (702) 669-5933

4475 S Eastern Ave.  
Las Vegas, NV 89119  
Phone: (702) 492-4883  
Fax: (702) 669-5933

2845 Siena Heights Dr., #351  
Henderson, NV 89052  
Phone: (702) 877-8654  
Fax: (702) 669-5933

NOTE: A Cardiologist is available during clinic hours to discuss a case and make suggestions regarding work up.

The following diagnostics are needed prior to cardiology consultations:

#### **Chest Pain**

- ECG within 30 days
- Chest x-ray
- Lab work: CBC, Chemistry Panel, Lipid and Thyroid Panel, Hemoglobin
- Attach previous Echocardiogram, stress test or angiogram report if available
- Consider referral for Coronary CT Angiogram if appropriate

#### **Heart Failure**

- Chest x-ray
- Lab work: CBC, Chemistry Panel, Lipid and Thyroid Panel, BNP CMP and BNP within past 30 days
- EKG
- Echocardiogram within past 6 months

#### **Atrial Fibrillation, Atrial flutter, Tachycardia, Bradycardia & Palpitations**

- Documentation of arrhythmia-ECG, Holter, Event Monitor, or telemetry showing arrhythmia or previous Cardiologist Office Note documenting arrhythmia, etc.
- Lab work: CBC, Chemistry Panel, Lipid and Thyroid Panel
- Echocardiogram within past year
- Holter Monitor/Event Recorder-if not previously done

#### **Abnormal EKG:**

- Attach any current or prior EKG

#### **Adult Congenital Heart Disease:**

- If the patient is established with Children's Heart Center, refer to pediatric cardiology

**Established CAD:**

- History of CABG/MI/Cardiac Stent/PTCA/PCI
- Attach records

**Dyslipidemia:**

- Attach fasting Lipids

**Hypertension:**

- Refer to Cardiology; if the patient is on or attempted 3 classes of anti-hypertensive medications at maximal dose, at PCP's discretion; for at least one month and blood pressure is still uncontrolled.

**Pacemaker & ICD:**

- Obtain last device check and office note from MD/Group that is currently managing device; and attach.

**Preoperative evaluation:**

- List what type of surgery and reason for request for Evaluation; include Surgeon/Group performing surgery.
- Note: if Surgery is scheduled; list the date

**Syncope:**

- Attach current EKG and Echocardiogram
- List if patient has had Syncope during exertion or supine; Palpitation at the time of syncope & Family history of sudden death

**Valvular Disease:**

- History of Valve Replacement or Valve Repair
- Echocardiogram in past year; attach records
- Refer if echo shows moderate or greater regurgitation or any stenosis (Aortic, Mitral, Tricuspid or Pulmonic)

**Stress Testing**

- Attach EKG, office notes, cardiology records/testing
- Consider referral for coronary CTA when appropriate
- Patients referred for stress test will be seen in a consultation by a cardiology provider to determine appropriate testing modality

**Echo Testing Guidelines:**

- Indication per Appropriate Use Criteria
  - Chest Pain
  - Shortness of Breath
  - Palpitations
  - Pericardial Disease
  - Cardiac abnormality of CXR
  - MI on EKG
  - Frequent PVCs
  - A-Fib, SVT, VT
  - Syncope, pre-syncope, lightheadedness

## 2025 HPN Provider Summary Guide

- Pulmonary HTN, evaluate pulmonary pressure
  - Hypoxemia of unclear etiology
  - Valvular Disease
  - Murmur
  - Prosthetic Valve
  - Endocarditis
  - Cardiac Mass
  - TIA/CVA/source of embolism
  - Disease of the Aorta
  - Aneurysm
  - Marfan's Syndrome
  - Hypertension
  - Heart Failure
  - Cardiac Transplant
  - Cardiomyopathy
  - Cardiomegaly
  - Chemotherapy
  - Congenital Heart Disease
  - Edema
- Submit referral if patient meets the criteria listed above.

### **Event Monitors & Holter Monitors:**

- Indication per Appropriate Use Criteria
  - Palpitations
  - Fatigue
  - Shortness of breath
  - Dizziness
  - Lightheadedness
  - Giddiness
- Indicate frequency of symptoms
  - Daily symptoms– recommend ordering Holter monitor
  - Occasionally/Infrequent – recommend 30 day Event monitor