

Coronary Artery Spasm

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A Case Study



Speaker Disclosure Information

- Nancy L Lundy, RN, MSN, ANP-BC, AACCC
 - **Disclosures**
 - No disclosures to report

Epidemiology of CAS

- US has lowest frequency world wide
- More common in females.
- Types: Prinzmetal angina- preserved exercise, responsive to CCB.

Epicardial CAS: MVD, VT/VF, poor prognosis.

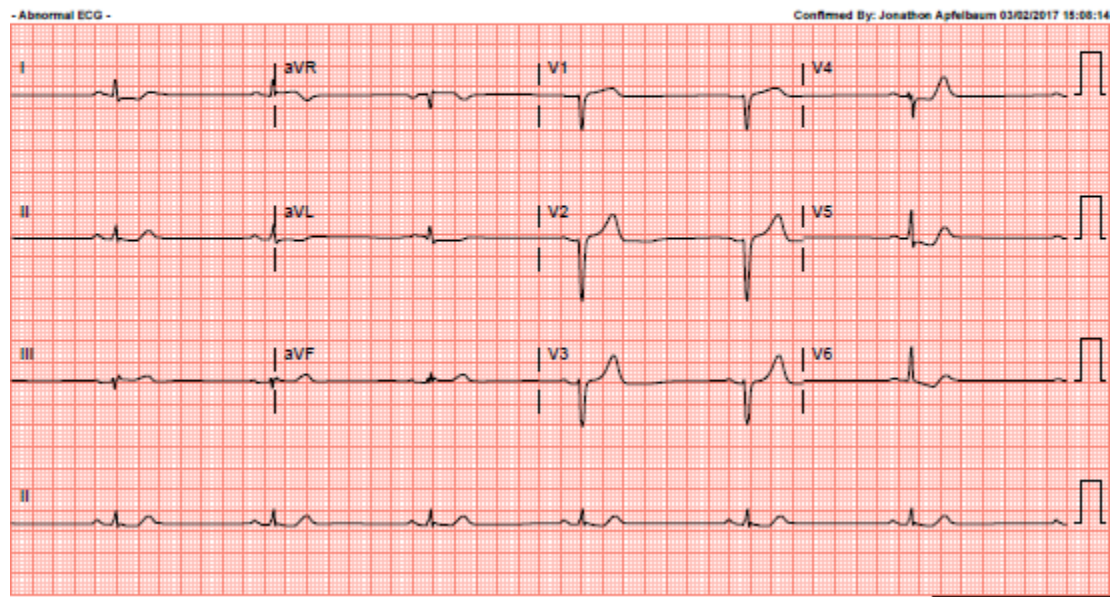
NO RCT: treatment based on case study review.

Case Presentation

- 40 YO white female, married, 2 children.
- Full-time Army medic.
- PMH: hypertension, 2006 in Iraq.
- FH: Mom A/W-HTN, Dad D Lung CA, Brother deceased at 26? MI- brother with MS.
- SH: never smoked, rare ETOH.
- Meds: Nifedipine and Mirena IUD.

Presenting ECG

Rate	40	SINUS BRADYCARDIA	Req Provider:	ANDREW KNALT
PR	172	LOW VOLTAGE IN FRONTAL LEADS	Acct. No.:	107347114
QRSD	96	NONSPECIFIC REPOL ABNORMALITY, LATERAL LEADS	DX:	CP
QT	452	No previous ECG available for comparison		
QTc	369			
	--Axis--			
P	31			
QRS	48			
T	94			



Cardiac Cath



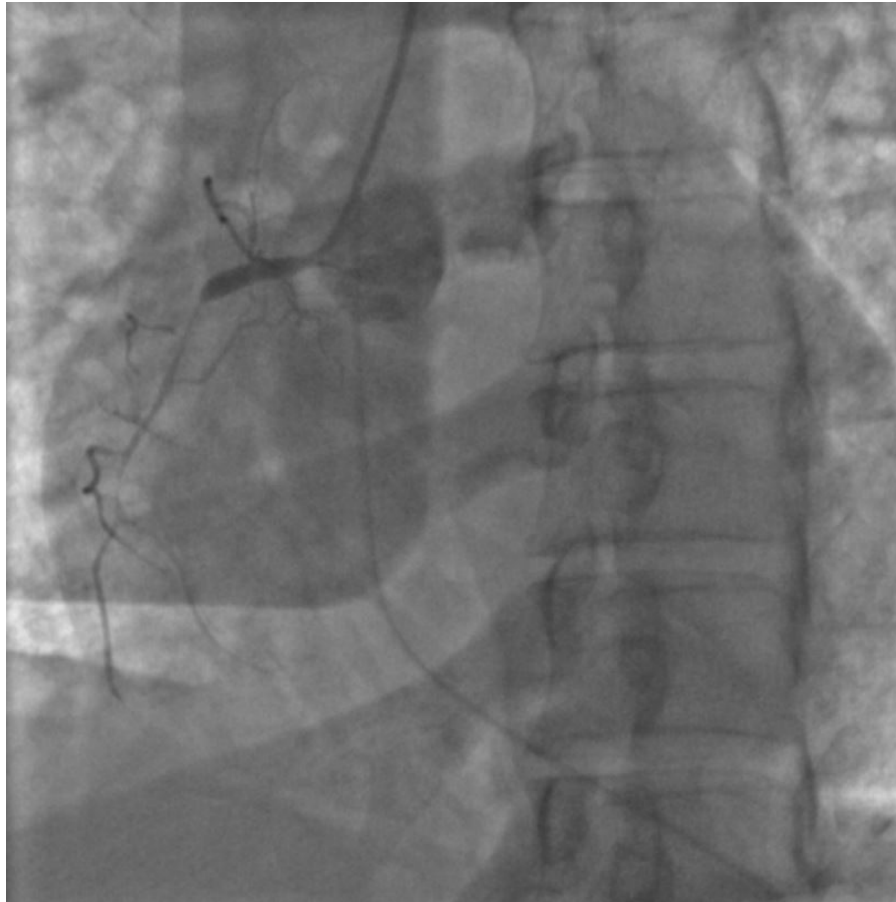
Discharge medicines

- Aspirin 81 mg QD
- Atorvastatin 80 mg QD
- Diltiazem CD 180 mg QD
- Imdur 60 mg QD
- NTG 0.4 mg SL PRN
- Added : Ranexa 500 mg BID on 3/24
- Added: Citalopram 20 mg QD

Rapid Decline: 12/30/17

- CP watching TV - incomplete resolution with NTG.
- Wakes from sleep at 430 AM with CP/nausea.
- Syncope's on the way to bathroom.
- AMR transport - ST changes, troponin elevated.
- IVF for hypotension.
- Patient admitted to floor.
- Cardiac cath requested and denied.

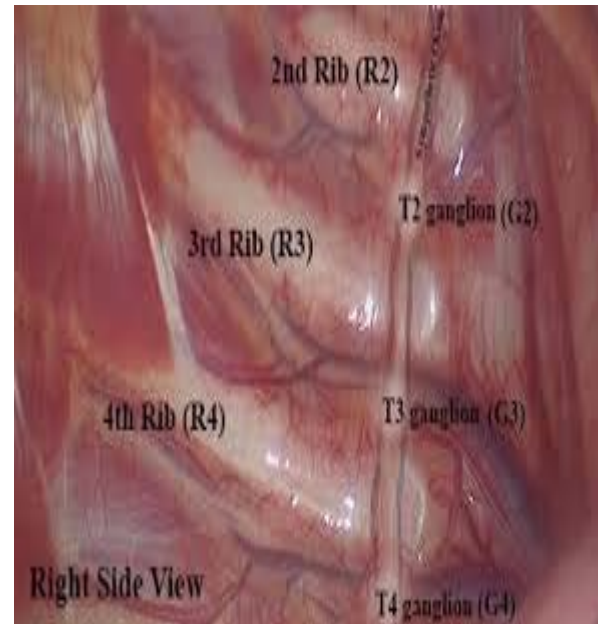
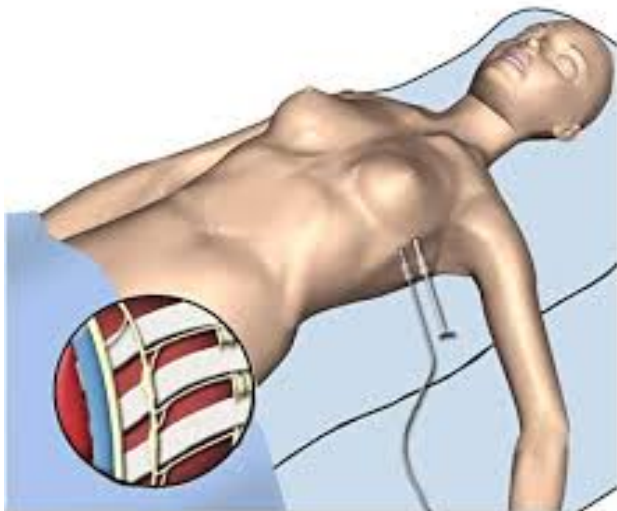
The RCA



THE LAD and CFX



Bilateral T 2-3-4 Sympathectomy



Medications

- Aspirin 81 mg po qd
- Atorvastatin 20 mg po qd
- Furosemide 20 mg po qd
- Isosorbide mononitrate ER 30 mg po qd
- L-Arginine 500 mg po bid
- Lisinopril 2.5 mg po qd
- Nitroglycerin 0.4 mg SL PRN
- Verapamil HCl 120 mg po qd
- Vitamin D 3 2000 units po qd
- Xarelto 20 mg po qd

Follow up

- Echocardiogram May 2018: EF=40%, Apical akinesis, septal hypokinesis, mild MR
- No admissions for CP-CAS
- Chronic atypical sharp chest pain, intolerant to BB, depression and anxiety.
- Has returned to work, tolerates normal activity.

References

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