

# Myocardial infarction: rehabilitation and preventing further cardiovascular disease overview

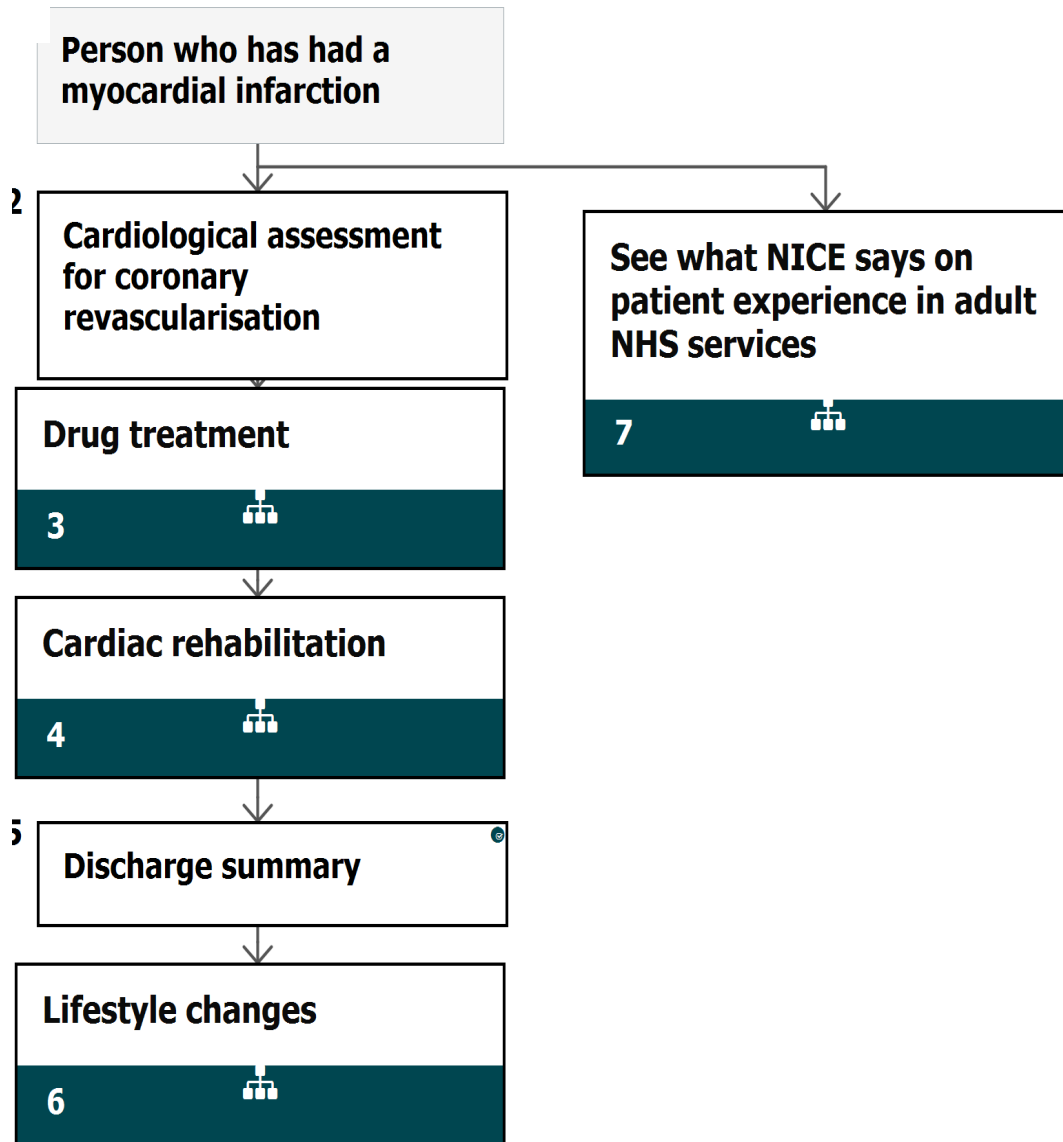
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/myocardial-infarction-rehabilitation-and-preventing-further-cardiovascular-disease>

NICE Pathway last updated: 10 May 2018

This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



## 1 Person who has had a myocardial infarction

No additional information

## 2 Cardiological assessment for coronary revascularisation

Offer everyone who has had an MI a cardiological assessment to consider whether coronary revascularisation is appropriate. This should take into account comorbidity.

## 3 Drug treatment

[See Myocardial infarction: rehabilitation and preventing further cardiovascular disease / Drug treatment after myocardial infarction](#)

## 4 Cardiac rehabilitation

[See Myocardial infarction: rehabilitation and preventing further cardiovascular disease / Cardiac rehabilitation after myocardial infarction](#)

## 5 Discharge summary

After an acute MI, ensure that the following are part of every discharge summary:

- confirmation of the diagnosis of acute MI
- results of investigations
- incomplete drug titrations
- future management plans
- advice on secondary prevention.

Offer a copy of the discharge summary to the patient.

### Quality standards

The following quality statement is relevant to this part of the interactive flowchart.

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## Secondary prevention after a myocardial infarction

### 3. Communication with primary care

#### **6 Lifestyle changes**

[See Myocardial infarction: rehabilitation and preventing further cardiovascular disease / Lifestyle changes after myocardial infarction](#)

#### **7 See what NICE says on patient experience in adult NHS services**

[See Patient experience in adult NHS services](#)

## Glossary

### ACE

angiotensin-converting enzyme

### ARB

angiotensin II receptor blocker

### CABG

coronary artery bypass graft

### CVD

cardiovascular disease

### MI

myocardial infarction

### NSTEMI

non-ST-segment elevation myocardial infarction

### PDE5

phosphodiesterase type 5

### STEMI

ST-segment elevation myocardial infarction

## Sources

[Myocardial infarction: cardiac rehabilitation and prevention of further cardiovascular disease](#)  
(2013) NICE guideline CG172

## Your responsibility

### Guidelines

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

### Technology appraisals

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to

have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

### **Medical technologies guidance, diagnostics guidance and interventional procedures guidance**

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the interactive flowchart does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in their local context, in light of their duties to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.