

## **Management Plan: Stable Angina Hua Lin.**

### **1. Diagnostic Tests for Stable Angina:**

- **Vital Signs:**
  - Temperature: 99.1°F (mild elevation); Blood Pressure: 154/86 mmHg; Heart Rate: 108 bpm; Respiratory Rate: 16 breaths/min, unlabored; SpO2: 98% on room air; Chest pain: 0/10 at rest.
- **12-Lead Electrocardiogram (ECG):**
  - The patient's ECG shows a rate of 108 bpm with regular rhythm, without evidence of ST-segment changes (elevation or depression). No signs of ischemia are noted.
- **Laboratory Tests:**
  - **CBC:** Results are normal.
  - **CMP:** Results are within normal limits.
  - **Lipid Profile:** Elevated cholesterol and LDL levels indicating hyperlipidemia. Specific results include:
    - Total Cholesterol: 239 mg/dL
    - HDL: 43 mg/dL (high risk)
    - LDL: 169 mg/dL (high risk)
    - Triglycerides: 135 mg/dL (borderline high)
  - **Troponin I:** 0.5 ng/mL (normal, as the result is below 1.5 ng/mL), ruling out acute myocardial infarction (MI).
- **Chest X-Ray (PA and lateral views):**
  - No rib fractures, clear lungs with no signs of congestion, no cardiomegaly, and no pleural effusion. Findings rule out pulmonary or pericardial causes of chest pain.

### **2. Medications:**

The patient has a history of hypertension, hyperlipidemia, coronary artery disease (CAD), and heart murmurs. After ruling out MI and pericarditis, the diagnosis of stable angina is made. As per current guidelines, the following first-line treatments for stable angina are prescribed:

- **Anti-Anginal Therapy:**
  1. **Beta-Blockers:**
    - Medications: **Metoprolol** or **Atenolol**.