

# Pulmonary Hypertension REFERRAL GUIDELINE

For more information or referral questions, contact your local vascular practice. For a complete listing, visit [mainehealth.org/services/cardiovascular/service-locations](http://mainehealth.org/services/cardiovascular/service-locations)

<b>HIGH RISK</b> <b>SUGGESTED EMERGENT CONSULTATION</b>	<b>MODERATE RISK</b> <b>SUGGESTED CONSULTATION OR CO-MANAGEMENT</b>	<b>LOW RISK</b> <b>SUGGESTED ROUTINE CARE</b>
<p><b>SYMPTOMS AND LABS</b></p> <ul style="list-style-type: none"> <li>Rapid change and progression of symptoms &lt; 6 months</li> <li>Any episode of syncope</li> <li>Signs and symptoms of right heart failure</li> <li>Severe pulmonary hypertension</li> <li>Shortness of breath at rest</li> <li>Age &lt; 50</li> </ul>	<p><b>SYMPTOMS AND LABS</b></p> <ul style="list-style-type: none"> <li>Progression of symptoms over 6-12 months</li> <li>No history of syncope</li> <li>No signs of right heart failure</li> <li>Moderate or severe pulmonary hypertension</li> </ul>	<p><b>SYMPTOMS AND LABS</b></p> <ul style="list-style-type: none"> <li>Slow progression of symptoms &gt;12 months</li> <li>No history of syncope</li> <li>No signs of right heart failure</li> <li>Mild or moderate pulmonary hypertension</li> <li>No shortness of breath at rest</li> </ul>
<p><b>SUGGESTED PREVISIT WORKUP</b></p> <ul style="list-style-type: none"> <li>Expedited referral to Pulmonary Hypertension Clinic</li> <li>Suggest calling 207-661-4247, option 9 (physician to physician hotline)</li> <li>Expedited outpatient (possible inpatient) evaluation</li> </ul>	<p><b>SUGGESTED WORKUP</b></p> <ul style="list-style-type: none"> <li>Referral to Pulmonary Hypertension Clinic</li> <li>Consider calling 207-661-4247, option 9 (physician to physician hotline)</li> </ul>	<p><b>SUGGESTED MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Referral to Pulmonary Hypertension Clinic</li> </ul>

## CLINICAL PEARLS

- On echocardiogram, a tricuspid regurgitant jet velocity > 2.8 m/s or estimated RVSP 35mmHg or greater is suggestive of the presence of pulmonary hypertension
- Clinical signs or symptoms of right heart failure include: syncope, chest pain, abdominal bloating, and swelling of the feet, ankles, and legs

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These clinical practice guidelines describe generally recommended evidence-based interventions for the evaluation, diagnosis and treatment of specific diseases or conditions. The guidelines are: (i) not considered to be entirely inclusive or exclusive of all methods of reasonable care that can obtain or produce the same results, and are not a statement of the standard of medical care; (ii) based on information available at the time and may not reflect the most current evidenced-based literature available at subsequent times; and (iii) not intended to substitute for the independent professional judgment of the responsible clinician(s). No set of guidelines can address the individual variation among patients or their unique needs, nor the combination of resources available to a particular community, provider or healthcare professional. Deviations from clinical practice guidelines thus may be appropriate based upon the specific patient circumstances.