

# AORTIC STENOSIS REFERRAL GUIDELINE

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

## HIGH RISK

### SUGGESTED EMERGENT CONSULTATION

#### SYMPTOMS AND LABS

Stage C & D: Symptomatic, dyspnea on exertion, exertional chest pain, lightheadedness, lower extremity edema, PND, orthopnea or syncope

Significant heart murmur on exam

Severe leaflet calcification with reduced leaflet mobility  $AVA < 1\text{cm}^2$ , Aortic  $V_{\text{max}} > 4\text{ m/s}$ , Mean trans aortic pressure is  $> 40\text{mmHg}$ ,  $SVI < 35\text{ml/m}^2$ , with or without reduced LV function.

Patients with a mean trans-aortic gradient of greater than  $60\text{mmHg}$

#### SUGGESTED PREVISIT WORKUP

Referral to cardiology or advanced heart valve clinic at the Maine Medical Center

For acute symptoms, consider hospitalization

Cardiac catheterization

## MODERATE RISK

### SUGGESTED CONSULTATION OR CO-MANAGEMENT

#### SYMPTOMS AND LABS

Asymptomatic Stage B

Heart murmur by exam

Echocardiogram showing moderate aortic stenosis:  $V_{\text{max}} 3.0\text{-}3.9\text{m/s}$ ,  $AVA > 1.0$ , mean gradient  $20\text{-}40\text{mmHg}$ . Normal LV function, early diastolic dysfunction

#### SUGGESTED WORKUP

Monitor and educate patient on symptoms

Echocardiogram every 1-2 years

Guideline Directed Medical Therapy for HTN

Consider referral to cardiology

## LOW RISK

### SUGGESTED ROUTINE CARE

#### SYMPTOMS AND LABS

Asymptomatic Stage A & B

Heart murmur by exam

Echocardiogram showing mild aortic stenosis ( $V_{\text{max}} 2.0\text{-}2.9\text{m/s}$ )

#### SUGGESTED MANAGEMENT

Monitor for symptoms

Echocardiogram every 3-5 years or based on clinical findings

Guideline Directed Medical Therapy for HTN

## CLINICAL PEARLS

#### Stages of Aortic Stenosis

- A: At Risk
- B: Progressive- mild to moderate in severity
- C1: Asymptomatic Severe Stenosis when the LV/RV are compensated
- C2: Asymptomatic Severe when the LV/RV are decompensated

- D1: Symptomatic patients with high flow high gradient AS
- D2: Symptomatic patients with low flow low gradient AS
- D3: Symptomatic patients with paradoxical low flow low gradient AS

**Maine Medical**  
**PARTNERS**

*A department of Maine Medical Center*

Approved by MMC/MH Advanced Valve Team  
7/31/19, Clinical owner: David Butzel, MD;  
Administrative owner: Richard Veilleux

**MaineHealth**