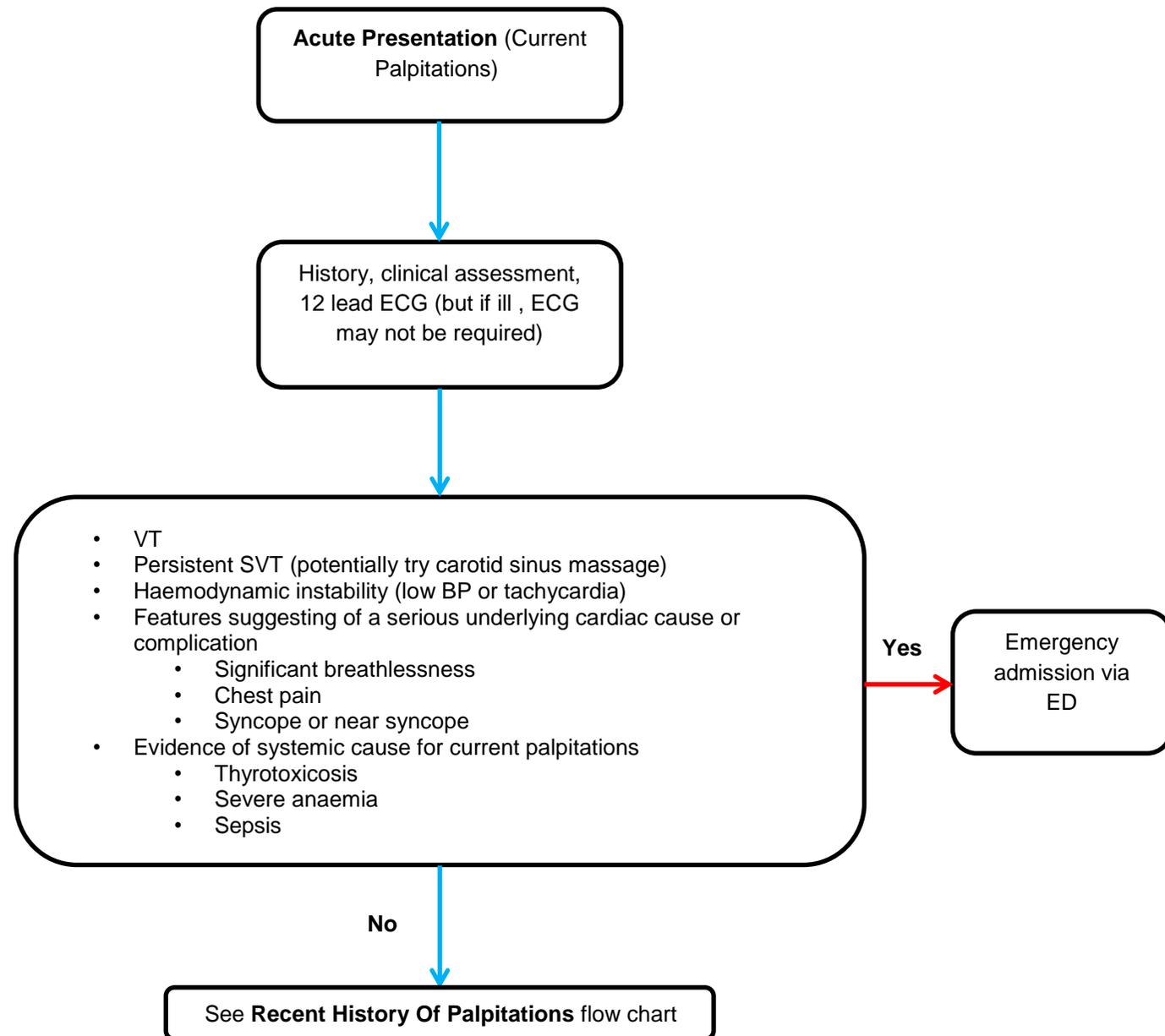


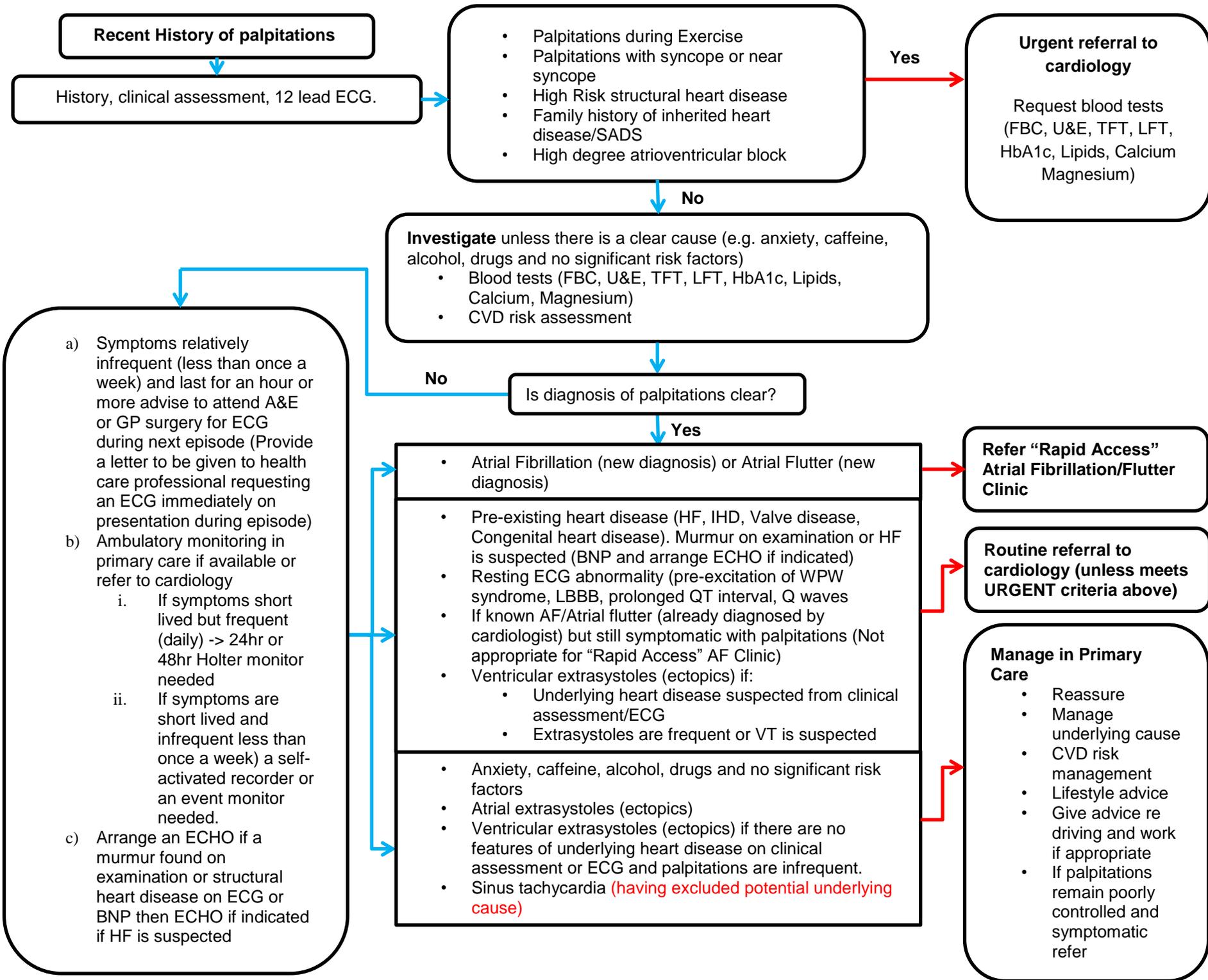


General Commissioning Statement

Condition or Treatment	Management of Palpitations in Primary Care
Background	<p>The majority of people will experience palpitations at some time. A palpitation is a subjective awareness of the heartbeat. It can occur with awareness of sinus rhythm, extra systoles (ectopic beats), with abnormal bursts of rapid heart rhythms (tachycardia) or with an irregularity of the heart rhythm such as in AF.</p> <p>Phase I of the CCG's RSS project suggested significant numbers of patients referred to cardiology could probably be investigated and managed in primary care.</p>
Commissioning statement	<p>This pathway (Appendix 1) is designed to aid a generic workup for patients with palpitations, aid specific interventions for defined arrhythmias such as AF and define when specialist referral is indicated.</p> <p>Appendix 2 – Risk Stratification Appendix 3 – ECG Library</p>
Referral guidance	Referral guidance only
Effective from	July 2016
Summary of evidence / Rationale	<p>This pathway is designed to guide and support the role of the primary care physician or specialist nurse when a patient presents with symptoms suggestive of a primary cardiac arrhythmia.</p> <p>Care pathways and accompanying notes have been developed in conjunction with published NICE guidelines (CKS last revised in May 2015).</p> <p>ECG library is taken from Greater Manchester and Cheshire Cardiac and Stroke Network Primary Care Pathways.</p> <p>Risk stratification and 'Traffic Light' system is by Dr Michael Cooklin a cardiologist based in London and the South London Cardiac and Stroke Network.</p>
Date	04 July 2016
Review Date	04 July 2017
Contact for this policy	<p>Dr Bruce Willoughby GP/Governing Member Brucewilloughby@nhs.net</p>

Appendix 1: Palpitations Pathway





Appendix 2: Risk Stratification

The majority of patients presenting with palpitations do not have an arrhythmia and of those who do, many do not have an arrhythmia of prognostic significance.

Risk assessment is a guide to the clinician in primary care to aid in decision making around further investigation and referral.

Dr Michael Cooklin a cardiologist based in London and the South London Cardiac and Stroke Network, has raised awareness of risk stratification in arrhythmic illness with the 'Traffic Light' system.

Low Risk: Management in Primary Care

Skipped beats
Thumping beats
Short fluttering
Slow pounding
AND
Normal ECG
AND
No family history
AND
No structural
heart
disease

Refer for Cardiology opinion

History suggests
recurrent
Tachyarrhythmia

Palpitations with
associated
symptoms

AND/OR

Abnormal ECG

AND/OR

Known Structural
heart disease

Refer for urgent cardiology opinion

Palpitations
during
exercise

Palpitations with
syncope or near

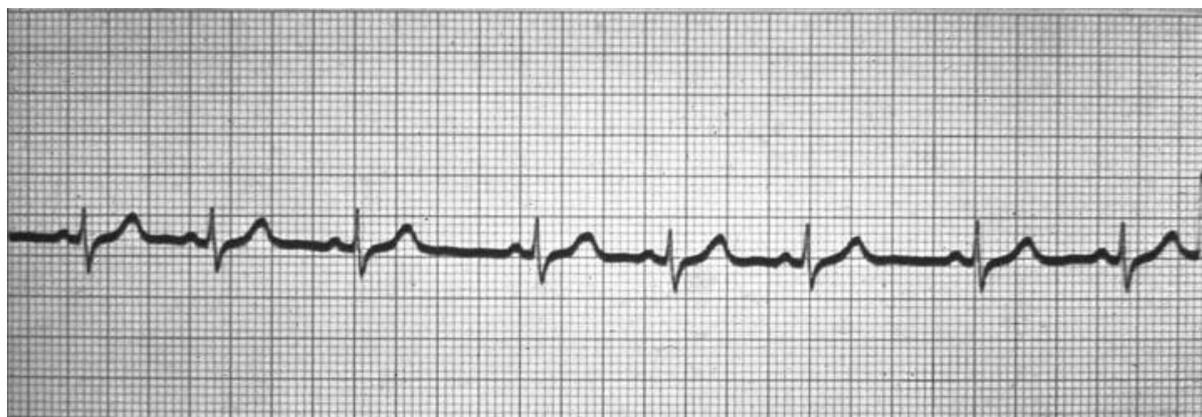
High Risk
structural
heart disease

Family history of
inherited heart
disease/SADS

High degree
atrioventricular
block

Appendix 3: ECG Library

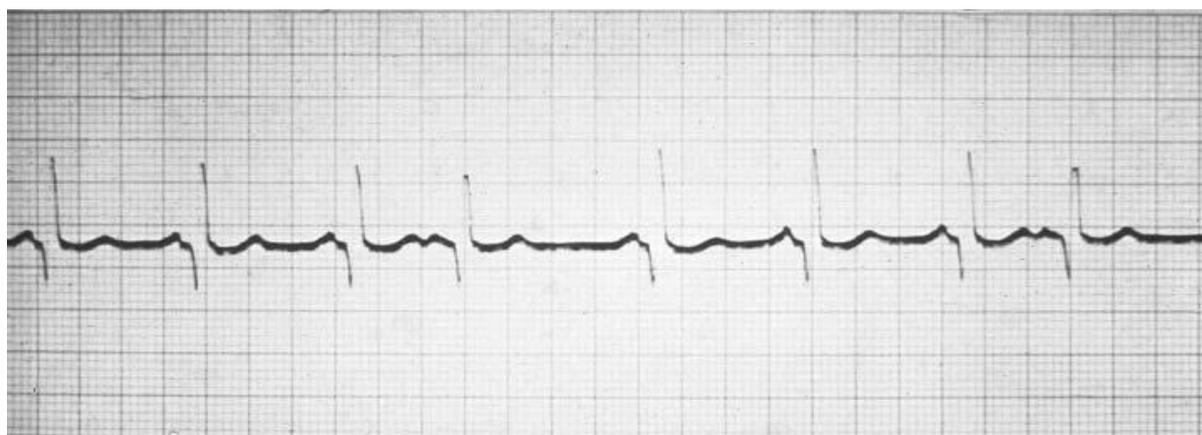
Sinus rhythm with sinus arrhythmia



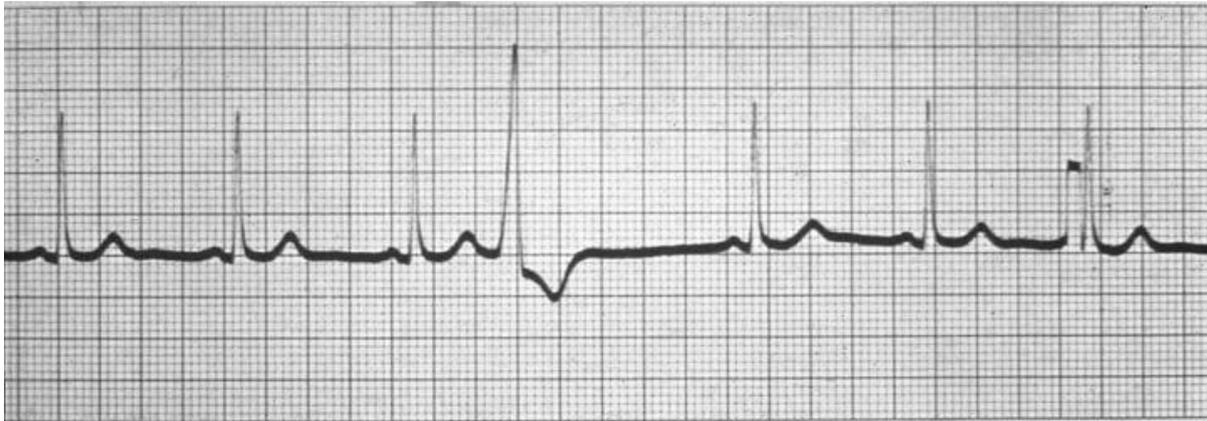
Sinus tachycardia



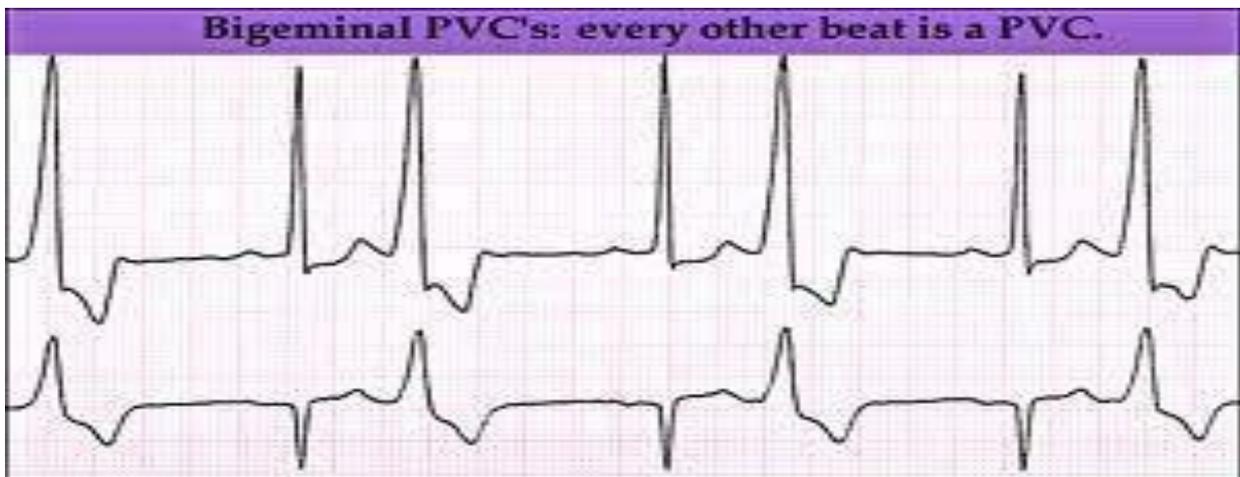
Premature atrial ectopic beats



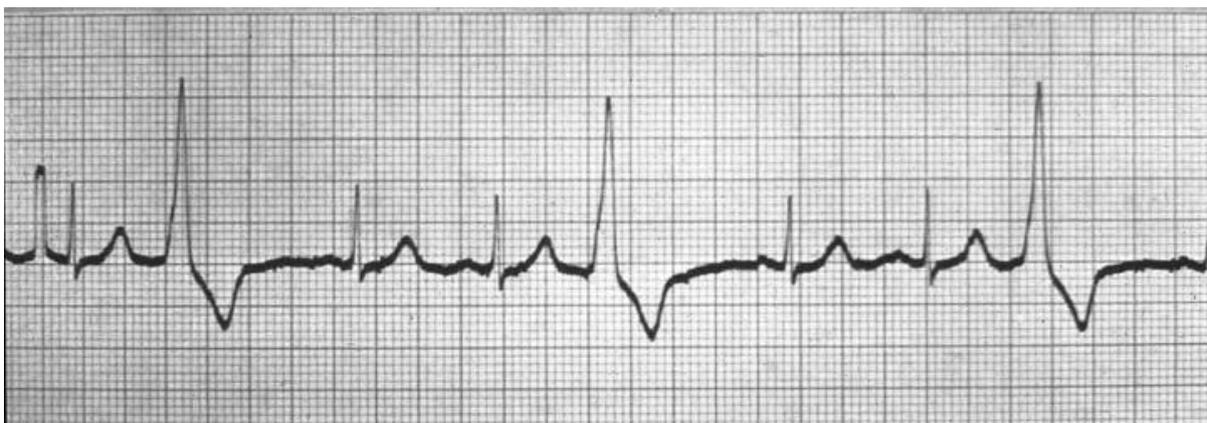
Ventricular ectopic beat



Ventricular bigeminy



Ventricular trigemini



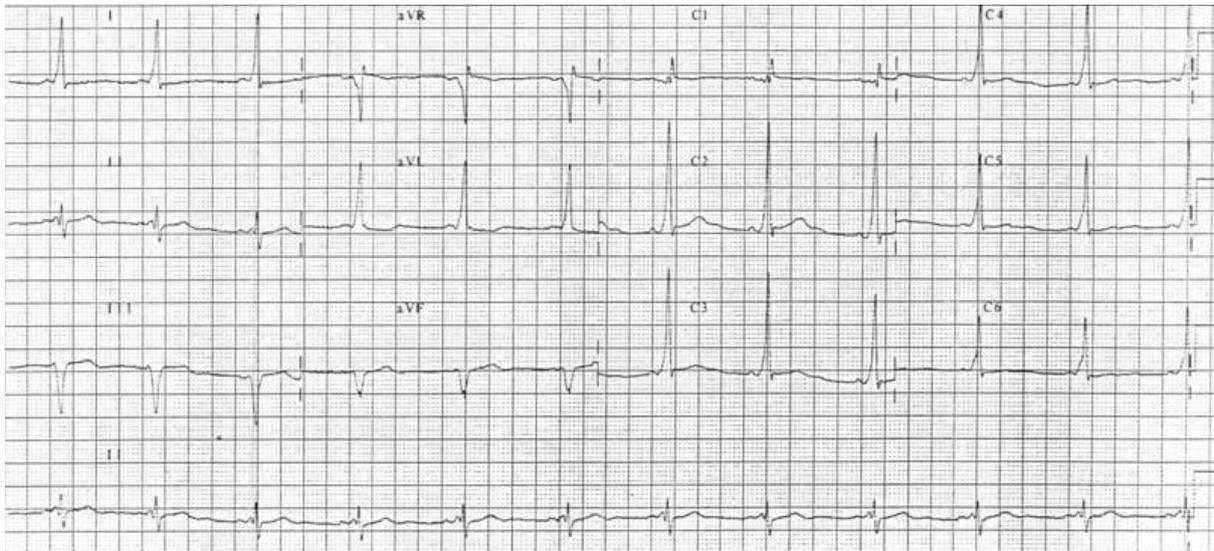
Pre-excitation (WPW Pattern)

Note:

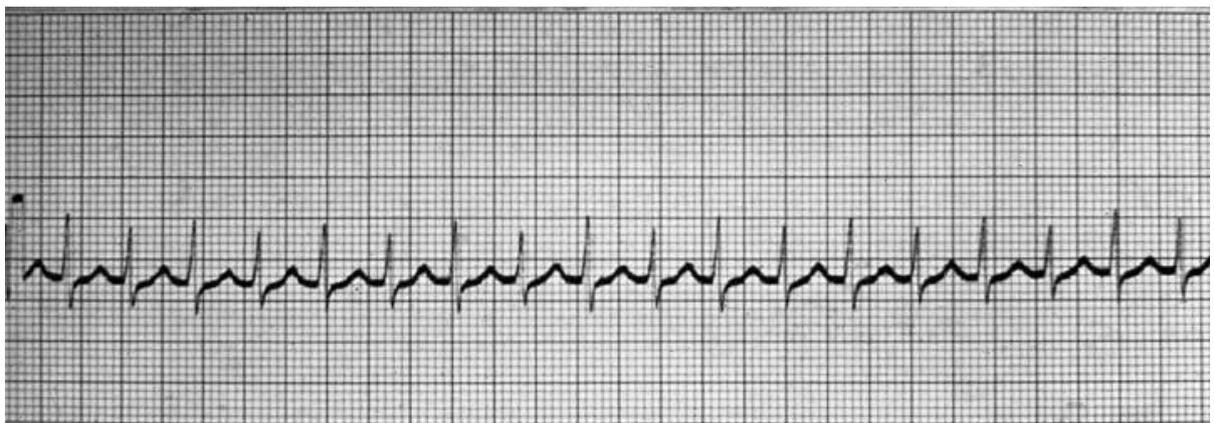
Short PR interval (<120msec)

Delta wave

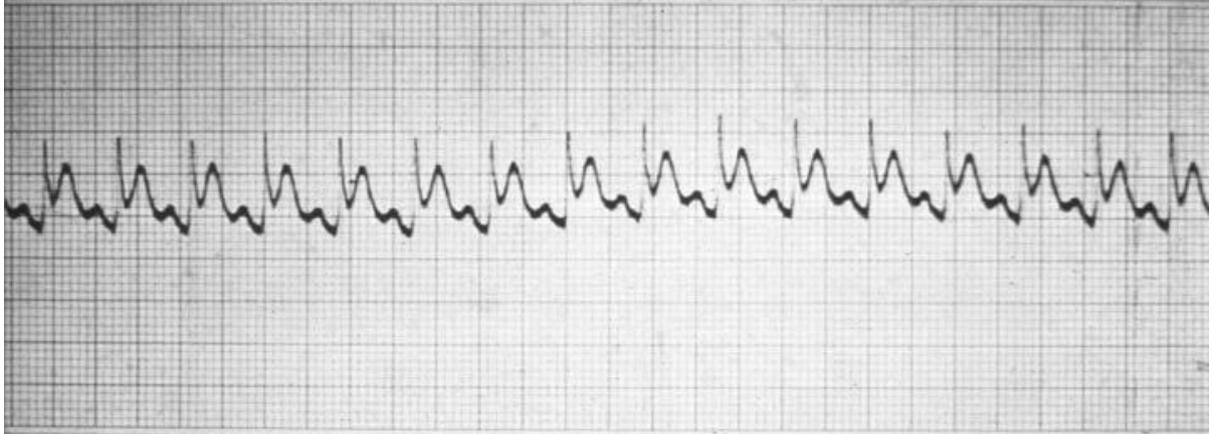
Prolonged QRS duration (>120msec)



Narrow complex regular tachycardia (SVT)



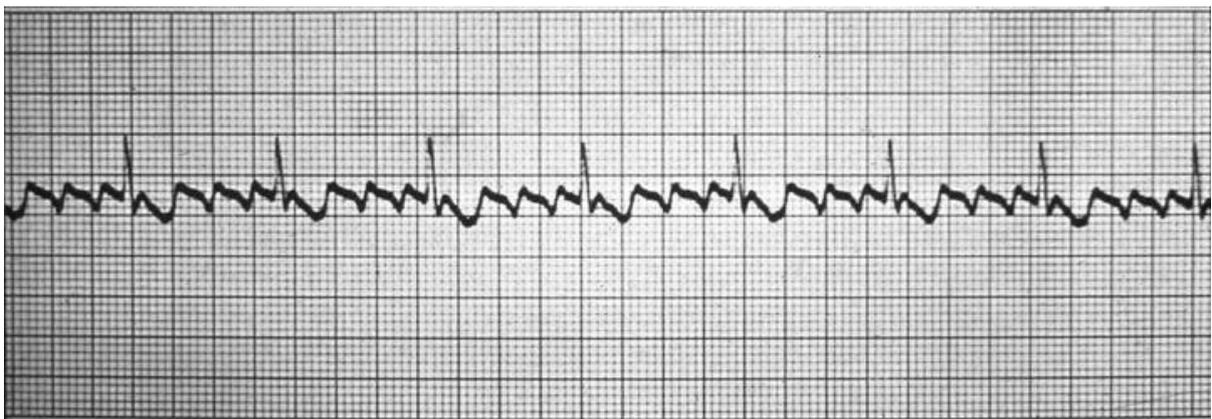
Atrial tachycardia



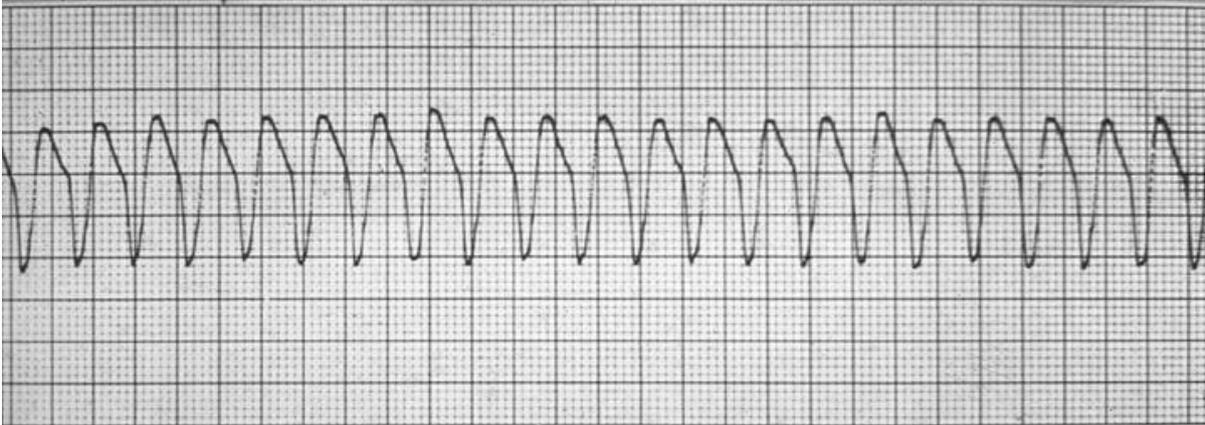
Atrial fibrillation



Atrial flutter (with 4:1 block)



Ventricular tachycardia



Ventricular fibrillation

