

<b>Stress Tests – Treadmill Stress, Stress Echo, Exercise Nuclear Stress and Regadenoson Nuclear Stress Test</b>						
Referral Indications	Type of Test	Benefit/Risks	Provides	Duration	Special Instructions	How to Order
<p><b>Patient must:</b></p> <ul style="list-style-type: none"> <li>• Be able to exercise</li> <li>• Have a normal ECG</li> </ul> <p><b>Patient must also have ONE of the following:</b></p> <ul style="list-style-type: none"> <li>• Atypical chest pain</li> <li>• Shortness of breath</li> <li>• Exertional chest pain (consider cardiology referral prior to stress test)</li> </ul>	<b>Treadmill Stress</b>	<ul style="list-style-type: none"> <li>• Consider as first screening test</li> <li>• Less costly to the patient</li> </ul>	Ischemia and exercise evaluation	30 Minutes	<p>NOTE Does not require a clinical review. Information to include with order:</p> <ul style="list-style-type: none"> <li>• Specify testing location</li> <li>• Prior Auth</li> </ul>	<p><b>INDEPENDENT CLINICS:</b> Fax order form and prior auth to Central Scheduling (208) 367-7788</p> <p><b>SAMG Clinics:</b> Send Epic Order #:</p> <p>Stress Echo w/Exercise: ECH213</p> <p>Treadmill Stress: STRESS200</p> <p>Exercise Nuclear: STRESS200</p> <p>Regadenoson Nuclear Stress Test: STRESS02</p>
	<b>Stress Echo</b>	<ul style="list-style-type: none"> <li>• Echocardiographic information</li> <li>• More costly</li> <li>• High sensitivity</li> <li>• No radiation</li> </ul>	Above with echocardiogram ischemic and structural heart evaluation	90 Minutes	<p><b>NOTE: Requires a provider review and once approved the test will be scheduled. <u>A cardiology referral will only be requested, if needed.</u></b></p> <p>Information to include with order:</p> <ul style="list-style-type: none"> <li>• Specify testing location</li> <li>• Prior Auth</li> <li>• Progress Note</li> <li>• Previous testing (ECG, labs, etc.)</li> <li>• Include tracing and summary.</li> <li>• Other pertinent info.</li> </ul>	
	<b>Exercise Nuclear Stress</b>	<ul style="list-style-type: none"> <li>• High sensitivity</li> <li>• Exercise information</li> <li>• Ejection fraction</li> <li>• More costly</li> <li>• Radiation Exposure</li> </ul>	Ischemia and exercise ECG and nuclear image evaluation	BMI < 38 = 2 hours <b>OR</b> BMI >= 38 = 2 hours over 2 days		
<p><b>Patient must have one of the above symptoms AND</b></p> <p><b>ONE of the following:</b></p> <ul style="list-style-type: none"> <li>• Unable to walk on a treadmill</li> <li>• ECG has a LBBB, paced rhythm, WPW, or &gt;1mm ST depression</li> </ul>	<b>Regadenoson Nuclear Stress Test</b>	<ul style="list-style-type: none"> <li>• High sensitivity</li> <li>• Ejection fraction</li> <li>• More costly</li> <li>• Radiation exposure</li> </ul>	Ischemia evaluation with ECG and imaging	BMI < 38 = 2 hours <b>OR</b> BMI >= 38 = 2 hours over 2 days	<p><b>NOTE: Requires a provider review and once approved the test will be scheduled. <u>A cardiology referral will be requested, if needed.</u></b></p> <p>Information to include with order:</p> <ul style="list-style-type: none"> <li>• Specify testing location</li> <li>• Prior Auth</li> <li>• Progress Note</li> <li>• Previous testing (ECG, labs, etc.)</li> <li>• Include tracing and summary.</li> <li>• Other pertinent info</li> </ul>	

**Event Monitors (Long-Term)**

- Event recorders which monitor for 2-4 weeks are less costly to the patient and provide additional information.
- Saint Alphonus Heart Care recommends patients receive the long-term event monitors for most patient rhythm concerns.

Indications	Monitor	Duration/Monitoring	Records	Benefit	How to Order
<b>Malignant arrhythmias</b> (Example: prolonged pauses, high grade AV block)	Zio AT	1-14 days / Live Transmission	Every Beat	<ul style="list-style-type: none"> <li>• Small, low profile chest patch</li> <li>• Ordering providers receive additional information</li> </ul>	<p><b><u>INDEPENDENT CLINICS:</u></b> Fax order form and prior auth to Central Scheduling (208) 367-7788</p> <p><b><u>Include indications and list duration:</u></b></p> <ul style="list-style-type: none"> <li>• Less than or equal to 48 hours</li> <li>• 48-hour to 14-day monitor</li> <li>• 30-day event monitor</li> </ul> <p><b><u>SAMG Clinics:</u></b> Send Epic Order #:</p> <ul style="list-style-type: none"> <li>• Less than or equal to 48 hours: CAR02</li> <li>• 48-hour to 14-day monitor: CAR77</li> <li>• 30-day event monitor: CAR05</li> </ul>
	Preventice Mini CEM	3-30 days / Live Transmission	On activation or preset parameters		
<b>All other indications</b> <b>14-day monitor</b> • Palpitations, quantification of PVCs or PACs, syncope, atrial fibrillation rate/rhythm control, syncope  <b>30-day monitor:</b> • Ischemic stroke to evaluate for atrial fibrillation diagnosis	Zio XT	1-14 days / Final Report	Every Beat	<ul style="list-style-type: none"> <li>• Small, low profile chest patch</li> <li>• Less costly to the patient</li> <li>• Ordering providers receive additional information</li> </ul>	
	Preventice Mini Plus BG ( <b>Waterproof</b> )	3-30 days / Live Transmission			
	Preventice Mini BG ( <b>Waterproof</b> )	3-14 days / Live Transmission	Every Beat		
	Preventice Mini MCT	3-30 days / Live Transmission			

**Holter Monitor (Short-Term)**

Indications	Monitor	Duration / Monitoring	Records	Benefit	How to Order
<ul style="list-style-type: none"> <li>• PVC quantification</li> <li>• Check rate control to monitor new AFIB medications</li> </ul>	Holter	1-2 days / Final Report	Every Beat	<ul style="list-style-type: none"> <li>• Less costly to the patient</li> </ul>	<p><b><u>Independent Clinics: Fax order form and prior auth to:</u></b> Central Scheduling: Fax (208) 367-7788</p> <p><b><u>SAMG Clinics:</u></b> Send Epic Order # Less than or equal to 48 hours: CAR02</p>

**Echocardiograms Testing - Referral Guidelines**

Testing Locations	Include with Referral	How to Order
<ul style="list-style-type: none"> <li>• Boise - Saint Alphonus Heart Care Clinic</li> <li>• Boise - Saint Alphonus Regional Medical Center</li> <li>• Eagle - Saint Alphonus Heart Care Clinic</li> <li>• Nampa - Saint Alphonus Medical Center</li> <li>• Nampa - Saint Alphonus Heart Care Clinic</li> </ul>	<ul style="list-style-type: none"> <li>• Ontario, OR - Saint Alphonus Medical Center</li> <li>• Baker City, OR - Saint Alphonus Medical Center</li> <li>• Cascade, ID - Cascade Medical Center</li> <li>• Emmett, ID - Valor Health</li> </ul>	<ul style="list-style-type: none"> <li>• Specify testing location</li> <li>• Prior authorization</li> <li>• Progress note</li> </ul> <p><b><u>INDEPENDENT CLINICS:</u></b> Fax order form and prior auth to Central Scheduling (208) 367-7788</p> <p><b><u>SAMG Clinics:</u></b> Epic Order # ECH200</p>

**NOTE: If echocardiogram results indicate moderate to severe aortic stenosis, you may directly refer to the Saint Alphonus Structural Heart Program - Phone: (208) 302-0005 Fax: (208) 302-0126**