

Sir Charles Gairdner Hospital

Emergency Department



Chest Pain Discharge Advice Sheet

Low Risk Acute Coronary Syndrome Group

You have been reviewed in the Emergency Department at Sir Charles Gairdner Hospital after presenting with chest pain.

After considering your history, your risk factors, your ECG and your blood tests (troponin), you have been found to be at **very low risk** (< 1 in 100) of having a major adverse cardiac event (like a heart attack) in the near future.

In the “low risk” group, the risks of doing further tests and treatment as an inpatient outweigh the benefits. In many patients in the low risk group further tests of any sort are unnecessary, however you should discuss this further with your general practitioner who will understand your medical and personal background better.

Because we can never declare you at “no risk” we would suggest:

1. Returning for medical review if you have further episodes of chest / arm pain or other concerning symptoms like dizziness, collapse, palpitations or shortness of breath
2. Following up with your local doctor who will consider the need for further testing and will also ensure that any modifiable risk factors you may have for heart disease are optimally managed. These may include:
 - i. Stopping smoking
 - ii. Treating high blood pressure
 - iii. Managing high cholesterol level
 - iv. Managing diabetes
 - v. Increasing exercise and managing your diet

If you have further questions about what this means please discuss with the doctors looking after you before you leave the Emergency Department, or with your local general practitioner.