



NICE Bites



Hyperglycaemia in Acute Coronary Syndromes (ACS) NICE CG130; 2011

Treatment and management

Hyperglycaemia within 48 hours of ACS

In patients admitted with ACS:

- ◆ Keep blood glucose levels below 11.0 mmol/litre but avoid hypoglycaemia.
- ◆ Initially, consider a dose-adjusted insulin infusion with regular monitoring of blood glucose levels.
- ◆ **Do NOT** routinely offer intensive insulin therapy to manage hyperglycaemia unless clinically indicated.

Patients with known diabetes – see relevant NICE guidance

Patients without known diabetes

- ◆ Offer tests for:
 - HbA1c levels before discharge, and
 - fasting blood glucose levels at least four days after the onset of acute coronary syndrome.
- ◆ These tests should not delay discharge.

- ◆ **Do NOT** routinely offer oral glucose tolerance tests if HbA1c and fasting blood glucose levels are within the normal range.

Counselling

- ◆ Offer lifestyle advice on the following:
 - healthy eating,
 - physical exercise,
 - weight management,
 - smoking cessation,
 - alcohol consumption.
- ◆ Advise patients:
 - that they are at increased risk of developing type 2 diabetes,
 - to see their GP if they experience the following symptoms: frequent urination, excessive thirst, weight loss, fatigue,
 - that they should be offered tests for diabetes at least once a year.

Ticagrelor for the treatment of ACS NICE TA236; 2011

Ticagrelor* in combination with low-dose aspirin is recommended as an option for the prevention of atherothrombotic events for up to 12 months in people:

- ◆ with STEMI that cardiologists intend to treat with PCI, **OR**
- ◆ with NSTEMI, **OR**
- ◆ admitted to hospital with unstable angina**. Following initial treatment a diagnosis of unstable angina should be confirmed by a cardiologist before continuing.

Definition of terms

ACS	acute coronary syndromes
CABG	coronary artery bypass grafting
CKD	chronic kidney disease
ECG	electrocardiogram
MI	myocardial infarction
PCI	percutaneous coronary intervention
STEMI	ST-segment-elevation myocardial infarction
NSTEMI	non-ST-segment-elevation myocardial infarction
TIA	transient ischaemic attack

**Unstable angina

For the purposes of this guidance unstable angina is defined as;

- ◆ ST or T wave changes on ECG suggestive of ischaemia **AND** one of the following characteristics:
 - ≥ 60 years of age,
 - previous MI, stroke or TIA,
 - previous CABG,
 - coronary artery disease with stenosis of ≥ 50% in at least two vessels,
 - carotid stenosis of ≥ 50% or cerebral revascularisation,
 - diabetes mellitus,
 - peripheral arterial disease,
 - CKD i.e. a creatinine clearance of < 60ml per minute per 1.73m² of body surface area.

Visit the [NICE Pathway: hyperglycaemia in ACS](#)

* See Summary of Product Characteristics for full prescribing information

The table below lists all NICE guidance included in **NICE Bites** in 2011.

NICE Guidance		NICE Bites
Alcohol-use disorders	CG115; 2011	March 2011/28
Anaemia management in people with CKD	CG114; 2011	April 2011/29
Cilostazol, naftidofuryl oxalate, pentoxifylline and inositol nicotinate for the treatment of intermittent claudication in people with peripheral arterial disease	TA223; 2011	June 2011/31
Clopidogrel and modified-release dipyridamole for the prevention of occlusive vascular events	TA210; December 2010	January 2011/25a
Common mental health disorders	CG123; 2011	June 2011/31
Donepezil, galantamine, rivastigmine and memantine for the treatment of Alzheimer's disease (review)	TA217; 2011	April 2011/29
Drug misuse: opioid detoxification	CG52; 2007	May 2011/30
Familial hypercholesterolaemia	CG71; 2008	February 2011/ 27 (Update)
Generalised anxiety disorder and panic disorder in adults	CG113; 2011	February 2011/26
Golimumab for the treatment of psoriatic arthritis	TA220; 2011	May 2011/30
Heavy menstrual bleeding	CG44; 2007	October 2011/35
Hyperglycaemia in acute coronary syndromes	CG130; 2011	December 2011/37
Hypertension	CG127; 2011	September 2011/34
Lipid modification	CG67; 2008	February 2011/27(Update)
Management of stable angina	CG126; 2011	August 2011/33
Nutrition support in adults	CG32; 2006	November 2011/36
Prucalopride for the treatment of chronic constipation in women	TA211; 2010	January 2011/25a
Psychosis with coexisting substance misuse	CG120; 2011	May 2011/30
Retigabine for the adjunctive treatment of partial onset seizures in epilepsy	TA232; 2011	October 2011/35
Romiplostim for the treatment of chronic immune (idiopathic) thrombocytopenic purpura	TA221; 2011	May 2011/30
Sedation in children and young people	CG112; 2010	January 2011/25a
Thrombocytopenic purpura – technology appraisals	TA205/TA221	October 2011/35
Ticagrelor for the treatment of acute coronary syndromes	TA236; 2011	December 2011/37
Tuberculosis	CG117; 2011	July 2011/32