

■ **Table of contents**

A. Preamble	5	F. Risk assessment	23
B. Introduction	6	1. Indications and timing	23
1. The definition of acute myocardial infarction	6	2. Assessment of myocardial viability	24
2. The pathogenesis of ST-segment elevation acute myocardial infarction	6	3. Evaluation of risk of arrhythmia for prevention of sudden death	24
3. The natural history of STEMI	7	G. Rehabilitation and pre-discharge advice	24
C. First medical contact and emergency care flow	7	1. Psychological and socio-economic aspects	24
1. Initial diagnosis and early risk stratification	7	2. Lifestyle advice	24
2. Relief of pain, breathlessness, and anxiety	8	3. Physical activity	24
3. Cardiac arrest	9	H. Secondary prevention	25
D. Pre-hospital or early in-hospital care	9	1. Smoking cessation	25
1. Restoring coronary flow and myocardial tissue reperfusion	9	2. Diet, dietary supplements, and weight control	25
a. Percutaneous coronary interventions	9	3. Physical activity	26
b. Fibrinolytic treatment	12	4. Antiplatelet and anticoagulant treatment	27
c. Antithrombotic therapy without reperfusion therapy	15	5. β -Blockers	27
d. Prevention and treatment of microvascular obstruction and reperfusion injury	15	6. Calcium antagonists	27
e. Coronary bypass surgery	15	7. Nitrates	27
2. Pump failure and shock	16	8. Angiotensin-converting enzyme inhibitors and angiotensin receptor blockers	27
a. Clinical features	16	9. Aldosterone blockade	28
b. Mild heart failure (Killip class II)	17	10. Blood pressure control	28
c. Severe heart failure and shock (Killip class III and IV)	17	11. Management of diabetes	28
3. Mechanical complications: cardiac rupture and mitral regurgitation	18	12. Interventions on lipid profile	28
a. Cardiac rupture	18	13. Influenza vaccination	29
b. Mitral regurgitation	18	14. Cardiac resynchronization therapy	29
4. Arrhythmias and conduction disturbances in the acute phase	18	15. Prophylactic implantation of an implantable cardioverter-defibrillator	29
a. Ventricular arrhythmias	18	I. Logistics of care	29
b. Supraventricular arrhythmias	19	1. Pre-hospital care	29
c. Sinus bradycardia and heart block	19	a. Patient delay	29
5. Routine prophylactic therapies in the acute phase	20	b. Emergency medical system	29
a. Antithrombotic agents: aspirin, clopidogrel, and antithrombins	20	c. Public education in cardiopulmonary resuscitation	29
b. Antiarrhythmic drugs	20	d. The ambulance service	29
c. β -Blockers	20	e. Networks	29
d. Nitrates	21	f. General practitioners	30
e. Calcium antagonists	21	g. Admission procedures	30
f. Angiotensin-converting enzyme inhibitors and angiotensin receptor blockers	21	2. The Intensive Cardiac Care Unit	30
g. Magnesium	21	a. Non-invasive monitoring	30
h. Glucose – insulin – potassium	21	b. Invasive monitoring	30
6. Management of specific types of infarction	21	3. The post-discharge period	30
a. Right ventricular infarction	21	J. Gaps in evidence	30
b. Myocardial infarction in diabetic patients	22	K. Procedures of the Task Force	30
c. Patients with renal dysfunction	22		
E. Management of the later in-hospital course	22		
1. Ambulation	22		
2. Management of specific in-hospital complications	22		
a. Deep vein thrombosis and pulmonary embolism	22		
b. Intraventricular thrombus and systemic emboli	22		
c. Pericarditis	22		
d. Late ventricular arrhythmias	22		
e. Post-infarction angina and ischaemia	23		

■ **Abbreviations**

ACE	angiotensin-converting enzyme
ACT	activated clotting time
AF	atrial fibrillation
APTT	activated partial prothrombin time
ARB	angiotensin receptor blocker
AV	atrio-ventricular
BMI	body mass index
bpm	beats per minute
CABG	coronary artery bypass graft
CI	confidence interval