

PRACTICAL PEARLS: Chest Pain

INTRODUCTION	<ul style="list-style-type: none">• Chest pain is a common and generally benign complaint especially if it does not occur with exertion.• The most common cause of chest pain is musculoskeletal chest pain.• Rare cardiac causes include myocarditis and pericarditis.
INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE	<ul style="list-style-type: none">• ED evaluation if there are abnormal PE findings such as gallop, rub, peripheral edema, hypoxia, ill appearance, significant tachycardia, tachypnea and fever• Perform a complete family history and physical exam• Consider ECG if chest pain not consistent with musculoskeletal origin
WHEN TO REFER	<ul style="list-style-type: none">• Chest pain that radiates to the jaw, chin, back or left shoulder; Increased pain with position changes.• Chest pain with exertion without underlying suspicion for asthma or deconditioning.• Family history in a first degree relative or multiple family members with hypertrophic cardiomyopathy, sudden cardiac death<50 years of age, familial hyperlipidemia• pulmonary hypertension, pathologic murmur• Abnormal ECG
HOW TO REFER	<ul style="list-style-type: none">• (413) 794-KIDS Pediatric Cardiology
WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT	<ul style="list-style-type: none">• Comprehensive evaluation for cardiac cause of chest pain which may include echocardiography• Patient guidance and reassurance in the setting of a normal well child http://pediatrics.aappublications.org/content/128/2/239.full.pdf+html?sid=63ffca76-110e-43ea-8d78-7d1e26c3a565

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July 2015

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