

MITRAL REGURGITATION REFERRAL GUIDELINE

For more information or referral questions, contact your local cardiology practice. For a complete listing, visit mainehealth.org/services/cardiovascular/service-locations

HIGH RISK SUGGESTED EMERGENT CONSULTATION	MODERATE RISK SUGGESTED CONSULTATION OR CO-MANAGEMENT	LOW RISK SUGGESTED ROUTINE CARE
<p>SYMPTOMS AND LABS</p> <p>Stage C-D; shortness of breath and decrease exercise tolerance</p> <p>New or worsening heart murmur on exam</p> <p>Signs of congestive heart failure on exam</p> <p>Echocardiogram with moderately severe- severe mitral regurgitation</p>	<p>SYMPTOMS AND LABS</p> <p>Stage B</p> <p>Heart murmur on exam</p> <p>Echocardiogram with mild- moderate regurgitation with or without mild LV systolic dysfunction</p> <p>Asymptomatic</p>	<p>SYMPTOMS AND LABS</p> <p>Stage A</p> <p>Heart murmur on exam</p> <p>Echocardiogram with normal or mildly reduced left ventricular function with or without mild mitral valve changes with no greater than mild regurgitation</p> <p>Asymptomatic</p>
<p>SUGGESTED PREVISIT WORKUP</p> <p>Guideline Directed Medical Therapy for HF including ACE-I, ARBs, BB, and /or aldosterone antagonists as indicated</p> <p>Consider sending patient to local ED for acute symptom management</p> <p>Referral to advanced heart valve clinic for evaluation and review of treatment options</p> <p>Referral to advanced heart failure clinic for management of heart failure symptoms and LV dysfunction</p> <p>Consider TEE, cardiac catheterization, exercise stress study and CMR</p> <p>Echo every 6-12 months</p>	<p>SUGGESTED WORKUP</p> <p>Repeat echo every 1-2 years (stage B)</p> <p>Guideline Directed Medical Therapy for blood pressure and mild left ventricular systolic dysfunction including ACE-I, ARBs, BB, and /or aldosterone antagonists as indicated</p> <p>Consider referral to advanced valve clinic for moderate MR</p>	<p>SUGGESTED MANAGEMENT</p> <p>Repeat echo every 3-5 years</p> <p>Guideline Directed Medical Therapy for blood pressure management</p>

CLINICAL PEARLS

Stages of Mitral Regurgitation

- A: At Risk
- B: Progressive- mild to moderate in severity
- C: Asymptomatic Severe MR with or without LV/RV dysfunction
- C1: LVEF >60%

- C2: LVEF <60%, LVESD >40mm
- D: Patients with symptomatic Severe MR

Maine Medical
PARTNERS

A department of Maine Medical Center

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