

QUESTION

A 65-year-old male patient with a long history of hypertension and hyperlipidemia presents to the emergency department with acute chest pain. The patient reports a 15-minute episode of severe, crushing chest pain that radiates to the left arm and jaw. He has a history of smoking 20 cigarettes per day for 30 years and has been on treatment for hypertension and hyperlipidemia for several years. The patient's vital signs are stable, and physical examination is unremarkable. An electrocardiogram (ECG) shows ST-segment depression in leads II, III, and aVF, and ST-segment elevation in leads V1, V2, and V3. The patient's chest X-ray is normal. The patient is diagnosed with a non-ST-elevation myocardial infarction (NSTEMI).

Parameter	Value
Heart rate	75 bpm
Blood pressure	130/80 mmHg
Respiratory rate	18 breaths/min
Oxygen saturation	98% on room air
ECG	ST-segment depression in leads II, III, and aVF; ST-segment elevation in leads V1, V2, and V3
Chest X-ray	Normal

What is the most appropriate initial management for this patient?

ANSWER

The most appropriate initial management for this patient is to administer aspirin, a beta-blocker, and a statin. Aspirin should be given as soon as possible to reduce the risk of further thrombotic events. A beta-blocker should be given to reduce the risk of mortality and morbidity. A statin should be given to reduce the risk of cardiovascular events. The patient should also be given a P2Y12 inhibitor, such as clopidogrel or ticagrelor, to reduce the risk of thrombotic events. The patient should be given a low-dose aspirin (81 mg) and a beta-blocker (metoprolol 50 mg) as soon as possible. A statin (rosuvastatin 20 mg) should be given at bedtime. The patient should also be given a P2Y12 inhibitor (clopidogrel 75 mg) as soon as possible. The patient should be given a low-dose aspirin (81 mg) and a beta-blocker (metoprolol 50 mg) as soon as possible. A statin (rosuvastatin 20 mg) should be given at bedtime. The patient should also be given a P2Y12 inhibitor (clopidogrel 75 mg) as soon as possible.