HYPERLIPIDEMIA
CLINICAL PRACTICE GUIDELINE

The following guideline is applicable for patients age 18 and older who have a diagnosis of Hyperlipidemia. For these patients, their medical record will contain documentation of the following:

I. **Diagnosis**
   Hyperlipidemia is a condition in which there is an elevation of lipids in the blood.

II. **Assessment**
   Clinical assessments including:
   1. Blood pressure goal less than 140/90 (ideal <130/80)
   2. A fasting lipid profile, including total cholesterol, LDL, HDL and triglycerides
   3. LDL goal value < 130 mg/dl, ideal 100 mg/dl
   4. HDL goal value for men >40 and women >50
   5. Triglycerides goal is <150
   6. HbA1C goal of <7 for all diabetic patients

III. **Treatment**
   1. Medication
      a. Initiate a statin in patients who have a history of CAD or diabetes- if patients unable to take statins then bile acid sequestrants, niacin, fibric acids and ezetimibe can be used
      b. ASA depending on risk factors
   2. Assessment of lifestyle habits, including:
      a. Smoking status
      b. Physical activity and exercise
   3. Nutritional counseling, including:
      a. Maintenance of a healthy BMI between 18.5 and 24.9
      b. Waist measurement goal men less than 40 inches, women less than 35 inches
      c. Instructions to follow a heart healthy diet
      d. Referral to a nutritionist or dietitian, as needed

IV. **Preventive Measures**
   1. Precautionary measures including:
      a. Patient education about signs and symptoms of MI and stroke
      b. Patients carrying an up-to-date medication list
   2. Patients 19-64 years of age who smoke to be evaluated for the pneumococcal vaccine
   3. Influenza vaccine having been provided with the past year

(continued)
HYPERLIPEDEMIA
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Sources: NHLBI/NIH-Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults

Reviewed by Lehigh Valley Physician Hospital Organization-Physician Advisory Committee
Complete list of reviewers