

CHAMP Discharge Checklist

<u>Agent</u>	<u>Dose</u>	<u>Indications</u>
<input type="checkbox"/> Aspirin	81-325 mg qd	All patients with atherosclerosis, unless contraindicated, indefinitely Clopidigrel in ASA allergic/intolerant
<input type="checkbox"/> Beta Blocker	Target Dose	All patients with AMI, UA, angina, heart failure. First line for HTN Diabetes, mild asthma, COPD are not contraindications, indefinitely
<input type="checkbox"/> ACE Inhibitor	Target Dose	All patients with atherosclerosis or diabetes. Start in AMI 12-24 hrs First line for HTN, indefinitely
<input type="checkbox"/> Statin	Dose to achieve LDL < 100 mg/dl	All patients with atherosclerosis or diabetes, regardless of baseline LDL, indefinitely
<input type="checkbox"/> Exercise	Individualize Aim, 5-7x week 30-45 min	All patients with atherosclerosis, once stabilized, home based or cardiac rehab
<input type="checkbox"/> Diet	Step II AHA	All patients with atherosclerosis, started in conjunction with statin Rx
<input type="checkbox"/> Smoking Cessation		All patients who smoke