

ST Elevation Myocardial Infarction (STEMI) or new LBBB with symptoms < 12 hours in duration

- Activate Emergency Team and Dispatch Transportation.
- Call Iowa Health One-Call Transfer Center (800) 806-1787 and ask for a Heart Attack transfer or a STEMI transfer. You will be connected to an Iowa Clinic cardiologist.
- Monitor, Oxygen, 2 Saline locks.
- Aspirin 324mg PO (four 81mg chewable tablets).
- Plavix 600mg PO.
- Nitroglycerin 0.4mg SL (repeat as needed). Consider IV nitroglycerin for systolic BP > 150mmHg or diastolic BP > 100mmHg.
- Heparin: Loading dose of 60 units/kg (4,000 units maximum) followed by continuous infusion at 12 units/kg/hour (1,000 units per hour maximum).
- Lopressor 5mg IV q 5 minutes x 3 if BP > 150/80 and HR > 60.
- Lopressor 25mg PO. Hold for BP < 90 or HR < 60.
- Morphine Sulfate IV 1 to 3mg every 5 minutes for analgesia.
- Consider sedation with Versed or Ativan for transport.
- Draw Chem 7, CKMB, troponin, CBC, PT/INR.
- Portable chest x-ray. Send with patient.
- Dispatch transport team.
- Fax demographics, ECG and data sheets to IMMC ER (515) 241-4366.
- If the anticipated time from ED arrival to Iowa Methodist Medical Center – DM arrival is going to exceed 90 minutes, give thrombolytics.

Locations & Physicians

Methodist Campus
1215 Pleasant Street
#618, Des Moines
p: 875-9090
f: 875-9312

Mercy Campus
411 Laurel Street
#2380, Des Moines
p: 288-8001
f: 288-9312

West Lakes Campus
5950 University Avenue
#231, West Des Moines
p: 875-9090
f: 875-9312

Ankeny Campus
1810 SW White Birch Circle
#111, Ankeny
p: 875-9090
f: 875-9312

Ottumwa Campus
1005 Pennsylvania Avenue
#102-A, Ottumwa
p: 641-684-2589
f: 641-684-2590

CARDIOLOGY

David Lemon, M.D.
Jay Yans, M.D.
Dirk Ver Steeg, M.D.
James Lovell, D.O.
Frank Haugland, M.D., Ph.D.
Jonathan Fudge, M.D.
Pamela Nerheim, M.D.
A. Nasser Khan, M.D.
Steve Loveland, ARNP
Cynthia Marske, ARNP

CARDIO-THORACIC SURGERY

Kent Thieman, M.D.
Robert Schneider, M.D.
Jose E. Torres, M.D.

VASCULAR SURGERY

Anson Yeager, M.D.
Douglas Massop, M.D.
Dennis Fry, M.D.
John Stern, M.D.
John Matsuura, M.D.
Eric Scott, M.D.