

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

SCOPE

1 **Guideline title**

Management of stable angina

1.1 **Short title**

Stable angina

2 **The remit**

The Department of Health has asked NICE: 'To prepare a clinical guideline on the management of stable angina'.

3 **Clinical need for the guideline**

3.1 **Epidemiology**

- a) The Health Survey for England (2006) found that about 8% of men and 3% of women aged between 55 and 64 years have, or have had angina. For people aged between 65 and 74 years the figures are about 14% of men and 8% of women. It is estimated that almost 2 million people in the UK have or have had angina. Prevalence is higher in men than in women, and increases sharply with age.
- b) Being diagnosed with angina can have a significant impact on a person's quality of life. In one survey, people with angina scored their general health as twice as poor as those who had had a stroke. In another survey, people with angina had a low level of factual knowledge about their illness and poor medication adherence.

- c) A European Society of Cardiology report (2002) estimated that 5–10% of all people with angina have refractory angina and that in Europe 30,000–50,000 people develop refractory angina each year.

3.2 Current practice

- a) Stable angina is a chronic medical condition. The aim of management is to abolish or minimise symptoms, and to improve quality of life and long-term outcomes such as morbidity and mortality. Medical management includes pharmacological strategies or a combination of pharmacological and revascularisation strategies, interventions for managing pain and rehabilitation programmes. Revascularisation may be performed using percutaneous techniques or by surgery.

4 The guideline

The guideline development process is described in detail on the NICE website (see section 6, 'Further information').

This scope defines what the guideline will (and will not) examine, and what the guideline developers will consider. The scope is based on the referral from the Department of Health.

The areas that will be addressed by the guideline are described in the following sections.

4.1 Population

4.1.1 Groups that will be covered

- a) Adults (18 years and older) who have been diagnosed with stable angina due to atherosclerotic disease.
- b) The following subgroups, who may need special consideration, will be included:

- people of south Asian origin
- people older than 85 years
- people with chronic refractory angina
- people with diabetes
- people with normal or minimally diseased coronary arteries
- women.

4.1.2 Groups that will not be covered

- a) People with recent-onset chest pain or discomfort of suspected cardiac origin.
- b) People with acute coronary syndrome.
- c) People with chest pain or discomfort of unknown cause.
- d) People with angina-type pain that is likely to be due to non-cardiac disease, such as anaemia.
- e) People with angina-type pain associated with other types of heart disease, such as valvular heart disease (for example, aortic stenosis) or cardiomyopathy (for example, hypertrophic cardiomyopathy).

4.2 *Healthcare setting*

- a) All NHS primary, secondary and tertiary healthcare settings managing patients with stable angina.

4.3 *Clinical management*

4.3.1 Key clinical issues that will be covered

- a) Non-invasive and invasive assessments to assess functional status, underlying disease, prognosis and plan management.
- b) Education programmes for people with angina (and carers and families as appropriate) that aim to help patients understand and

manage their condition. They include self care, symptom management, medication management and lifestyle interventions.

- c) Psychological interventions for symptom relief and to improve long-term outcomes.
- d) Pharmacological interventions for symptom relief and to improve long-term outcomes. Note that guideline recommendations will normally fall within licensed indications; exceptionally, and only if clearly supported by evidence, use outside a licensed indication may be recommended. The guideline will assume that prescribers will use a drug's summary of product characteristics to inform decisions made with individual patients.
- e) Revascularisation strategies for symptom relief and to improve long-term outcomes.
- f) Specialised interventions for symptom relief, for example transcutaneous electrical nerve stimulation (TENS), temporary or destructive sympathectomy, and enhanced external counter pulsation (EECP).
- g) Rehabilitation programmes.

4.4 *Economic aspects*

Developers will take into account both clinical and cost effectiveness when making recommendations involving a choice between alternative interventions. A review of the economic evidence will be conducted and analyses will be carried out as appropriate. The preferred unit of effectiveness is the quality-adjusted life year (QALY), and the costs considered will usually only be from an NHS and personal social services (PSS) perspective. Further detail on the methods can be found in 'The guidelines manual' (see 'Further information').

4.5 *Status*

4.5.1 Scope

This is final scope.

4.5.2 Timing

The development of the guideline recommendations will begin in July 2009.

5 Related NICE guidance

This guideline is intended to complement other existing and proposed NICE related guidance. It will not update any existing technology appraisals or guidelines.

5.1 *Published guidance*

5.1.1 NICE guidance to be incorporated

This guideline will incorporate the following NICE guidance:

- Drug-eluting stents for the treatment of coronary artery disease. NICE technology appraisal guidance 152 (2008). Available from www.nice.org.uk/TA152
- Pain (chronic neuropathic or ischaemic) – spinal cord stimulation. NICE technology appraisal guidance 159 (2008). Available from www.nice.org.uk/TA159
- Endoscopic saphenous vein harvest for coronary artery bypass grafting. NICE interventional procedure guidance 248 (2007). Available from www.nice.org.uk/IPG248
- Intraoperative fluorescence angiography in coronary artery bypass grafting. NICE interventional procedure guidance 98 (2004). Available from www.nice.org.uk/IPG098
- Myocardial perfusion scintigraphy for the diagnosis and management of angina and myocardial infarction. NICE technology appraisal guidance 73 (2003). Available from www.nice.org.uk/TA73

- Guidance on the use of coronary artery stents. NICE technology appraisal guidance 71 (2003). Available from www.nice.org.uk/TA71

5.1.2 Other related NICE guidance

- Medicines adherence: involving patients in decisions about prescribed medicines and supporting adherence. NICE clinical guideline 76 (2009). Available from www.nice.org.uk/CG76
- Transmyocardial laser revascularisation for refractory angina pectoris. NICE interventional procedures guidance 301 (2009). Available from www.nice.org.uk/IPG301
- Percutaneous laser revascularisation for refractory angina pectoris. NICE interventional procedures guidance 302 (2009). Available from www.nice.org.uk/IPG302
- Lipid modification. NICE clinical guideline 67 (2008). Available from www.nice.org.uk/CG67
- Smoking cessation services (2008). NICE public health guidance 10. Available from www.nice.org.uk/PH10
- Ezetimibe for the treatment of primary (heterozygous-familial and non-familial) hypercholesterolaemia. NICE technology appraisal guidance 132 (2007). Available from www.nice.org.uk/TA132
- Myocardial infarction: secondary prevention. NICE clinical guideline 48 (2007). Available from www.nice.org.uk/CG48
- Varenicline for smoking cessation. NICE technology appraisal guidance 123 (2007). Available from www.nice.org.uk/TA123
- Hypertension. NICE clinical guideline 34 (2006). Available from www.nice.org.uk/CG34
- Statins for the prevention of cardiovascular events in patients at increased risk of developing cardiovascular disease or those with established cardiovascular disease. NICE technology appraisal guidance 94 (2006). Available from www.nice.org.uk/TA94

5.2 *Guidance under development*

NICE is currently developing the following related guidance (details available from the NICE website).

- Acute coronary syndromes. NICE clinical guideline. Publication expected February 2010.
- Chest pain or discomfort of recent onset. NICE clinical guideline. Publication expected February 2010.
- Chronic heart failure (partial update of CG 5). NICE clinical guideline. Publication expected August 2010.
- Depression in adults with a chronic physical health problem (partial update of CG 23). NICE clinical guideline. Publication expected September 2009.

6 Further information

Information on the guideline development process is provided in:

- 'How NICE clinical guidelines are developed: an overview for stakeholders' the public and the NHS'
- 'The guidelines manual'.

These are available from the NICE website

(www.nice.org.uk/guidelinesmanual). Information on the progress of the guideline will also be available from the NICE website (www.nice.org.uk).