

The Best Approach for Patients with Stable Coronary Disease: The Importance of a Multidisciplinary Heart Team

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Abstract

Background: A multidisciplinary Heart Team (HT) is nowadays considered to be of great importance for a complete and accurate assessment of patients with stable coronary disease (CAD). This study evaluates the role of the HT approach in the selection of best therapeutic strategies for patients with stable CAD.

Methods: The study included 200 patients with stable coronary artery disease. The weekly HT meetings consisted of open discussion taking into consideration the latest recommended therapies. HT outcome options included medical therapy (MT), percutaneous coronary intervention (PCI), or surgical intervention (CABG). Following HT implementation, the 1-, 3-, and 6-month outcomes in addition to the distribution of baseline characteristics were assessed.

Results: The following HT strategies were implemented: PCI – 46%, CABG – 10% and MT – 44% of patients. Patients selected for surgical treatment were more likely to have multi-vessel coronary disease ($p=0.011$). The survival rates at 6 months according to HT strategy were 96.8% for PCI, 95% for CABG, and 94.2% for MT.

Conclusions: The HT multidisciplinary decision is mandatory for optimal patient care and can prevent specialty biases. Tertiary care institutions should develop and implement interdisciplinary protocols for common CAD cases.

Key words: heart team, stable coronary artery disease, therapeutic strategy, multidisciplinary decision