

Clinical Utility of Non-HDL Cholesterol

Studies show that non-HDL cholesterol may predict cardiovascular disease better than conventional lipid values. According to researchers at the National Cholesterol Education Program, assessing patients' levels of non-high density lipoprotein cholesterol (non-HDL-C), rather than low-density lipoprotein cholesterol (LDL-C), is more likely to reveal those at risk of coronary heart disease (CHD) because non-HDL-C measurements incorporate both atherogenic components VLDL-C and LDL-C, rather than just LDL-C alone.

Experts recommend the use of non-HDL-C as a therapeutic target in individuals with mild-to-moderate triglyceride elevation (≥ 200 mg/dl) and patients with LDL-C levels appearing low or normal. The formula to calculate Non-HDL Cholesterol = Total Cholesterol – HDL Cholesterol. Non-HDL should be less than 120 for prevention and no more than 100 for reversal of atherosclerotic lesions in those with established coronary artery disease or those at very high risk of CHD death, such as diabetics or those with evidence of severely clogged arteries, including people who have had a heart attack, angina or claudication.

In addition to improved predictive value for cardiovascular disease, this assay offers a practical advantage in that measurement of non-HDL-C does not require collection of a fasting specimen. In an effort to provide quality patient care, ACM Medical Laboratory includes the non-HDL cholesterol result as part of the lipid and cardiac risk profiles.

Effective January 2011, ACM will also offer the non-HDL cholesterol (HDLNO) as a separate orderable test without the requirement of a lipid profile, which will include both total and HDL cholesterol.

Laboratory Orders and Requisition Form

ACM is required by regulation to have a written or "electronic" order for all laboratory tests that we perform. ACM is required by Medicaid and Medicare to have all laboratory orders signed by the qualified ordering practitioner (MD, PA or NP). In addition, please note the following requirements when submitting a standing order. Standing orders are allowed for medically necessary testing at defined intervals over a period not to exceed 6 months.

For those patients that are Medicaid recipients, only the following tests may be ordered on a standing order:

- Cancer treatment recipients needing a CBC and platelet count test.
- Diabetic recipients needing blood glucose level and glycohemoglobin tests (hemoglobin A1c).
- Cardiac recipients needing prothrombin time and digoxin level tests; and
- Recipients needing monitoring of therapeutic levels of prescribed drugs.

For all other tests a separate order is required for each date that testing is requested.

The ordering practitioner must document in the patient's clinical record the need for the standing order and the results of each test.

New HIV Testing Regulations

On September 1, 2010 Governor Patterson signed new HIV regulations into law. The new regulations are intended to compel practitioners to encourage all patients between the ages of 13 and 64 to be tested for HIV. To facilitate the testing process, ACM will no longer be required to use a special "HIV" requisition that asks the ordering practitioner to "attest" to the fact that the patient has given informed consent. ACM will now accept orders for HIV testing on our generic requisition form; the practitioner may write it on the requisition under "other testing requested". ACM will be revising our generic requisition form in early 2011 to add HIV as a pre-printed test. As a reminder, ACM continues to require a separate SST tube for the HIV testing.

For more information about this new regulation go to:

http://www.health.state.ny.us/diseases/aids/testing/hiv_testing_law.htm

Important Note: The top of the ACM test requisition must be filled out in its entirety including the patient's birthdate.

How may we help you??

ACM Client Service personnel are available 24 hours a day, 7 days a week by calling 585-429-2300.

For Your Information!
Peak Call volumes are weekdays between 8:30-10:30am and again from 1:30-3:30pm.

New Patient Service Centers

2655 Ridgeway Avenue,
Rochester, NY 14626

5 Land Re Way
Spencerport, NY 14559