**What’s New? NT-Pro-BNP**

NHS GGC Biochemistry laboratories changed to NT-pro-BNP from BNP analysis at the end of 2018. The Heart Failure Diagnostic pathway with updated cut-offs for decision making with NT-pro-BNP is available on the NHS GGC internet link:


**Triglycerides – When to Refer?**

An audit of referrals to the RAH Lipid Clinic in 2018 has shown that about a third (28%) are for patients with raised triglycerides. Of these referrals only 5 (17%) were appointed to the clinic, secondary causes being identified for the majority and advice given by letter.

In order to aid the decision making regarding the need for referral, the GGC guidance is summarised below along with the common secondary causes of hypertriglyceridaemia.

<table>
<thead>
<tr>
<th>Triglyceride Level</th>
<th>Management</th>
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</thead>
<tbody>
<tr>
<td>Above 2.5 and &lt; 10mmol/L</td>
<td>Manage as per Primary and Secondary CVD prevention guidelines. Address secondary causes. Consider statin therapy at lower risk threshold.</td>
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<tr>
<td>10-20 mmol/L</td>
<td>Repeat with fasting level within 2 weeks. Review for secondary causes and manage accordingly. Refer if triglyceride value persists &gt;10 mmol/L.</td>
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<tr>
<td>&gt;20 mmol/L</td>
<td>If no obvious secondary cause e.g. alcohol excess, poorly controlled diabetes refer to local lipid clinic.</td>
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**Secondary Causes of Hypertriglyceridaemia**

- Diabetes Mellitus
- Alcohol
- Renal Disease (Nephrotic)
- Hypothyroidism
- Obesity
- Medications (steroids, retinoids, psychotropics, beta blockers, anti-retrovirals, thiazides, tamoxifen)
- Liver Disease

The website Lab Tests Online-UK is written by practising laboratory doctors and scientists to help you understand the many clinical laboratory tests used in diagnosis, monitoring and treatment of disease. It is produced by the Association for Clinical Biochemistry and Laboratory Medicine in collaboration with the AACC with support from the Royal College of Pathologists and the Institute of Biomedical Science. The simple search options allow you to search by test, disease/condition or screening and provide information on when/why to perform the test, what the results mean and if there is anything else you should know. Lab Tests Online can be found on http://labtestsonline.org.uk. A paper copy of this edition of the newsletter will be sent to each practice manager with a leaflet containing further information about Lab Tests Online and how it may be of benefit to your GP practice.

We would be delighted with your feedback on issues that you would like us to address in the newsletter. Comments or suggestions can be sent to:

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