



Recommendation

Strength of
recommendation

Certainty of
evidence

For all people with ACS, refer to a multidisciplinary exercise-based cardiac rehabilitation program prior to discharge.

Strong

Moderate

For all people with ACS, provide advice on lifestyle* changes such as healthy eating, regular physical activity, not smoking, limiting alcohol intake and caring for mental health.

Consensus

For all people with ACS who smoke, advise to stop and refer for behavioural intervention (such as cognitive behaviour therapy or cessation counselling program), combined with pharmacotherapy where appropriate (nicotine replacement therapies, varenicline and bupropion individually or in combination).

Strong

Moderate

For all people with ACS, implement strategies to optimise adherence to preventative medicines.

Consensus