

Module: SoftLab

Software Version: 4.0.8

Topic: Lipid Testing

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Distribution: All Users

Page: 1 of 1

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TOPIC/QUESTION:

How do I order Lipid testing? Is the patient required to be fasting?

ANSWER/TIP:

Lipid testing has changed in the Northwest Territories laboratories to align with most recent guidelines and the standard of practice in Alberta, effective 20Jul2020. A memo was released on that date and an email detailing the changes was distributed. There have since been some questions surrounding ordering and fasting.

Things to note from the memo and email:

1. Cholesterol/HDL ratio no longer performed/reported.
2. **Only Cholesterol and Triglyceride testing available for individual ordering.**
3. New test, Non-HDL (NHDL) created and added to Lipid Panel. It is a calculation, CHOL – HDL.
4. Reference intervals and resulting comments have been updated. **These are not fasting dependent**; the patient may be fasting or not fasting and the ranges remain the same.
5. **Mandatory fasting no longer required. A patient may be fasting or not fasting for any lipid testing (the panel or the individual tests).**
6. When ordering any lipid testing (LIP, CHOLR, TRIGR), the amount of time the patient has fasted (or if the patient has not fasted) prior to sample collection is being recorded and reported to guide the clinician. The FAST test is reflexed and a keypad with options to choose.

When ordering lipid testing, there are 2 options: the panel or the individual tests.

1. **Lipid Panel** (test code: LIP) – includes CHOL, TRIG, HDL, LDL, NHDL
2. Random tests – (only these can be ordered as individual tests)
 - a. **TRIGR**
 - b. **CHOLR**

The panel and the random tests are not to be ordered together. In the LIS, there are rules built to stop the ordering of the Lipid Panel and TRIGR/CHOLR together on the same order. TRIGR and CHOLR can be ordered together, however.

On the requisition (current version in place as of today, 07Aug2020):

- If the ordering provider has Cholesterol Random and/or Triglycerides Random checked off, order just the random tests, CHOLR and/or TRIGR, which are checked off.
- If the ordering provider has Cholesterol, Triglycerides and HDL checked off, order the Lipid Panel (LIP).
- If the ordering provider has Lipid Panel checked and nothing else, order LIP.
- If the ordering provider has all the lipid tests checked, order LIP.
- If the ordering provider has HDL checked, order LIP.