ABC 2018 ROUNDTABLE:
ADDRESSING PERIPHERAL ARTERY DISEASE (PAD) DIAGNOSIS & TREATMENT DISPARITIES

Roundtable objectives

The goal of this Association of Black Cardiologists Roundtable was to convene a group of diverse stakeholders to:

- **Review information and discuss challenges** specific to the diagnosis and treatment of African American patients with PAD
- **Identify and prioritize up to five solutions** or actions that will improve appropriate diagnosis and initial treatment in African American patients
- **Obtain the needed information and consensus to inform the development of a formal Summary Recommendations document**

Attendees

Co-chaired by Foluso Fakorede, MD and Lee Kirksey, MD, MBA. the event had a diverse group of stakeholders that included clinicians, advocacy, faith leaders, patients, and others. See our website for a full list of participants.

Background: Why this issue

19.8 Million people in the US have PAD

$223- $414 Billion annual hospital costs are associated with PAD

PAD in African Americans

- **2 X** higher prevalence of PAD than Whites and Hispanics
- **1.5-3 X** more likely to lose a limb from PAD
- **higher prevalence** in African American males

Many PAD risk factors are higher in AA patients

Discussion of specific barriers to diagnosis & treatment

- **Patient-level challenges**
  - Low rates of awareness and screening for PAD
  - Lack awareness on the threat of amputation
  - Often do not show typical claudication
  - Low levels of physician trust
  - Possible discrimination based on type of insurance coverage

- **Provider-level challenges**
  - Low disease awareness among primary care physicians
  - Challenges identifying “asymptomatic” vs. “atypical”
  - Relatively low levels of compensation for treating asymptomatic patients
  - Few financial incentives to screen and treat Medicare/Medicaid patients

- **Community-level challenges**
  - Absence of community-based health initiatives
  - Lack of effective messaging to raise health awareness
  - Insufficient health education provided by faith-based organizations, which typically serve large numbers of African Americans

For more information, please visit http://abcardio.org/
Awareness building: solutions and messages

The Roundtable included a rich discussion of a wide array of tactics and messages that could be helpful in increasing awareness, screening, and treatment for African Americans with PAD. Specific audiences of interest included various patient subgroups, physicians, and community leaders.

Top 5 solutions identified

Roundtable participants ultimately prioritized five solutions or actions as being most urgently needed to improve diagnosis and initial treatment for African American patients living with PAD:

1. Develop key messages and training for community leaders
   - “Legs are as important as the heart”
   - Collect and include patient stories in key messages
   - Emphasize primary and secondary prevention messages
   - “Before amputation, seek a second opinion with a physician who has specialized expertise and skills in limb revascularization and limb preservation”
   - Create short videos and post on ABC and partner websites

2. Empower patients through development of a self-exam guide
   - Develop and disseminate a guide that details clear, easy steps to check for healthy feet; similar to a self-exam guide for breast cancer
   - Assess effectiveness of guide in high-risk communities and modify guide as needed

3. Call for reduction of hospital amputations
   - Identify high-risk hospitals and conduct outreach with hospital leadership
   - Combine with messages around the need for better screening
   - Motivate physicians to build awareness around proper screening methodologies and other treatment options
   - Encourage reduction/elimination of elective amputations occurring without preceding evaluation and attempts at revascularization

4. Advocate for enhanced reimbursement for PAD screening
   - Actively engage the US Preventative Task Force and other similar organizations

5. Develop provider education program to raise awareness on best ways to screen for “atypical” and “asymptomatic” patients
   - Launch with physicians who treat large numbers of African American patients
   - Educate on risk factors to create comfort and competency
   - Emphasize the importance of Ankle-brachial index (ABI)

Summary Call to Action:

Stakeholders including clinical, advocacy, patient, provider, faith-based, and others must work together to continue raising awareness about the impact of undiagnosed or underdiagnosed PAD and collaborate on the solutions identified as a part of this Roundtable.

The Association of Black Cardiologists greatly appreciates the unrestricted support from its sponsors, Cardiovascular Systems Inc. and Janssen Pharmaceuticals, in making this Roundtable possible.

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