

Peripheral Artery Disease testing

Practice Points

Approximately 12% of adults in Newfoundland and Labrador have Peripheral Artery Disease (PAD).

Usually, patients with PAD DO NOT need a test or revascularization procedure.

There are simple and safe ways to improve PAD symptoms through home management.

Choosing Wisely Canada guideline: do not suggest a test that will not change the patient's clinical course.

Do peripheral vascular testing in those who could potentially benefit from a revascularization procedure.

Who needs a test and who doesn't?



GOOD INDICATORS

Rest pain (pain in feet, especially when legs are elevated in bed)

Tissue loss (ulcers/sores on the feet that will not heal or a toe that is blue or black and may hurt)

Severe claudication (leg pain while walking severe enough to limit lifestyle or work)



BAD INDICATORS

Mild claudication (mild leg pain during exercise that stops when at rest)

Leg cramps

Raynaud's

Digital cyanosis

Absent peripheral pulses

Family history with no symptoms

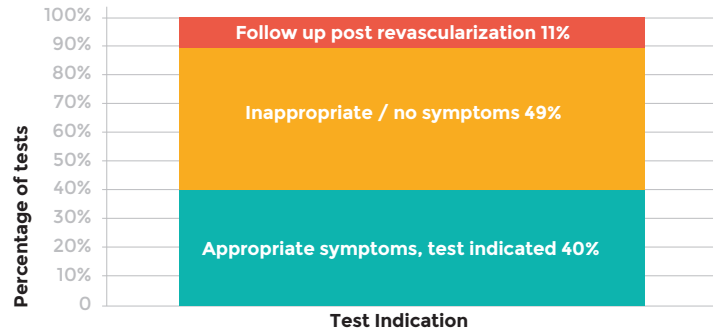
How can we improve?

Our objective is to test patients with symptoms of vascular disease that may need revascularization quickly, and not test patients unless they have symptoms indicative of disease requiring surgical intervention.

Unnecessary tests increase wait times for all patients.

What's happening in NL?

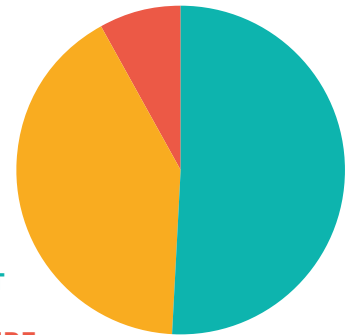
Percentage of testing by indication (St. Clare's 2007-2015)



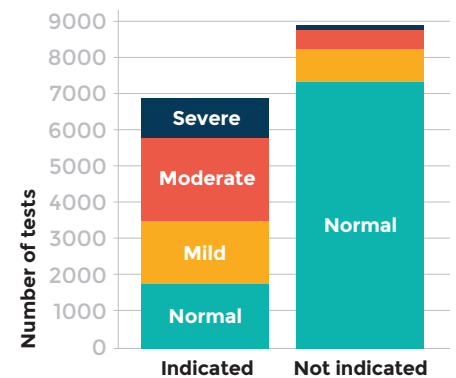
Over 2,500 PAD tests are conducted each year at St. Clare's Vascular Lab

Over 90% of the people tested do not need a revascularization procedure

51% NORMAL TEST RESULT
41% EARLY SIGNS OF PAD
8% MAY NEED A PROCEDURE



Proportion of tests analyzed by indication and by presence of PVD: (excluding testing in patients with a previous limb revascularization procedure)



Volume of tests at St. Clare's (2007-2015)

	Normal	Mild	Moderate	Severe	Total
Indicated	1,983 (28%)	1,543 (22%)	2,194 (32%)	1,238 (18%)	6,958 (44%)
Not indicated	7,493 (84%)	718 (8%)	527 (6%)	162 (<2%)	8,900 (56%)
					15,858