

Peripheral Artery Disease Testing

Practice Points

1. Approximately 12% of adults in Newfoundland and Labrador have Peripheral Artery Disease (PAD).
2. Usually, patients with PAD DO NOT need a test or revascularization procedure.
3. There are simple and safe ways to improve PAD symptoms through home management.
4. Choosing Wisely Canada guideline: **do not** suggest a test that will not change the patient's clinical course.
5. Do peripheral vascular testing in those who could potentially benefit from a revascularization procedure.

When to test?



Good Indicators

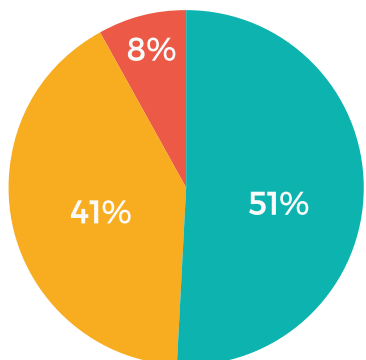
- Rest pain (pain in feet, especially when legs are elevated in bed)
- Tissue loss (ulcers/sores on the feet that will not heal or a toe that is blue or black and may hurt)
- Severe claudication (leg pain while walking severe enough to limit lifestyle or work)



Bad Indicators

- Mild claudication (leg pain with exercise that stops when at rest)
- Leg cramps
- Raynaud's Phenomenon
- Digital cyanosis
- Absent peripheral pulses
- Family history with no symptoms

PAD Test Results

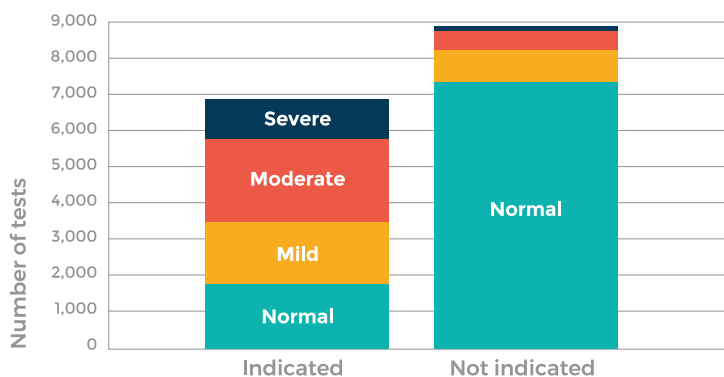


Normal Test Result
Early signs of PAD
May need a procedure

Around 2,000 PAD tests are conducted each year at St. Clare's Vascular Lab

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

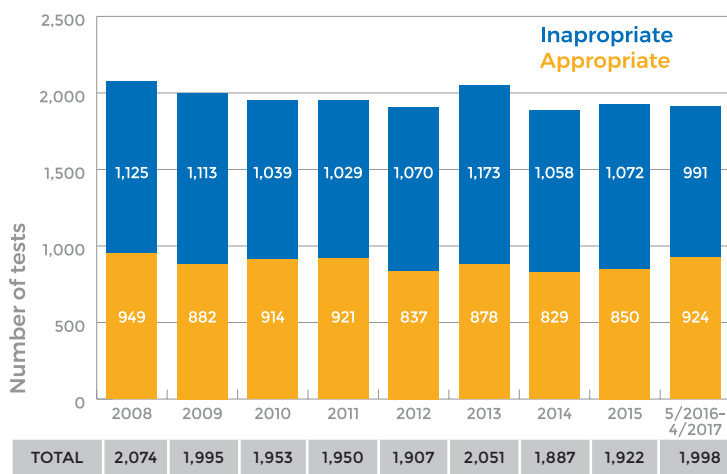
Arterial Disease



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

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. Sometimes testing may be helpful in making a diagnosis of PAD in patients with symptoms consistent with ischemia, even though a procedure is not contemplated.



Conclusions

1. 1.8% of tests that were not indicated had severe PAD.
2. The volume of PAD tests that were indicated and were not indicated did not change from 2017 to 2018.
3. Unnecessary tests will increase wait times for patients who need tests