

Overview of PAD Screening Events

Thank you for joining our effort to improve the nation's vascular health. September is recognized nationally as PAD Awareness Month and is a prime time to educate the public and at-risk patients about peripheral arterial disease.

Planning and hosting a PAD screening event can provide opportunities for introducing PAD to your constituents and audiences. Events can also raise your hospital's profile in the community. The best thing about special events is that they allow you to make your own news.

Planning a screening event can involve juggling many elements, from identifying and securing a location, to promoting your event and even managing details such as whether or not to provide refreshments. This document provides you with tips and strategies for planning and executing a PAD screening event. Also included is a sample checklist that details some of the key logistical considerations for each stage of event planning and execution. Each screening location should adjust its procedure to meet its specific needs.

Through this document, other resources (template forms, patient consent), promotional materials and planning conference calls, we aim to provide the tools and support necessary to conduct a one-day screening event this September. After our September events, you are welcome to use the provided resources for PAD screening activities year-round.

Included

- Planning a Screening Event
- Materials Checklist for Screening Event
- Marketing the Screening Event
- Measuring Success
- Screening Event Timeline

Planning a Screening Event

Secure Internal Commitment

The most important first step in planning a screening event is to get buy-in and commitment from your hospital's leadership and staff. It's critical that your leadership and other staff fully support the event. In addition, each hospital or clinic will have their own internal procedures to approve conducting a screening event.

While gaining your facility's commitment, encourage them to identify an internal partner who can take the lead in organizing the screening event. It is important to identify an internal "champion" that can oversee planning and logistics. Examples of individuals that may be designated to plan a screening event:

- Office Coordinator
- Vascular Nurse/Nurse Practitioner/Physician Assistant
- Scheduling Coordinator
- Other Staff that coordinate similar community events

Your hospital's or clinic's public/community relations department may be willing to assist with planning.

Conduct a Planning Meeting

Set up a time to meet with all stakeholders that are involved in the planning to discuss the entire process of planning the screening event. Assign responsibilities and discuss critical components of the event so everyone is in agreement. This may include the following:

- Potential locations
- Potential dates
- Process for scheduling screenings
- Process for interpreting test results
- Patient follow up after the event
- Communications/marketing plan

This document contains tips and resources to help you lead this initial planning discussion.

Select a Date and Location

Selecting a location and date may go hand in hand as a locale may only be available on a certain date or you may be limited to a certain date.

When choosing a date for the screening, check the local community calendar to ensure there are no other competing events. Alternatively, you may consider holding the

screening to coincide with another pre-scheduled event (e.g., a health fair) to take advantage of established publicity.

Choose a location for the event that is convenient for attendees and is easily accessible via public transportation. You may choose to hold the event at your hospital, a clinic or a public location such as a health fair, local mall, senior centers, etc.

Consider the capacity of location. Ensure there is sufficient space to set up 4 or more screening stations as well as space for patient check-in and exit interviews. Also, be sure that you have the location for a sufficient amount of time (e.g., 5 to 7 hours) to ensure a successful screening event.

Staffing Requirements

To assist with your screening program, the following professional staff is recommended:

- A hospital representative to serve as “event coordinator”;
- Office staff to oversee scheduling of appointments;
- Clinical staff (RNs, RVTs, NPs, PAs) trained in performing the ankle-brachial index to operate at least two screening stations;
- Physicians, nurse practitioners, or physician assistants to conduct exit interviews with each participant.

Components of a PAD Screening

A typical PAD screening consists of the following:

- A review of PAD risk factors and symptoms
- A standard pulse examination
- Performance of the ankle- brachial index (ABI)

Indications for Screening

The PAD Coalition and SVN recommend that the protocol for PAD testing follow the *ACC/AHA Guidelines for the Management of Patients with Peripheral Arterial Disease* (JACC. 47:1239-1312, 2006). These guidelines recommend that the following individuals should be screened for PAD:

- Age < 50 years with diabetes and one other atherosclerosis risk factor (smoking, dyslipidemia or hypertension)
- Age 50 to 69 years and a history of smoking or diabetes
- Age 70 years and older
- Leg symptoms with exertion (claudication) or ischemic rest pain
- Abnormal lower extremity pulse examination

Scheduling

Experience suggests that 3-4 patients can be examined per hour per screening station. Scheduling appointments every 15-20 minutes per station will facilitate a smooth flow through the program. You may consider using a screening form or telephone screener to ensure that only patients at high risk for having undiagnosed PAD are scheduled for screenings. See sample forms.

Materials Checklist for Screening Event

- Manual Blood Pressure cuff (one for each station not coordinated by BioMedix staff)
- Arterials Doppler for ABI's (one for each station not coordinated by BioMedix staff)
- Calculator (one for each station not coordinated by BioMedix staff)
- Ultrasound gel
- Wipes
- Gloves
- Hand sanitizer
- Clipboards
- Pens
- Screening forms
- Supply of Privacy Policy Statements
- Materials from this Screening Toolkit
- Patient Appointment List
- Directional Signage
- Trash Cans (for disposal of wipes)

Patient Testing Forms

At the time of arrival, each patient should be checked in against the scheduling list. Depending on the site's requirements, patients will complete a standard notice of privacy compliant with HIPPA regulations, a patient history form, and any additional forms required by your facility.

Upon completion of the screening, patients should meet with a medical professional to discuss their findings. If evidence of disease is found, patients should be provided with an appropriate disease information flyer for their primary care clinician.

See the following form template:

- Patient Risk Assessment/Symptom Form

The PAD Screening Test – The Ankle-Brachial Index (ABI)

Below are steps to perform an ABI using a hand-held Doppler. A Society for Vascular Nursing representative will be onsite to demonstrate proper technique. Hospitals are also encouraged to view videos on performing the ABI available on YouTube:

www.youtube.com *On the Front Lines of P.A.D. Management*
ABI Exam
How to Do an ABI (Part 1 and Part 2)

ABI Procedure

1. Have patient rest supine for at least 5 minutes.
2. Place standard blood pressure cuffs around patient's ankles and arms.
3. Apply ultrasound gel.
4. Measure systolic reading in right arm with Doppler.
5. Measure DP/PT systolic pressure on right ankle with Doppler.
6. Repeat procedure on left arm and left ankle.
7. Using higher ankle pressure (DP or PT) for each ankle and higher arm pressure, calculate ratio of each ankle to brachial pressure using formula below.

Calculate on left and right side

Higher ankle pressure (DP or PT)/Higher arm pressure (of either arm) = _____ ABI

Interpreting the ABI

> 1.30	Noncompressible
1.0 – 1.29	Normal
0.91 – 0.99	Borderline
0.41 - 0.90	Mild to moderate PAD
0.00 – 0.40	Severe PAD

ABI values may be falsely elevated in patients with diabetes due to calcifications of blood vessels. When severe distal vessel calcification is clinically obvious (e.g., ankle systolic pressure >200 mmHg, or ABI > 1.3), the screening center should counsel the patient at the exit interview to obtain more formal testing.

Patient Exit Interviews

Patients should meet with a physician or other healthcare professional to discuss the findings of their screening. They should be provided a results form that documents the findings. People with normal findings may be encouraged to present them to their physicians for their records.

When abnormal exams indicate evidence of arterial disease, patients should be encouraged to report the findings to their primary care physician. The findings should be recorded, and patients should be provided with appropriate information during the exit interview.

Your practice may choose to contact the patient's primary care physician with abnormal findings. In this case, the patient must complete a Contact Authorization form before contacting their physician.

The screening facility should keep a copy of all forms provided to the patient.

Marketing the Screening Event

A PAD screening program can garner visibility for your hospital and provide a needed community service. If your hospital has an existing public and/or community relations departments, work with appropriate staff to coordinate promotional activities.

Publicize the event with advance media relations, advertising, posters, flyers, and invitations. Publicizing your event through your local media may help you reach thousands instead of hundreds with your message.

Senior centers, churches, retirement communities, libraries, pharmacies and other public settings that attract older adults are ideal venues to post flyers and newsletter articles.

Print publications often offer event calendars to list screening event dates.

PAD screenings are visual and, therefore, television and newspaper reporters may be more likely to cover the screening.

Chapter 3 includes tips to help you identify and approach appropriate local media for promotion of your event. There are also useful tools that you can customize to help in your promotional efforts, including:

- Sample Press Release
- Sample Media Alert
- Event Posters/Flyers
- Newsletter Articles
- Blurbs for Electronic Publications
- Facts about Peripheral Arterial Disease
- Live Radio Scripts

Tips for Making Your Event Unique

- Provide a personal welcome, sign-in, and intake by hospital staff
- Offer heart-healthy refreshments
- Conduct brief, educational talks on the prevention and treatment of P.A.D. by clinician educators. Check out the “patient stories” video and consumer slide presentation available through the P.A.D. Coalition.
- Show P.A.D. educational videos in the waiting area
- Provide individualized, one-on-one counseling on risk factors with educational materials and question and answer opportunities
- Post displays and written materials from various hospital services such as specialty clinics, sleep disorder centers, women's centers, wellness centers, diabetes educators, and supporting primary care physicians
- Combine your events with other community activities (i.e., health fairs, AHA Heart Start Walk)

*** Select sections of these guidelines were adapted from the Society for Vascular Surgery’s Screening Event Toolkit available at www.vascularweb.org/practiceresources.**