

Transcript Details

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A Cardiologist's Key Takeaways from the 2020 ACC Expert Consensus Decision Pathway

Announcer:

Welcome to *Heart Matters* on ReachMD. On this episode, sponsored by Novo Nordisk, we're joined by Dr. Ty Gluckman, who's an adjunct faculty member at the Ciccarone Center for the Prevention of Heart Disease at the Johns Hopkins Hospital in Baltimore, Maryland. He's also a Medical Director at the Center for Cardiovascular Analytics, Research, and Data Science at Providence St. Joseph Health in Portland, Oregon. Dr. Gluckman is here to give us an overview of his key takeaways from the 2020 ACC Expert Consensus Decision Pathway. Let's hear from him now.

Dr. Gluckman:

In 2020, the American College of Cardiology put out an Expert Consensus Decision Pathway on Novel Therapies for Cardiovascular Risk Reduction in Patients with Type 2 Diabetes. And this was an update to a similar document that was put out in 2018 and was updated specifically because there was additional data that had come out.

There are a number of takeaways from this document, and it's organized in an algorithmic fashion. But principally, it's important for cardiovascular team members and clinicians to understand that the paradigm of how the cardiovascular specialist approaches the care of patients with type 2 diabetes is fundamentally changing.

Previously, cardiovascular specialists focused on risk factor optimization in patients with diabetes. And medications used for glycemic control were not necessarily adjusted by cardiovascular specialists, in part because these therapies were not expected to demonstrate cardiovascular benefit. Instead, with data from SGLT-2 inhibitors and GLP-1 receptor agonists now demonstrating that these therapies developed initially for glucose-lowering, can in fact directly improve cardiovascular outcomes, independent of their effect on hemoglobin A1c. It's that much more important for cardiovascular specialists to be involved in their initiation and management. And so cardiovascular specialists now need to incorporate these agents into the care of patients with type 2 diabetes and play a role in coordinating care with a primary care diabetes care providers. These include primary care clinicians and endocrinologists to fully optimize the clinical outcomes in these patients.

Pathway documents such as this were meant to develop an algorithmic approach to some of the most common clinical conditions we deal with as cardiovascular specialists. And whether we're dealing with an individual clinician, a practice, a hospital, or a health system, different groups have utilized tools such as this to be able to drive standardization of care where appropriate. To that end, this may involve developing best practices in the electronic health record, developing policies, procedures, or protocols to guide best practices. Ultimately, we need tools like this to be able to bring the various stakeholders together, primary care clinicians, endocrinologists, and cardiovascular specialists to optimize the care of the type 2 diabetic patient.

It's important for cardiovascular specialists to realize that we have more data than we've ever had before about how we can modify and reduce the cardiovascular risk of type 2 diabetic patients. And Pathway documents such as this are meant to be an aid or a tool to help support clinicians in delivering best practices and evidence-based therapy.

I'm really excited about what the future holds to reduce the risk profile of these patients in the years to come.

Announcer:

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