



2022 LEAD Capstone Poster Session

The Heart of the Matter: Raising Awareness of Cardiac Sarcoidosis

Ashley Hardin, MD

Assistant Professor

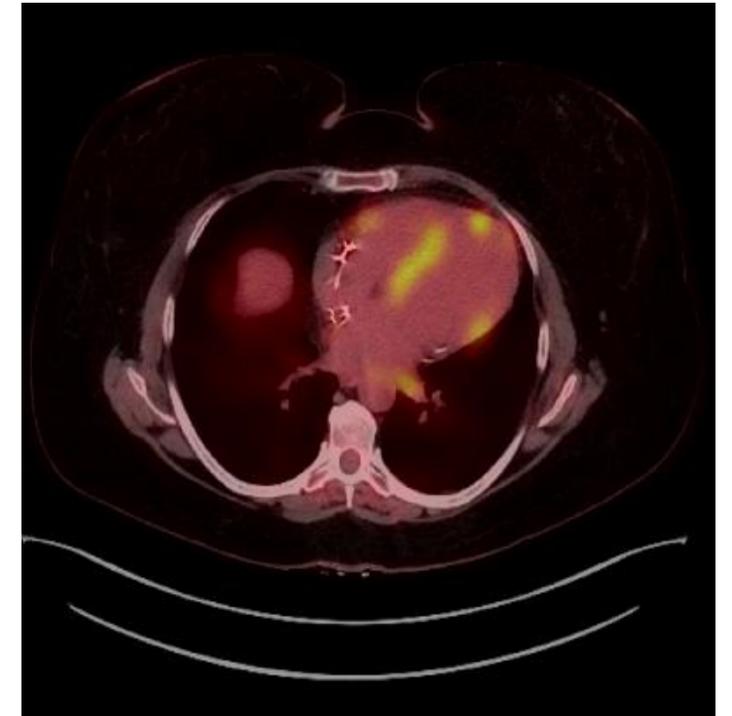
Department of Internal Medicine

Division of Cardiology



Abstract

- **Background**-sarcoidosis is a **multisystem, granulomatous disease of unknown etiology** that can affect multiple organ systems, including the heart. **Cardiac involvement is a leading cause of death and is widely under-recognized.** Cardiac sarcoidosis is treatable, especially if detected early and treated at a center with specialized care.
- **Objectives**-to raise the awareness of cardiac sarcoidosis internally and in the community.
- **Methods**-marketing campaign at UTSW and in the community through internal and local grand rounds, hosting a local sarcoid symposium, creating a website, community education with our marketing/outreach teams.
- **Outcomes**-improved patient care, increased number of patient referrals to UTSW, development of a multi-disciplinary sarcoid clinic, enhanced enrollment in clinical trials, **establishing UTSW as the center of excellence for the treatment of cardiac sarcoidosis in North Texas.**





Objectives

- Promote awareness of cardiac sarcoid
 - Speaking at internal and local grand rounds
 - Meeting with a variety of subspecialty clinics to provide screening guidelines for cardiac involvement
 - ✦ Sarcoidosis is often initially encountered in pulmonary, dermatology and ophthalmology clinics
 - Partnering with marketing/outreach teams at UTSW to reach community providers
 - Creating a cardiac sarcoidosis website
 - Hosting a local sarcoidosis symposium



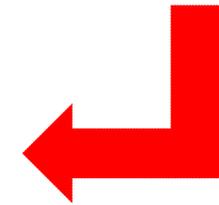
Background Information

- Sarcoidosis is a multisystem, granulomatous disease of unknown etiology
 - Immunologic response to an antigen in susceptible people
- Clinically manifest cardiac involvement accounts for 5% of sarcoidosis patients
 - Entails heart block, ventricular arrhythmias, heart failure
- **Clinically silent** cardiac involvement is upwards of **25-40%** of patients with sarcoidosis
 - Based on autopsy and imaging studies
- Cardiac sarcoidosis is a **leading cause of death** in these patients



Specific Aims

- Improve awareness of cardiac sarcoidosis
 - This will have a multitude of subsequent effects below
- Increase patient referrals to UTSW
- Improve enrollment in clinical trials
- Create a multidisciplinary sarcoidosis clinic
- Establish UTSW as a center of excellence for the treatment of cardiac sarcoidosis





Project Plan

Marketing Campaign

UTSW

- Grand rounds (IM, derm, ophtho)
- Cardiac Sarcoidosis Website
- UTSW sarcoid symposium

North Texas Community

- Meet with community providers
- Local grand rounds/THR
- Speak at Texas Medical Association
- Host a local sarcoid symposium



Application of What You Learned at LEAD

- Impactful communication
- Effective negotiation strategies
- Aligning career goals with those of the institution (strategic planning and vision)
- Teamwork



Proposed Budget

- Protected time (two half days a month)
 - Strategic planning with marketing/outreach teams
 - Implementing community education program
- \$5,000 to host a local sarcoid symposium



Innovation and Significance

- This project will help to identify patients at risk for morbidity/mortality from cardiac sarcoidosis
- It will help to grow a cardiac sarcoidosis clinic where patients receive expert care
- An increase in referrals will help to support a multidisciplinary sarcoidosis clinic in the future
- All of the above will help establish UTSW as a center of excellence for the care of cardiac sarcoidosis



References

- Gilotra NA, Griffin JM, Pavlovic N, Houston BA, Chasler J, Goetz C, Chrispin J, Sharp M, Kasper EK, Chen ES, Blankstein R, Cooper LT, Joyce E, Sheikh FH. **Sarcoidosis-Related Cardiomyopathy: Current Knowledge, Challenges, and Future Perspectives State-of-the-Art Review.** J Card Fail. 2022 Jan;28(1):113-132. doi: 10.1016/j.cardfail.2021.06.016. Epub 2021 Jul 11. PMID: 34260889; PMCID: PMC8748280.
- Birnie DH, Nery PB, Ha AC, Beanlands RS. **Cardiac Sarcoidosis.** J Am Coll Cardiol. 2016 Jul 26;68(4):411-21. doi: 10.1016/j.jacc.2016.03.605. PMID: 27443438.