

Current Clinical Use of Speckle Tracking Strain Imaging: Insights from a Worldwide Survey from the European Association of Cardiovascular Imaging-EACVI

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▶ To cite this version:

Leyla Elif Sade, Shruti S Joshi, Matteo Cameli, Bernard Cosyns, Victoria Delgado, et al.. Current Clinical Use of Speckle Tracking Strain Imaging: Insights from a Worldwide Survey from the European Association of Cardiovascular Imaging-EACVI. European Heart Journal - Cardiovascular Imaging, 2023, 10.1093/ehjci/jead170. hal-04196103

HAL Id: hal-04196103 https://hal.science/hal-04196103

Submitted on 14 Sep 2023 $\,$

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1	Current Clinical Use of Speckle Tracking Strain Imaging: Insights from a Worldwide Survey
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4	Leyla Elif Sade ¹ , Shruti S. Joshi ² , Matteo Cameli ³ , Bernard Cosyns ⁴ , Victoria Delgado ⁵ , Erwan
5	Donal ⁶ , Thor Edvardsen ⁷ , Ricardo Fontes Carvalho ^{8,9} , Robert Manka ¹⁰ , Tomaz Podlesnikar ^{11,12} ,
6	Bogdan A. Popescu ¹³ , Jadranka Separovic Hanzevacki ¹⁴ , Marta Sitges ¹⁵ , Marc R. Dweck ²
7	
8	1University of Pittsburgh Medical Center, Heart and Vascular Institute, Department of Cardiology,
9	Pittsburgh, PA, USA.
10	2 BHF Centre for Cardiovascular Science, Chancellor's building, University of Edinburgh, Little
11	France Crescent, Edinburgh, EH16 4SB, United Kingdom
12	3 Department of Cardiovascular Disease, University of Siena, Siena, Italy.
13	4 Cardiology Department, Centrum voor Hart en Vaatziekten (CHVZ), Universitair ziekenhuis
14	Brussel, Brussels, Belgium.
15	5 Hospital Universitari Germans Trias i Pujol, Badalona, Barcelona, Spain
16	6 Cardiologie, CHU de RENNES, LTSI UMR1099, INSERM, Universite' de Rennes-1, Rennes,
17	France.
18	7 Department of Cardiology, Oslo University Hospital, Rikshospitalet and University of Oslo
19	8 Serviço de Cardiologia, Centro Hospitalar de Vila Nova de Gaia/Espinho, Gaia - Portugal.
20	9 Centro de Investigação Cardiovascular (UniC@RISE), Faculdade de Medicina, Universidade do
21	Porto, Porto - Portugal.
22	10 Department of Cardiology, University Heart Center, University Hospital Zurich, Zurich,

23 Switzerland.

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-1 1 11 Department of Cardiac Surgery, University Medical Centre Maribor, Ljubljanska ulica 5, 2000

- 2 Maribor, Slovenia;
- 3 12 Department of Cardiology, University Medical Centre Ljubljana, Zaloška cesta 2, 1000 Ljubljana,
- 4 Slovenia
- 5 13 Department of Cardiology, University of Medicine and Pharmacy 'Carol Davila' -Euroecolab,
- 6 Emergency Institute for Cardiovascular Diseases 'Prof. Dr. C. C. Iliescu', Bucharest, Romania Sos.
- 7 Fundeni 258, sector 2, 022328 Bucharest, Romania.
- 8 14 Department of Cardiovascular Diseases, University Hospital Centre Zagreb, School of Medicine,
- 9 Zagreb, Croatia.
- 10 15 Cardiovascular Institute, Hospital Clínic, Universitat de Barcelona, Institut d'Investigacions
- 11 Biomèdiques August Pi i Sunyer (IDIBAPS), CIBER, Centro de Investigación Biomédica en Red,
- 12 Spain.
- 13
- 14
- 15 Address for Correspondence
- 16 Leyla Elif Sade, MD
- 17 200 Lothrop street
- 18 UPMC, Heart and Vascular Institute
- 19 Presbyterian Hospital, Ste E354.2
- 20 Pittsburgh, PA, 15232, USA
- 21 Sadele2@upmc.edu
- 22
- 23
- 24
- 25

1 Conflict of Interest Disclosures

- 2 L E Sade : None
- 3 S S Joshi: None
- 4 M Camelli: Participated data safety monitoring or advisory board for Novo nordisk and Astra Zeneca,
- 5 received equipment, or other services from Novartis
- 6 B Cosyns: participated on a Data safety Monitoring Board or advisory board for AMGEN, BMS
- 7 V Delgado: received speaker fees from Edwards Lifesciences, GE Healthcare, Medtronic,
- 8 Novartis and Philips and consulting fees from Edwards Lifesciences and Novo Nordisk.
- 9 E Donal: None
- 10 T Edvardsen: None
- 11 R F Carvalho: None
- 12 R Manka: None
- 13 T Podlesnikar: None
- 14 BA Popescu: Received honoraria and receipt of equipment from GE Healthcare, Hitaci-Aloka
- 15 J Separovic Hanzevacki: None
- 16 M Sitges: Received honoraria from GE Electric. Canon Medical,
- 17 M Dweck: None
- 18
- 19
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ABSTRACT

3

Background: Echocardiographic speckle-tracking strain imaging (STE) has been a major advance in
myocardial function quantification. We aimed to explore current world-wide clinical application of
STE.

Methods: Access, feasibility, access, and clinical implementation of STE were investigated with a
 worldwide open-access online survey of the European Association of Cardiovascular Imaging
 (E+CU)

9 (EACVI).

Results: Participants (429 respondents, 77 countries) from tertiary centers (46%), private clinics or 10 11 public hospitals (54%) using different vendors for data acquisition and analysis were represented. Despite almost universal access (98%) to STE, only 39% of the participants performed and reported 12 STE results frequently (>50%). Incomplete training and time constraints were the main reasons for not 13 14 using STE more regularly. STE was mainly used to assess the left ventricular (99%) and less frequently the right ventricular (57%) and the left atrial (46%) function. Cardiotoxicity (88%) and 15 cardiac amyloidosis (87%) were the most frequent reasons for the clinical use of left ventricular STE. 16 Left atrial STE was used most frequently for the diagnosis of diastolic dysfunction and right 17 18 ventricular STE for the assessment of RV function in pulmonary hypertension (51%). Frequency of 19 STE use, adherence to optimal techniques and clinical appropriateness of STE differed according to training experience and across vendors. Key suggestions outlined by respondents to increase the 20 21 clinical use of STE included improved reproducibility (48%) and standardization of strain values 22 across vendors (42%).

23 **Conclusions:** Although STE is now readily available, it is underutilized in the majority of centers.

24 Structured training, improved reproducibility and inter-vendor standardization may increase its uptake.

1 **Keywords**: Speckle tracking strain, echocardiography, clinical, inter-vendor.

2 Introduction

3 Speckle tracking echocardiography (STE) has been shown to be an invaluable tool in detecting

4 subclinical LV systolic dysfunction in different clinical scenarios, and to provide a favorable impact

5 on the management of specific cardiac conditions by providing information which is not available

6 with any of the currently used echocardiographic parameters. The exciting potential of this approach is

7 reflected by the exponential increase in research and scientific publications over the last decade.

8 Furthermore, STE is frequently highlighted by current recommendation documents from the European

9 Association of Cardiovascular Imaging (EACVI) and American Society of Echocardiography (ASE)

10 as a state of the art approach for patient evaluation.¹⁻⁷ Consequently, it is crucial to have a better

11 understanding of how this imaging technique is used in current clinical practice, from both a technical

12 and clinical perspective as well as the remaining barriers limiting its widespread clinical

13 implementation.

14 Therefore, this survey aims 1) to understand the implementation of recommendations on ST strain 15 imaging in clinical practice worldwide and 2) to explore barriers and challenges in clinical 16 applications. Ultimately the survey seeks to inform future strategies to optimize integration of STE 17 into routine patient assessment.

- 18
- 19 Methods

The present survey was conducted by the EACVI Scientific Initiatives Committee from 15 September to 15 October 2022 according to published criteria (8). Participation in the survey was through an open access weblink for physicians, sonographers and technicians. The weblink of the survey was shared through the European Society of Cardiology (ESC) website, official bulletins of the ESC, and the social media for inviting the participants. Participants from 250 EACVI registered units around the world were invited to complete an online survey comprising 27 questions. The first 10 questions of the survey were prepared to obtain information about the access to STE and the feasibility of the tool in different categories of health care providers, 9 questions aimed at obtaining information about the training and optimal technical use of STE software, and 8 questions aimed to obtain information about the clinical implementation of STE in current clinical practice and the expected improvements to increase its integration into daily practice.

8

9 Statistics

10 Data were transferred into SPSS (Version 28.0) for statistical analyses. Categorical evaluations were 11 transformed into semiquantitative scores. Training extent was grouped from 0 to 3 as; 0: no training 12 (n=61), 1: trained via 1 educational resource (n=261), 2: trained via 2 or 3 educational resources 13 (n=133) and 3: trained through more than 3 (n=20) educational resources. Technical adherence score 14 (TAS) was obtained from 5 questions about the technical use of STE in the questionnaire: A point of 1 15 was assigned if the response complied with current EACVI recommendations, if not a point of 0 was 16 assigned (TAS \leq 3 indicated poor adherence and \leq 4 indicated good adherence). Clinical 17 use score (CUS) was obtained by assigning a score of 1 to each evidence based clinical condition 18 where strain was used. For this purpose we took into account EACVI consensus documents, 19 recommendation papers, ESC guidelines, and meta-analyses.^{2-7,9-20} According to the opted responses 20 the maximum TAS would be 5, and the maximum CUS would be 15 (Table 1). Comparison between 21 the groups was performed by Chi-Square for categorical variables. Scores were compared among 22 groups by one-way ANOVA with Bonferroni post hoc comparisons if necessary.

1 Results

2

23	In total, 429 voluntary participants responded to the survey from 77 countries across the globe. The
4	participants were from, Algeria, Angola, Argentina, Armenia, Australia, Austria, Bahrain,
5	Bangladesh, Belgium, Bosnia and Herzegovina, Brazil, Bulgaria, Canada, Chile, China, Columbia,
6	Costa Rica, Croatia, Cyprus, Czechia, Denmark, Egypt, Estonia, Finland, France, Georgia, Germany,
7	Greece, Hungary, India, Iran, Iran, Iraq, Ireland, Italy, Japan, Jordan, Korea, Kuwait, Lebanon,
8	Lithuania, Malaysia, Mexico, Mongolia, Morocco, Myanmar, the Netherlands, New Zealand, Nigeria,
9	North Macedonia, Norway, Oman, Pakistan, Palestine, Paraguay, Peru, Poland, Portugal, Romania,
10	Russian Federation, Saudi Arabia, Senegal, Serbia, Slovenia, South Africa, Spain, Sweden,
11	Switzerland, Syrian Arab Republic, Taiwan, Tunisia, Turkiye, Ukraine, United Arab Emirates, United
12	Kingdom of Great Britain and Northern Ireland, United States of America, Uruguay, Uzbekistan.
13	
14	Participants worked in tertiary centers (45%), public hospitals (37%), private clinics (17%) and
15	intensive care or emergency departments (1%). More than half of the survey participants were senior
16	echocardiographers (58%) and the others were early career echocardiographers (22%), multimodality
17	imagers (16%) or sonographers (5%). Almost 95% of the participants worked in either cardiology or
18	cardiothoracic departments with the remainder working in internal medicine, intensive care unit or
19	emergency department (Figure 1).
20	
21	Access to Speckle Tracking Echocardiography

22 The majority of respondents had access to STE within their department (80%), 15% reported having

- 23 access to STE within their hospital and 5% either had access to it within their region (via referral)
- 24 (3%) or did not have access to STE (2%) (Figure 2A).

Interestingly, nearly a quarter (23%) of the participants reported not using this technology despite
having access to it. The commonest reasons of not using STE were time constraints (49.7%) and the
need for more training (37.6%). Other reasons included lack of motivation to spend time learning the
technology (3.9%), not seeing the value in STE (3.9%) or a dislike for the post processing algorithms
available to them (4.9%).

7

8 Clinical Usage and Training Resources

9 In terms of clinical usage, whilst 39% of the participants performed or reported speckle tracking
10 frequently (>50% of their studies), 28% of the respondents included strain in their report infrequently
11 (25-50% of their studies), 22% very rarely (<25% of their studies) and 7% of the respondents used
12 STE only for research purposes (Figure 2B).

13

14 The majority of respondents (84%) were trained in STE. Training at an expert center (47%) or by performing research with the use of STE (43%) were the most common means of training. Other 15 16 training resources included national teaching courses (34%), the EACVI e-learning platform (22%), 17 and EACVI hands-on teaching courses (17%) (Figure 3). While 15% did not receive any training, 18 54% were trained on STE by means of more than one resource. Interestingly, 18 out of 38 (47%) who 19 mentioned a need for more training had previous training (32 from 1 resource, 6 from more than 1 20 resources). Importantly, more extensive training in STE was associated with increasing CUS (CUS: 21 6.1 ± 3.2 in those who were not trained, CUS: $7.6 \pm 3.3^*$ in those who were trained via 1 resource, 22 CUS: $8.8 \pm 3.0^{*\dagger}$ in those who were trained via 2-3 resources, CUS: $9.2 \pm 3.4^{*\dagger}$ in those who were

trained via more than 3 resources; *p<0.01 vs not trained, † p<0.01 vs 1 resource) (Central
illustration).

3

4 Offline versus during acquisition preferences of STE analyses

5 The majority (63%) of respondents performed strain analyses during image acquisition while 37% performed offline analyses. EchoPAC was the most widely (69%) used workstation for offline 6 7 analysis among the respondents. TomTec was used by 10%, Xcelera by 7%. Other postprocessing 8 systems were used less frequently. Users from emergency departments and intensive care performed STE exclusively during image acquisition. Offline strain analyses were least frequent among private 9 10 clinic practitioners (24%) whereas offline systems were used by 35% of public hospital practitioners 11 and 44% of tertiary center practitioners (p <0.001). More extensive STE training was associated with more frequent use of offline analysis workstations and offline strain analysis was performed by the 12 13 majority of researchers (58%). Importantly, offline strain quantification was associated with higher 14 CUS and TAS (Table 2).

15

In the majority of the countries, STE provided no revenue as an add-on to the regular transthoracic echocardiography (56 out of 79 countries (71%), and according to 85% of the respondents). On the other hand, revenue for STE was declared by 88% of respondents from the United States of America, else, in 22 countries reimbursement or a fee was applied only occasionally.

20

21 Appropriate use of the technique

Among the users almost all (99%) performed STE for the left ventricle (LV). For this purpose, 85%

23 used global longitudinal strain (GLS) obtained from 3 apical views. However, 8% quantified LV

longitudinal strain from the apical 4- and 2- chamber views whilst 6% quantified STE from only the
 apical 4-chamber. Automated algorithm analysis with manual correction of the region of interest was
 the most widely adopted approach (88%). Only 6% used fully automated algorithms and 5% manual only tracings.

5

6 For clinical purposes, GLS was the most frequently used strain assessment tool (97%) followed by 7 bull's eye plots (76%), the segmental strain curve pattern (33%), segmental peak systolic strain (28%) 8 and time to peak strain (22%). In patients with atrial fibrillation, almost half the responders (49%) reported obtaining GLS using the automated algorithm only if the cardiac cycles were similar and 9 10 within physiological limits. The others reported either taking an average of longitudinal strain measured manually from the 3 apical views regardless of cycle length variation (16%) or by assessing 11 12 only the apical 4 chamber average longitudinal strain (4%). Meanwhile, 30% did not quantify LV 13 longitudinal strain in patients with atrial fibrillation.

14

Just under half (46%) of the survey participants quantified left atrial (LA) strain. The majority (59%)
calculated LA longitudinal strain by taking an average of the apical 4- and 2-chamber views. Others
used either the apical 4-chamber or 2-chamber views.

For the right ventricle (RV), STE was used by 57% of the respondents: 35% measured STE in the RV free wall, 27% took the average of STE measurements from the septum and free wall whilst 16% used the automated function imaging algorithm. Only 8% of respondents measured strain in the right atrium.

1 Training experience of the operator was associated with greater adherence to the technical

2 recommendations provided by the EACVI / ASE standardization taskforce as shown in function of

3 TAS in Central illustration (TAS: 2.6 ± 1.4 in those who were not trained, TAS: 3.0 ± 1.1 in those

who were trained via 1 resource, TAS: $3.3 \pm 1.2^*$ in those who were trained via 2-3 resources, TAS:

5

 $3.6 \pm 1.0^*$ in those who were trained via more than 3 resources; *p<0.01 versus no training).

6

4

7 Characteristics of the Usage of STE by Vendors

Among respondents, General Electric (GE) was the most frequently used cardiac ultrasound vendor 8 for STE (59%), followed by Philips (32%), Siemens (3%), other brands (6%, including Canon, 9 10 Toshiba, Esaote, Mindray). Differences in the technical approach to LV strain assessment were observed among users of different vendors (Table 3). LV GLS assessment from 3 apical views was 11 12 performed most frequently by GE and Philips users as well as RV and LA strain assessments. Strain 13 pattern recognition with the bull's eye plot was most frequently adopted by GE users. Importantly, the 14 clinical frequency of STE utilization also differed among users of different vendors. Strain analysis during the acquisition was performed more frequently than offline analysis across all vendors, but this 15 16 trend was most prominent among Siemens users. Forty-seven percent of GE users performed STE 17 frequently (in >50% of the studies), in comparison to 26% of Philips, 25% of Siemens and 21% of 18 other brand users in their studies (p=0.001). The majority (58%) of Siemens users performed STE in 19 less than a quarter of their studies. Of note, the technical adherence score was highest among GE 20 followed by Philips users. The evidence based clinical use score was also highest among GE users 21 followed by other brand users and Philips users. Regarding STE vendor distribution across different 22 institutions represented in the survey, GE and Philips were mostly used in tertiary centers, Siemens,

mostly in public hospitals and other brands mostly in private clinics (Central illustration). Training
 intensity did not differ between users of different vendors.

3

4 Applications of STE in Clinical Practice

5 The survey investigated the conditions where LV strain was considered most helpful in clinical

6 decision making. Diagnosis of cardiotoxicity (88%) and cardiac amyloidosis (87%) were highlighted

7 as the most common conditions for the clinical use of STE. The other conditions stated by survey

8 respondents are included in Figure 4.

9

10 Whilst 62% of the participants envisaged using an impaired LV GLS as a trigger to optimizing medical treatment in patients with heart failure with preserved ejection fraction, 38% did not. 11 Similarly, when asked regarding the use of LV GLS in heart failure with reduced ejection fraction 12 (EF) (<50%), 35% reported always taking it into account as they considered GLS to be more 13 14 reproducible than EF, 31% used it for monitoring response to medical therapy, 7% used it to monitor response to treatment in patients receiving cardiac resynchronization therapy and 27% did not use 15 16 GLS in this scenario. Interestingly, the majority (71%) reported never using LV strain with 17 dobutamine stress, while 25% reported using strain for the assessment of viability and 4% for the 18 study of LV dyssynchrony.

19

Clinical scenarios where RV strain was assessed by the participants included pulmonary hypertension
(51%), arrhythmogenic cardiomyopathy (33%), routine echocardiographic exams to assess RV
function (24%), suspicion of RV infarction (23%) and to aid selection of candidates for cardiac
resynchronization therapy (7%).

The survey also investigated indications for performing LA strain, with the most common being the diagnosis of diastolic dysfunction (48%), followed by prediction of the risk of developing atrial fibrillation (30%), the routine assessment of LA function (19%), as well as the prediction of embolic stroke risk in both sinus rhythm (14%) and atrial fibrillation (10%).

6

7 Suggestions for Future Developments

Finally, the survey gathered suggestions for solutions to increase the clinical use of STE. Improved measurement reproducibility was the most frequent answer provided (47%), followed by standardization of STE results to improve cross-interpretation across different vendors (42%). Faster algorithms (32%), increasing the revenue associated with performing STE (30%), the development of vendor neutral solutions (23%) and methods to apply STE to 3-dimensional data sets (18%) as well as higher frame rates (17%) were other important suggestions (Figure 5).

14

15 **Discussion**

16 The present survey is unique in providing real world data about the clinical use of STE from 77 17 countries, focusing on access, application, training, and vendors. The main findings are as follows: 1) 18 Despite near universal access, the performance of STE remains relatively low in clinical practice. 2) 19 The extent of operator training in STE is associated with the frequency of clinical usage, adherence to 20 optimal technique defined by the strain standardization task force and evidence based clinical use. 3) 21 A non-negligible percentage of echocardiographers did not have training on STE or did not feel self-22 confident enough despite having some training. 4) There is also important vendor related variation in 23 clinical use of STE.

2	Overall, the current clinical application of STE was lower in this survey than expected. Despite almost
3	universal access, only 39% performed and reported STE frequently (>50%) in their reports. When
4	used, the clinical conditions where STE was applied were compliant with the scientific evidence and
5	recommendations of the EACVI, most commonly being utilized in the left ventricle in patients with
6	suspicion for cardiac amyloidosis and chemotherapy induced cardiotoxicity. Disease oriented
7	evidence-based consensus documents are also eagerly awaited as well as further scientific evidence
8	demonstrating the clinical benefits of using STE in routine practice across different medical
9	conditions. Time constraints and lack of training were the 2 most important reasons for not using STE
10	in daily practice despite having access to it. Time constraints may explain partly the preference of
11	performing STE analysis during acquisition rather than offline. Even though the performance of STE
12	is rarely reimbursed this was not described as a impeditive factor for its use, although it was described
13	as a method of increasing the uptake and application of strain imaging in the future. The responses
14	showed that most of the echocardiographers were trained at an expert center or using educational
15	resources provided by their national societies. Approximately, a third of the respondents had received
16	training from the EACVI driven resources, underpinning the importance of the efforts to expand the
17	exposure to EACVI training platforms. The survey showed that respondents with more extensive
18	training (training from more than 1 resource) in STE, demonstrated more frequent usage of this
19	approach, greater adherence to optimal imaging techniques and more appropriate implementation of
20	STE into clinical practice. The association between STE training experience and the frequency and
21	quality of STE use in clinical practice suggests the need for a greater focus on structured training
22	programs including at least 2 steps in order to achieve the necessary level of expertise and confidence
23	for the use of STE in patient management.

2 We observed prominent vendor related differences in the frequency of STE use, as well as adherence to optimal techniques and appropriate clinical application.^{21,22} Furthermore, there was variation 3 4 observed in vendor use according to place of work, with differences seen between tertiary centers, 5 public hospitals and private clinics. The explanation for these vendor related differences requires further exploration but might include differences in processing algorithms and user-friendliness of the 6 7 navigation platform among others. These differences might also present an opportunity for greater inter-vendor standardization efforts that might ultimately expand the clinical implementation of STE. 8 9 Indeed, respondents felt that improved reproducibility and standardization of strain values across 10 vendors were the key measures to improve uptake of STE in clinical practice. 11 12 13 Limitations 14 The survey reflects the answers of voluntary respondents and may suffer from sampling bias.

15 Confirmatory data from a larger number of more diverse centers would be welcome. The responses 16 may be biased based on the potential different perceptions or interpretations of the questions by the 17 respondents. We used arbitrary scoring systems when attempting to quantify the responses regarding 18 technical adherence and clinical appropriateness factors. The negative contribution of poor image 19 quality as a reason of not using the STE was not evaluated.

20

21 Conclusions

22 In conclusion, STE is now a widely accessible clinical tool, yet it is only routinely used in the minority

23 of echocardiographic centers. Extensive training in STE appears important in determining a high

1 frequency of STE use and is associated with improved adherence to optimal imaging techniques and

2 clinical appropriateness. Improving exposure of the echocardiographers to training resources as well

3 as increasing measurement reproducibility and inter-vendor standardization may all contribute to

- 4 accelerate the routine clinical adoption of STE.
- 5

6 Data Availability

7 The data underlying this article are provided by European Association of Cardiovascular Imaging

8 (EACVI) by permission. Data will be shared on request to the corresponding author with permission

9 of the EACVI.

10

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20 Figure legends

- 21 Central illustration: Frequent reporting, technical adherence and evidence based clinical use of STE
- 22 by training intensity, health care facility and vendors
- 23 Figure 1: Distribution of the participants by country (A), by work environment (B), by career position

24 (C).

- 25 Figure 2: Access to speckle tracking strain imaging (A) and usage frequency in clinical practice (B).
- 26 **Figure 3**: Resources used for training on STE.
- 27 Figure 4: The use of STE for specific clinical purposes (presented as percentage of respondents)
- 28 (*denotes the diseases that were not included in the calculation of CUS)
- Figure 5: Answers to "Which improvement would increase your clinical use of speckle tracking
 imaging?".
- 31
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- 34

1 2 **Tables:**

 Table 1: Calculation of technical adherence and clinical use scores

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Responses to questions showing technical adherence that were assigned a score of 1

- 1. How do you assess left ventricular global longitudinal strain? From 3 apical views.
- 2. How do you assess left atrial longitudinal strain? From the average of apical 4- and 2- chamber.
- 3. How do you quantify right ventricular strain? From both septum and free wall or by using the automated function imaging for the right ventricle.
- 4. How do you assess left ventricular longitudinal strain in atrial fibrillation? I obtain global longitudinal strain only if the cardiac cycles are similar and within physiological limits.
- 5. Which algorithm do you use to define the region of interest? Automated algorithm with manual correction.

Evidence based clinical use for specific diseases that were assigned a score of 1

- 1. Heart failure with preserved ejection fraction
- 2. Chemotherapy induced cardiomyopathy
- 3. Amyloidosis
- 4. Hypertrophic cardiomyopathy
- 5. Ischemic heart disease
- 6. Fabry's disease
- 7. Dilated cardiomyopathy (subclinical phase / early diagnosis)
- 8. Aortic stenosis
- 9. Adjunct to the diagnosis of arrhythmogenic cardiomyopathy
- 10. Adjunct to patient selection for cardiac resynchronization therapy
- 11. Adjunct for predicting the risk of developing atrial fibrillation
- 12. Adjunct for predicting the risk of embolic stroke
- 13. Adjunct for the diagnosis of diastolic dysfunction
- 14. Pulmonary hypertension (right ventricle)

Table 2: Relation of real time versus offline strain analysis performance with training, health care

5 provider, clinical usage and technical adherence.

		During image	Offline	P value
		acquisition		
	Without training	43(78%)	12 (22%)	0.014
Training	Training from 1 resource	134 (63%)	79 (37%)	
	Training from >1 resource	84 (55%)	68 (45%)	
Health	Private Clinic	53 (75%)	18 (25%)	0.014
care	Public hospitals	99 (64%)	56 (36%)	
provider	Tertiary centers	106 (56%)	84 (44%)	
Clinical	Frequent use >50%	96 (58%)	69 (42%)	0.02
	Infrequent use 25-50%	71 (59%)	49 (41%)	
usage	Rare use <25%	75 (79%)	20 (21%)	
frequency	For research	13 (42%)	18 (58%)	
Clinical use score Technical adherence score		7.7 ± 3.6	8.9 ± 3.2	< 0.001
		3.03 ± 1.2	3.3 ± 1.1	0.02

Table 3: Vendor related usage characteristics

	General	Philips	Siemens	Other	Р
	Electric				
	n=261	n=141	n= 13	n=14	
LV strain assessment	98.1	98.6	100	93	
From 3 apical views	89	82	42	71	< 0.001
Only from apical 4- chamber view	4	7	42	7	
From apical-4, and -2 chamber views	6	10	17	21	
RV strain assessment	61	57	21	42	0.008
LA strain assessment	45	49	33	21	NS
Bull's Eye pattern use	82	65	58	79	0.001
Analyze performance					
During acquisition	55	68	92	79	0.001
Offline	43	31	8	14	
Frequency of use					
>50% of studies	47	26	25	21	0.001
25-50% of studies	27	29	17	36	
<25% of studies	26	45	58	43	
Technical adherence score	3.3±1.1	3.0±1.2	2.3 <u>±</u> 1.6*	2.2 <u>±</u> 1.4†	0.001
Clinical use score	8.4±3.2	7.0 ±3.4†	6.8 <u>+</u> 2.5*	7.6 <u>+</u> 2.4	0.001
Health care provider					
Private clinic	13.4	19.1	33.3	57.1	0.001
Public hospital	38.2	36.2	50.0	21.4	

- 1 LA; left atrial, LV; left ventricular, RV; right ventricular. Values are presented as percentages or mean
- \pm standard deviation. *p<0.05 vs General Electric, †p<0.001 vs General Electric

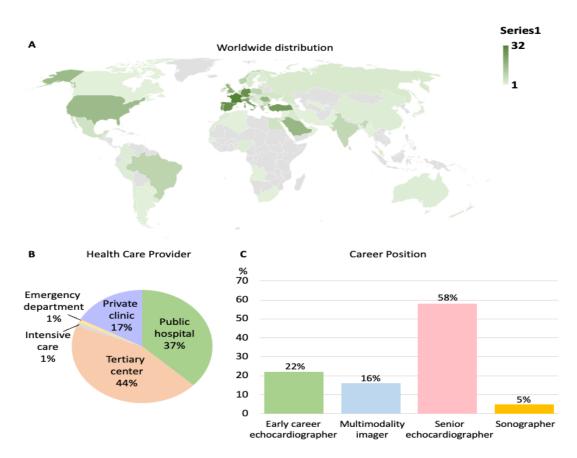


Figure 1

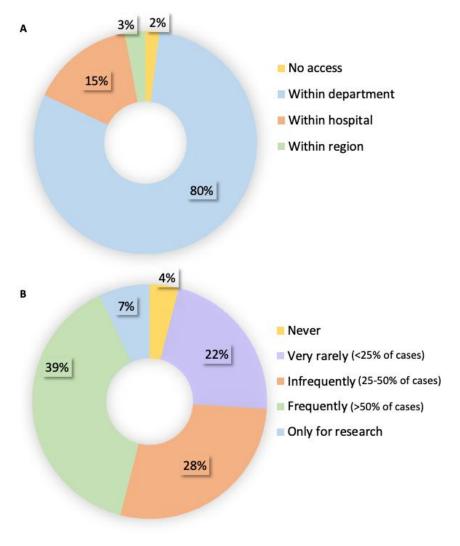


Figure 2

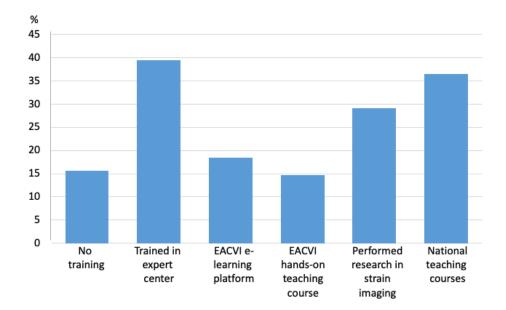


Figure 3

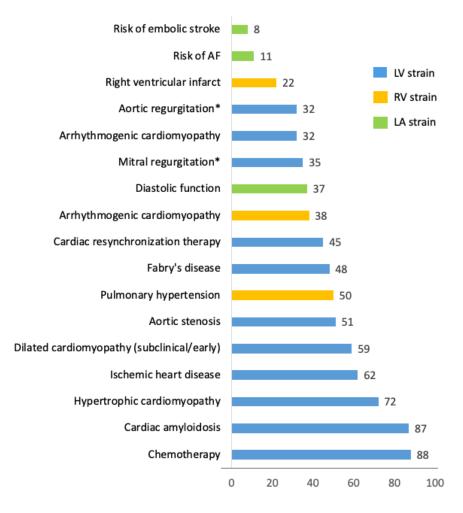


Figure 4

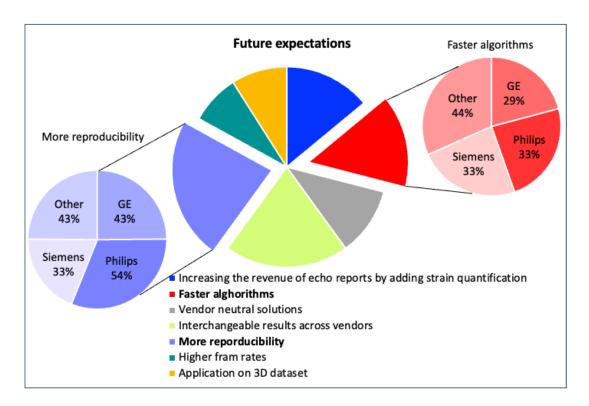


Figure 5