



# BOARD OF GOVERNORS

AMERICAN COLLEGE of CARDIOLOGY®

## ACC Biography and Position Statement

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### BIOGRAPHY:

Dr. Timir Paul is a Professor of Medicine and Program Director for the Cardiology Fellowship at UTHSC-Nashville. He is board-certified in cardiology and interventional cardiology who currently practices at Ascension St. Thomas Hospitals in Nashville. He founded the cardiology fellowship program at UT-Nashville. He currently serves as chair of the promotion and tenure committee at UT-Nashville, director for the cardiology grand round, and course-director for the annual Ascension comprehensive cardiovascular meeting. Previously, he was a faculty, associate PD and clerkship director at East Tennessee State University (ETSU), practicing at Ballad Health and rural communities for 9 years before moving to Nashville.

Dr. Paul has been a FACC for the last 14 years, with extensive involvement at both the state and national level. Nationally, he served on the NCDR Chest Pain-MI Registry Committee for two terms, ACC Program Directors' Graduate Medical Education (PDGME) Leadership Council and currently serves on the ACC-PDGME Work Group and Writing Group. He is an invitee to the ACC Leadership Forum 2022 and 2023. He serves as a judge for the national ACC Fellows-in-Training (FIT) Jeopardy competition, and a peer-reviewer of Jeopardy questions. He mentored residents through the ACC Internal Medicine-Cardiology Mentorship Program. He writes CME questions for ACC.org's E-Learning and serves as a reviewer for the ACC meeting abstracts and JACC journals. Within TN-ACC, He has served two terms on the Executive Council, serves on the Scientific Meeting Planning Committee and hosts and moderates the TN-ACC FIT Jeopardy at annual meetings. He has been actively involved in health care advocacy and participates in TN-ACC's "Day on the Hill".

Beyond ACC, he serves on the Society for Cardiovascular Angiography and Interventions (SCAI)'s Standards and Guidelines, QI and International Committees. He volunteers with Remote Area Medical, a nonprofit organization that provides free medical care in underserved areas. Under his leadership as Chair of the Accreditation Committee, Johnson City Medical Center received accreditation by Joint Commission as Chest Pain Center/STEMI Program. He chaired the ED-EMS Cardiovascular Improvement Team and STEMI Review Committee, developing and implementing regional STEMI protocols. He founded and served as Co-director for the Center for Cardiovascular Risk Research at ETSU.

Dr. Paul has authored or co-authored over 200 manuscripts, editorials, and book chapters. He presented and published over 300 abstracts. He serves on the editorial boards for several cardiology journals. His research changed the 2021 ACC/AHA and 2018 ESC guidelines on coronary revascularization. He developed the SCAI Chest Pain Decision App and chaired the SCAI Toolkit for Lipid Management in Secondary Prevention. He received several grants, including a PCORI grant for CVD prevention in Central Appalachia and a \$4.5 million AHRQ grant as co-investigator for improving CV health across TN.

A frequently invited faculty at national and international conferences, Dr. Paul has been recognized as a SCAI Emerging Leader, Young Leader by Cardiovascular Revascularization Technologies, and faculty inductee of the AOA. His honors include the Dean's Distinguished Research Award, several Best Teaching Awards, and the Scarlet Sash Society Honor for outstanding education and mentorship.

## POSITION STATEMENT:

I have had the privilege of practicing cardiology across both rural and urban regions of TN, from the Appalachian communities in East TN to my current practice in Nashville. Despite comprising 22% of the state's population, rural Tennesseans face barriers to timely and equitable medical care. Here are some key statistics highlighting these challenges:

1. **Health Professional Shortage Areas (HPSAs):** 91 out of 95 TN counties are designated as HPSAs.
2. **Hospital Access:** 20 counties lack a hospital entirely, and 17 have no ER.
3. **Uninsured Rates:** ~16% of people in rural TN are uninsured and is compounded by TN's decision not to expand Medicaid under the Affordable Care Act (ACA).
4. **Healthcare Affordability:** ~ 67% of rural Tennesseans experience healthcare affordability burdens, such as being uninsured, delaying care due to cost, or struggling to pay the medical bill.
5. **Medicaid Coverage Gap:** As 1 of only 10 States not to expand Medicaid, TN leaves over 300,000 residents uninsured and places growing financial strain on rural hospitals.

If elected as TN-ACC Governor, I would focus on two key initiatives to address these disparities and improve cardiovascular (CV) care across TN:

1. **Improve Access to CV Care in Rural & Underserved Areas:**
  - a. Increase screening for CV risk factors
  - b. Expand PAD screening in high-risk patients using ABI to prevent amputation
  - c. Educate communities on lifestyle changes and risk factors modification
  - d. Increase use of telemedicine and appropriate referral to local/nearest clinics
2. **Advocate for Medicaid Expansion at the Policy Level:**
  - a. Expand Medicaid to cover more than 300,000 Tennesseans
  - b. Bring awareness of this issue to state policymakers

## Implementation Plan:

1. I have been volunteering with Remote Area Medical (RAM), a non-profit organization that provides free pop-up clinics delivering medical care to underserved communities. I would like to develop a strategic partnership with TN-ACC and RAM to incorporate CV risk factors screening including measurement of ABI. I have already initiated discussions with RAM leadership, who are open to partnering with TN-ACC. Patients diagnosed with PAD will be counseled and referred to a CV specialist at their nearest location. We will ensure telemedicine visits with physicians who are not able to travel.
2. In the last several years I have been increasingly involved in understanding the health care policy and grown an interest in advocacy. I have been actively involved in health care advocacy efforts and participated in TN-ACC's "Day on the Hill" for the lobbying with the legislatures to improve CV outcomes. I would work creating small groups of like-minded colleagues and coordinating with other organizations with similar interests (AHA, TN Health Care Campaign, TN Justice Center, Families USA) to provide data, educate and advocate policymakers in expanding Medicaid under the ACA, through targeted advocacy.

I envision a TN-ACC that doesn't just meet at conferences, discuss health disparities but works to eliminate them. With your support, I believe we can do that. Thank you for your service to patients, and your consideration of my candidacy.