

Implementing Blood-Based Biomarkers for Alzheimer’s Disease in Routine Care: Attitudes, Expectations, and Concerns of General Practitioners in Germany

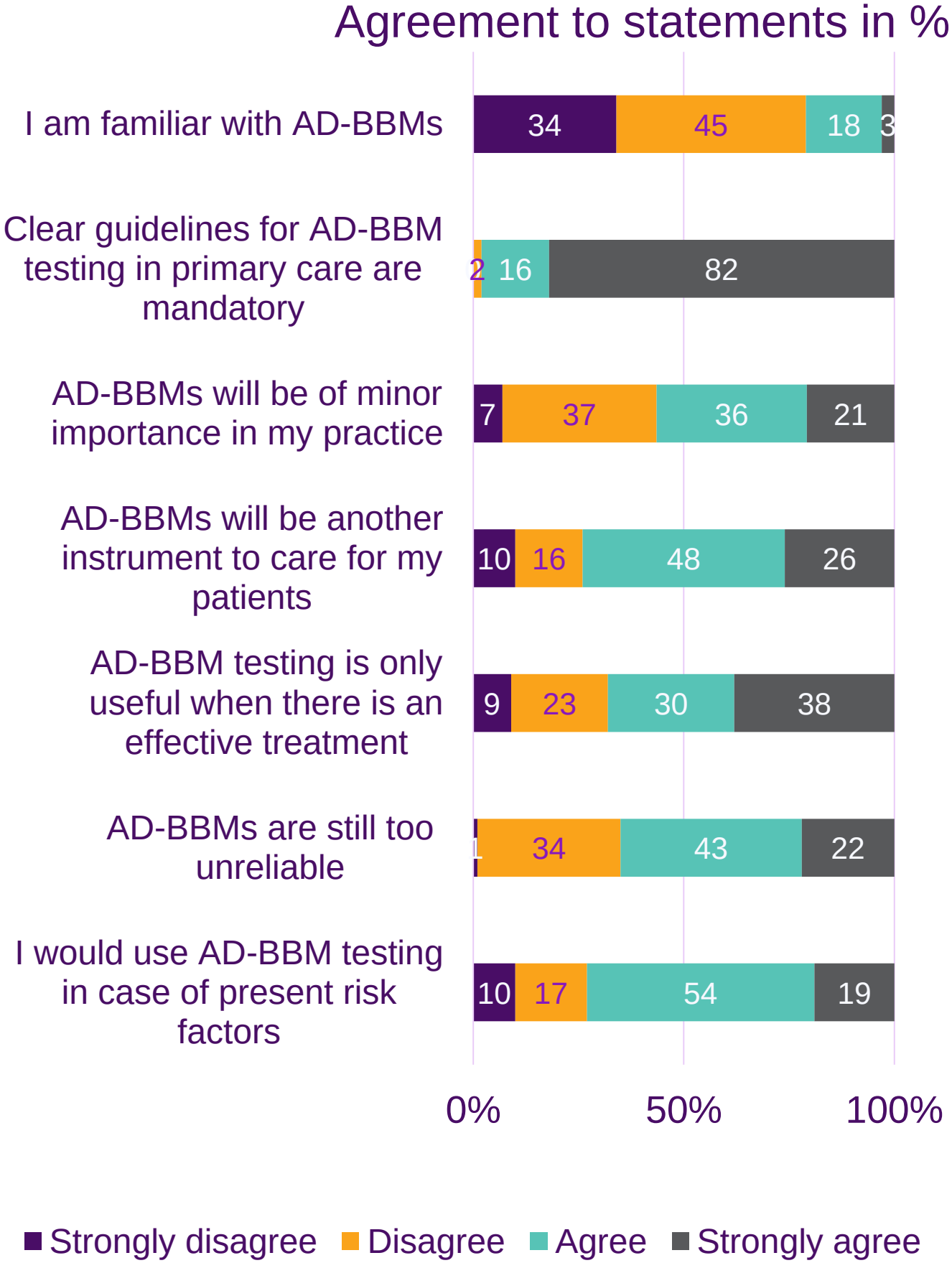
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KEY TAKE AWAY: German general practitioners perceive blood-based biomarkers as potentially beneficial add-on for current Alzheimer’s disease (AD) diagnostics – however, not as game changer. Without effective AD treatment, facilitating home care arrangements and maintaining patients’ quality of life takes priority.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES																																								
- Blood-based biomarkers (BBMs) for Alzheimer’s disease have potential to enhance and simplify AD-diagnostics in primary care. - General practitioners (GPs) often are first point of contact for patients with memory complaints and play gatekeeping role for further diagnostics. - GPs’ attitudes, expectations, and concerns towards BBMs are essential for beneficial implementation in routine care, however, underexplored (Claessen et al., 2025; Perrin et al., 2026; Burns et al., 2026).	- Based on 15 qualitative interviews with GPs in Germany, an online survey was developed to assess GPs’ attitudes toward BBMs as well as perceived benefits and barriers to their use in the diagnosis of AD across Germany. Sample characteristics: - N = 117 GPs in Germany 45% female - Mean age = 53 years	Agreement to statements in %  <table><thead><tr><th>Statement</th><th>Strongly disagree</th><th>Disagree</th><th>Agree</th><th>Strongly agree</th></tr></thead><tbody><tr><td>I am familiar with AD-BBMs</td><td>34</td><td>45</td><td>18</td><td>3</td></tr><tr><td>Clear guidelines for AD-BBM testing in primary care are mandatory</td><td>2</td><td>16</td><td>82</td><td></td></tr><tr><td>AD-BBMs will be of minor importance in my practice</td><td>7</td><td>37</td><td>36</td><td>21</td></tr><tr><td>AD-BBMs will be another instrument to care for my patients</td><td>10</td><td>16</td><td>48</td><td>26</td></tr><tr><td>AD-BBM testing is only useful when there is an effective treatment</td><td>9</td><td>23</td><td>30</td><td>38</td></tr><tr><td>AD-BBMs are still too unreliable</td><td></td><td>34</td><td>43</td><td>22</td></tr><tr><td>I would use AD-BBM testing in case of present risk factors</td><td>10</td><td>17</td><td>54</td><td>19</td></tr></tbody></table>	Statement	Strongly disagree	Disagree	Agree	Strongly agree	I am familiar with AD-BBMs	34	45	18	3	Clear guidelines for AD-BBM testing in primary care are mandatory	2	16	82		AD-BBMs will be of minor importance in my practice	7	37	36	21	AD-BBMs will be another instrument to care for my patients	10	16	48	26	AD-BBM testing is only useful when there is an effective treatment	9	23	30	38	AD-BBMs are still too unreliable		34	43	22	I would use AD-BBM testing in case of present risk factors	10	17	54	19	- GPs are generally open to BBM implementation, especially concerning patients with risk factors - BBMs are perceived as addition to current diagnostics, not as a game changer - Key concern: lack of effective treatment options following positive BBM results - Lack of knowledge about BBMs for AD - clear guidelines, education, and information material are required	Burns, J. M., Alford, S., Coppinger, J., Jiménez-Mausbach, M., Ray, S., Pandey, H., & Laird, R. (2026). Early Alzheimer’s diagnosis: US primary care physicians and use of blood biomarkers. <i>Alzheimer’s & Dementia</i>, 22(1), e70986. Claessen, T., Visser, F. C. W., van Munster, B. C., van der Flier, W. M., Jiménez-Mausbach, M., van Harten, A. C., ... & Visser, L. N. (2025). General practitioners’ perspectives on blood biomarkers for Alzheimer’s disease. <i>Alzheimer’s & Dementia: Diagnosis, Assessment & Disease Monitoring</i>, 17(4), e70186. Perrin, A., Letrilliart, L., Gilbert, T., Montellier, M., Grangé, C., & Garnier-Crussard, A. (2026). Blood-based biomarkers for Alzheimer’s disease in primary care: A French qualitative study exploring perspectives of general practitioners. <i>Alzheimer’s & Dementia: Diagnosis, Assessment & Disease Monitoring</i>, 18(1), e70301. CONTACT  Anne.blawert@dzne.de This study is part of the PREPARE project: https://prepare.harding-center.de/das-projekt/prepare-en/ 
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