

REFLECTIVE CPD ACTIVITY FORM

Name: Josephine Whitaker



Job Role: Sonographer

Description: <i>(i.e. SVT AGM 2017, presented at local meeting)</i>	SVT Newsletter Questions. Post Thrombotic Syndrome, Recent Aspects of Prevention, Diagnosis and Clinical Management
Date(s):	13 /07/ 2017 Total Days/Hours 1 Hour
Type of activity:	<input checked="" type="checkbox"/> Educational <input type="checkbox"/> Professional <input type="checkbox"/> Work-based <input type="checkbox"/> Self Directed <input type="checkbox"/> Other _____
Benefits to your practice:	Reading and answering questions on the above article has increased my knowledge and awareness of post thrombotic syndrome (PTS). I am now aware that residual thrombus and reflux increase the risk of developing PTS and that a combination of both is more likely to lead to skin damage in the affected leg. I also learnt that there is no correlation between reflux time and severity of PTS symptoms. This is something I had previously thought was the case although I was aware the volume of reflux was likely more important than the duration. Reading the article and answering the questions will help me to write more accurate diagnostic reports and place less emphasis on reflux time and more emphasis on the presence of residual thrombus and reflux in combination.
Benefits to service user:	Reading the article has enabled me to produce more informed reports for venous insufficiency scans which will hopefully lead to better patient management
Supporting evidence: <i>(can include program certificate, notes, presentation, signed training sheet)</i>	

Additional notes:	
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Please complete reflection form for each activity submitted