



Louise Keehn has completed this personal reflection on **15/09/2022**

Paper: Winter 2021/2022 CPD questions

Personal Reflection:

Description of the Learning

This learning comprised two papers, one examining the use of compression stockings after endothermal ablation of varicose veins and the other examining the risk of mortality in patients with peripheral arterial disease with varying BMI.

Evaluation and Analysis

These papers were both meta-analyses, summarising a number of randomised controlled trials in each field which gives reassurance that the findings are reliable and accurate. The findings were very interesting to read. The paper by Hu et al suggests that compression stockings are not necessary after endovenous thermal therapy. Compression stockings are so widely used in venous treatment that the idea that they may not be of any additional benefit after this procedure is quite novel. Lin et al describe the obesity paradox in their paper. The mortality rate in subjects with PAD was at its lowest in subjects with BMI 33-34. This is very interesting, being so counter intuitive to expectations. It would be interesting to read further investigations examining the obesity paradox.