



**Michelle Cooper** has completed this personal reflection on **15/02/2022**

**Paper:** Winter 2021/2022 CPD questions

**Personal Reflection:**

Questions based on two papers; 1. No benefit of wearing compression stockings after endovenous thermal ablation of varicose veins: a systematic review and meta-analysis (Hu et al), 2. A dose response association between body mass index and mortality in patients with peripheral artery disease: a meta-analysis including 5 79 272 individuals.

**Evaluation and analysis:**

Paper 1. The wearing of compression stocking following endovenous treatment was not associated with a better outcome, other than for pain relief. This was based on the analysis of high quality evidence, so could have implications for patients undergoing this treatment as compression may be unnecessary. Further research is needed to investigate whether wearing compression stockings is associated with recurrence rates.

Paper 2: A BMI of 33-34kg was associated with reduced mortality in patients with PAD. This is known as the obesity paradox - a U shaped curve with the lowest risk amongst obese patients. Further research is required to understand the mechanisms behind this and to provide clinical guidance regarding weight control.