



Michelle Cooper has completed this personal reflection on **02/05/2019**

Paper: Spring 2019 CPD Questions

Personal Reflection:

Description of the learning.

CPD questions based on two papers; 1. Factors associated with contralateral deep venous thrombosis after ilio caval venous stenting, 2. Mid-term outcomes of endovenous laser ablation in patients with active and healed venous ulcers: a follow up study.

Evaluation and Analysis

1. Stent placement across the ilio caval confluence from the left CIV is associated with a low but present risk of contralateral ilio femoral venous thrombosis. Various risk factors include contralateral IIV thrombosis, pre-existing IVC filters, and anti-coag non-compliance. Future stent development may prevent the need to cross into a healthy IVC to avoid these problems.
2. EVLA of superficial insufficient veins promotes ulcer healing and lower recurrence rates in a majority of patients. There is a low rate of complications and a modest rate of re-interventions.