



Michelle Cooper has completed this personal reflection on **05/08/2020**

Paper: Summer 2020 CPD Questions

Personal Reflection:

CPD questions based on two papers:

1. Patients with isolated pulmonary embolism in comparison to those with deep venous thrombosis. Differences in Characteristics and clinical evolution. Palareti et al. European Journal of Internal Medicine 69 (2019). 64-70
2. Different management options for primary varicose veins in females: a prospective study. Mousa et al. Surgery Open Science 1 (2019) 25-33.

Evaluation and Analysis.

Paper 1. There are importance differences between isolated PE and DVT/PE. Risk factors for isolated PE include older age, female sex, heart failure and cancer, whilst thrombophilic alterations are associated with DVT/PE. Hormonal contraceptives are also more frequent in patients with isolated PE in comparison to DVT/PE. Understanding the differences in risk factors is importance in trying to understand the underlying mechanism, and requires further investigation.

Paper 2. Long term follow up of patients with primary superficial varicosities among female is required to determine post operative recurrence. This is of particular importance for those who have undergone foam sclerotherapy. This may be something that the vascular lab will be required to monitor in the future.