Intermittent claudication

Supervised exercise programme

NICE

Peripheral arterial disease: diagnosis and management

Clinical guideline
Published: 8 August 2012
Last updated: 11 December 2019

NICE guidelines

1.5 Management of intermittent claudication

Supervised exercise programme

1.5.1 Offer a supervised exercise programme to all people with intermittent claudication. **[2012]**

1.5.2 Consider providing a supervised exercise programme for people with intermittent claudication which involves:

- 2 hours of supervised exercise a week for a 3-month period
- encouraging people to exercise to the point of maximal pain. **[2012]**

The story so far...

Claudication clinic

Supervised exercise programme trial - 2014

No permanent Supervised exercise programme

2014 trial

Vascular assessment → Supervised Exercise programme → Vascular assessment → 6 month follow up

Results

1. Step **increase**, average increase **932** step per day
2. Increase in activity levels **Inactive** to **active**
3. Statistically significant increase in **Vitality**
4. Improvement in **overall mental health**

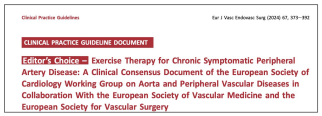
ANP clinic

2 clinics per week

12 new patient slots

2 IC patients per week

Supervised exercise programme



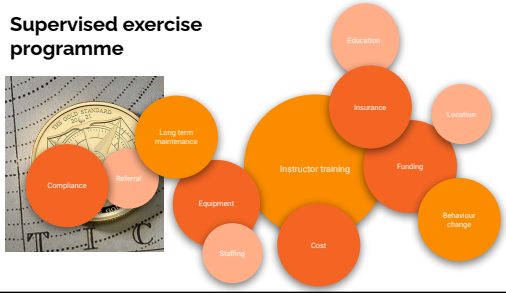
Clinical Practice Guidelines — Eur J Vasc Endovasc Surg (2024) 67, 379–392

CLINICAL PRACTICE GUIDELINE DOCUMENT

Editor's Choice – Exercise Therapy for Chronic Symptomatic Peripheral Artery Disease: A Clinical Consensus Document of the European Society of Cardiology Working Group on Aorta and Peripheral Vascular Diseases in Collaboration With the European Society of Vascular Medicine and the European Society for Vascular Surgery

Improvements in **pain free walking**

Supervised exercise programme



1. **Supervised exercise programme**

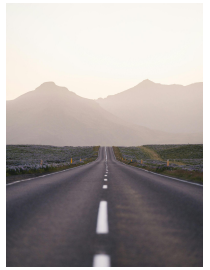
2. **Home exercise programme**

3. **Signposting**

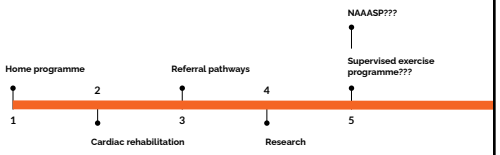
Referring into existing schemes

Active Gloucestershire

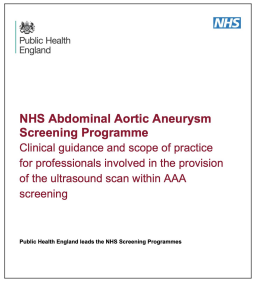
Road to nowhere?



Next steps...



NAAASP


Public Health England

NHS

NHS Abdominal Aortic Aneurysm Screening Programme

Clinical guidance and scope of practice for professionals involved in the provision of the ultrasound scan within AAA screening

Public Health England leads the NHS Screening Programmes

Takeaways...

Thank you