

REFLECTIVE CPD ACTIVITY FORM



Name: **Minta Sabrina Palmer**

Job Role: **Lead Vascular Technologist**

Name:	Rouleaux Club - ASPIRE Junior: Peripheral Arterial Disease	
Date(s):	29/09/2022	Total Days/Hours: 1 Hours
Type of activity:	<input type="checkbox"/> Educational <input type="checkbox"/> Professional <input type="checkbox"/> Work-based <input checked="" type="checkbox"/> Self Directed <input type="checkbox"/> Other	
Description of Learning:	Online presentation on the aetiology and presentation of peripheral artery disease, with information on vascular risk factors and medical management.	
Analysis:	PAD is an occlusive disease of arteries, causing diminished blood supply, and is typically atherosclerotic or thromboembolic. These presentations discussed the process of atherosclerotic formation and progression, as well as the classical symptoms of PAD, including claudication, rest pain, and ulceration. Critical Limb Ischaemia is no longer the correct terminology, but has been relabelled as Chronic Limb Threatening Ischaemia (CLTI). The importance of careful and thorough patient examination was discussed, as well as the types of clinical imaging. Risk factors were outlined. Best medical therapy, interventional and surgical therapies were described.	
Conclusion:	PAD affects more than 200 million people worldwide, with diabetic patients at a 2-3x increased risk. NICE guidelines recommend best medical therapy (BMT) as the initial treatment of choice, with smoking cessation, antiplatelets, and supervised exercise key in preventing progression to CLTI. BMT is advised for patients experiencing intermittent claudication, however when symptoms indicate CLTI, rest pain or ulceration, the risk of limb loss without intervention increases. Intervention should be carried out in conjunction with BMT and lifestyle changes, however should be put off as long as possible.	

Benefits to your practice:	This was a good presentation on the signs and symptoms of PAD and the treatment options available. It is helpful for sonographers to have knowledge of the complete clinical picture in order to better understand the importance of obtaining accurate diagnostic data.
Benefits to service user:	While this will not necessarily change our current practice in the ultrasound rooms, it is beneficial to know how our patients are being cared for, and whether they are candidates for intervention or surgery. Having the sonographers understand the difference between acute versus chronic disease is very important in ensuring that severe, acute disease is documented and reported urgently, in order to prevent limb loss.
Supporting evidence:	Presentation notes and Certificate of Attendance.
Additional notes:	

Please complete reflection form for each activity submitted