



Minta Palmer has completed this personal reflection on **19/08/2022**

Paper: Summer 2022 CPD Questions

Personal Reflection:

Description of the Learning: Summer 2022 CPD Questions - Ultrasound screening for abdominal aortic aneurysm in high-risk women.

Analysis: This article detailed the findings of a cross-sectional study to determine outcomes of targeted AAA screening programme for high risk women.

Conclusion: Primary care records from 30 GP sites were searched to find eligible women who were considered to be high risk for AAA, who were then invited to attend screening clinics. Inclusion criteria: white women 64-74 yo, current or ex-smoker, history of CAD. Exclusion criteria: diagnosis of dementia or palliative care at time of screening. 5998 women were invited to screening, with 5200 attending, and 5190 undergoing ultrasound examination. AAA prevalence was 0.29%, which was lower than the predicted 0.35%. The study suggested that screening would be neither clinically nor economically effective in women w/high risk of AAA, and found that women attending screening reported a decrease in quality of life afterwards.

Benefit to Current Practice: As there is no current national screening programme for women, these findings do not change our current practice.

Benefit to Service User: It is interesting to see that women reported a decreased quality of life following AAA screening, where the vast majority of patients were found to have normal aortas. Given that AAA in women is so rare, it benefits the patient to not have to attend screening appointments, especially as the population who would be offered this service are already listed as high risk.

Description of the Learning: Summer 2022 CPD Questions - Popliteal artery aneurysm in women.

Analysis: This was a retrospective audit of the Swedish Vascular Registry to determine the difference in presentation and treatment of popliteal artery aneurysms in women versus men.

Conclusion: Popliteal artery aneurysm is more rare in women, although it presents in the same manner. Women are typically operated on more frequently for acute ischaemia, and less frequently for asymptomatic disease. Women popliteal aneurysms seem to be similar to men in regards to age, comorbidities, survival, clinical presentation, and concomitant aneurysms elsewhere. Women have bilateral disease less often than men (9.5% vs 27%), and there is a larger proportion of small aneurysms in women than in men. Results of treatment similar between men and women,

Benefit to Current Practice: It benefits us as sonographers to recognise that while women don't present as often as men for aneurysmal disease, their symptoms and disease progression are

similar to men.

Benefit to Service User: Understanding the similarity of aneurysmal disease in women will help to ensure that appropriate follow up and surveillance is in place, especially as women appear to present with occluded popliteal aneurysms earlier than men.