



**Joanne Widdup** has completed this personal reflection on **03/05/2018**

**Paper:** Spring 2018 CPD Questions

**Personal Reflection:**

Description of the Learning: The reading of 2 research papers titled 'Vascular Thoracic Outlet Syndrome' and 'Clinical Presentation and Management of Arterial Thoracic Outlet Syndrome' to answer multiple choice questions to assess learning. The first paper is a review of the anatomical factors, etiology, pathogenesis and clinical presentation as well as the management of patients with venous and arterial TOS. The second paper is a retrospective review of patients undergoing treatment for arterial TOS.

Evaluation: The first paper provides a good learning resource to increase knowledge of venous and arterial TOS and their management. This paper recognises the lack of randomised controlled trials and prospective data for this uncommon condition and also some variety in the treatment approach.

The second paper uses retrospective data from a single centre and a relatively small number of patients, however it highlights the diverse clinical presentation and is strictly limited to arterial TOS. It highlights the need to and distinct surgical protocol to achieve excellent outcomes for patients and the need for a multidisciplinary approach. This paper however does not discuss the diagnosis of arterial TOS.

Conclusion: These 2 papers have increased my knowledge of the presentation and treatment of TOS and also made me aware of the treatment outcomes for patients as the second paper shows that many patients have reduced function following surgery. It has also made me revise the anatomy involved in TOS.

Action Plan: To keep references and keep my knowledge up to date as this is a scan I do not often perform. This exercise has made me aware that I need to gain a deeper knowledge of the condition and its management as well as its investigation.