



Heather Holmes has completed this personal reflection on **27/02/2021**

Paper: Summer 2020 CPD Questions

Personal Reflection:

I found the paper on treatment of primary varicose veins especially interesting as I regularly take part in EVLT treatments. Understanding the research behind the preferred choice of treatment is helpful and will allow me to provide up to date discussion with the patient about their treatment options. It is especially encouraging to see the EVLT is shown to be as effective as surgery in dealing with these primary varicose veins. The paper regarding isolated PE was also very interesting. From time to time we see patients whos only symptoms have been of a PE and we are asked to look for a DVT. Sometimes we find nothing, so it is reassuring to see that this is seen to be the case in 20% of patients. The paper also helps detail the likely demographics of these patients (often elderly, more often female, with risk factors including cancer and heart failure, but also a subset of younger women using hormonal contraception). Understanding the pathology and presentation of PE's and DVT's helps me to be more aware of the reasons for referring a patient and the potential outcomes for them.