



**Helen Matthews** has completed this personal reflection on **05/03/2018**

**Paper:** Winter 2018 CPD Questions

**Personal Reflection:**

The literature search covered a 15 year period with varied sample sizes and age groups and revealed there is a higher risk of disease progression than expected with PAD.

PAD is associated with the lowest quality of life out of all symptomatic cardiovascular disease manifestations and also the most costly.

From a Public Health perspective it is important to have robust data on the epidemiology and natural course of PAD.

The prevalence is likely to increase further in future with the increase in the aging population. It was inconclusive whether men or women were more at risk.

The toe brachial index is considered more accurate for detection of arterial disease in patients with vascular stiffness than ABPI. The toe vessels are less susceptible to media calcification and this is particularly relevant for patients with diabetes, renal disease and micro-vascular disease.

A TBI of  $<0.70$  is considered to indicate atherosclerotic development, although this is not strictly evidence based. Large scale trials are needed to validate the diagnostic limits of the TBI as recommended by the Standards for Reporting of Diagnostic Accuracy Studies and Cochrane Diagnostic test accuracy.