



Amanda Clark has completed this personal reflection on **27/01/2021**

Paper: Summer 2020 CPD Questions

Personal Reflection:

DVT & Pulmonary Embolism-

It is interesting to learn more about isolated pulmonary emboli and how I-PE and DVT/PE are different presentations of venous thromboembolism and have different pathogenic mechanisms.

This paper has given me a greater understanding of the need for a bilateral leg DVT scan on patients who have suffered an I-PE. The proposed causes of a I-PE have been given as - a thrombus that has originally located in the veins may have totally dislodged from its position or the source of the thrombi/PE could be an abdominal or internal jugular veins thrombosis, heart disease (especially right sided intra-cardiac thrombus) and in-situ thrombus formation.

The risk factors significantly associated with I-PE are considered to be older age, female sex, the presence of heart failure or cancer and use of hormonal contraception (the latter was not expected and had originally been considered a minor risk factor in the study). Whereas thromboembolic alterations, such as factor V Leiden mutation, are associated with DVT/PE.

Primary Varicose Veins in females-

The study showed no significant difference between the surgically treated group (SFJ disconnection and LSV stripping) and endovenous laser therapy.

There was a relatively low success rate for the ultrasound guided foam sclerotherapy compared to surgery and EVLT. One of the reasons suggested for this is that its effectiveness is usually low in a large diameter vein compared to a smaller one. Recurrence of varicose veins with recanalization of the LSV was frequently encountered. However, it could be considered a suitable treatment for patients who have strong contraindications to surgery and EVLT.

The venous clinical severity score (VCSS) and health related quality of life score (HRQOLS) showed equal improvements amongst the treatment groups. One of the conclusions of the paper is that long term F/U of the different treatment modalities is needed to elucidate the postoperative complications.