



Kate Houghton has completed this personal reflection on **27/07/2023**

Paper: Autumn 2022 CPD Questions

Personal Reflection:

Type of CPD: Self-directed (reading journals or articles), completion of SVT CPD online questions.

Rolfe model of reflection (what, so what, now what)

What: Review of two journals; one on the introduction of Bicycle exercise ABI Recovery Time (BART) in limbs undergoing surgical correction for external iliac artery endofibrosis; and the second paper on the use of duplex for the diagnosis of popliteal entrapment in asymptomatic young male patients

So What: Endofibrosis and popliteal entrapment are scan types not routinely performed within our department. These scans are performed at the hub site within our network. As a network we share the same protocols, so I am aware of the scan SOP, however, I have not really given much thought into these scan types because it is not something I see being performed regularly. These articles allowed me to take time to consider vascular testing used in the diagnosis of endofibrosis and popliteal entrapment. It was the second paper (pop entrap), which I found most interesting, because to my knowledge, as a network we have never discussed the false positive results which can occur using duplex alone.

Now What: I have added „false positive results during pop entrap testing,“ to the agenda of the next network meeting, which is attended by the three heads of service in the network „it would be beneficial to discuss with the site that performs these tests.

I really enjoyed this CPD activity. Because I work in a management position, my role often doesn„t allow time for the reading of vascular science journal articles. I attend our department„s fortnightly journal club, but these sessions are prepared by the scientists and trainees. I complete many CPD activities on a regular basis „i however my focus over the last 18 months has been on developing my management, leadership and strategy skills. This activity allowed me to prioritise my time to ensure I have a range of CPD activities. Going forward, I plan to allocate time to complete the quarterly CPD questions as they were really enjoyable to read and I felt they were a benefit to my practice.