



**Matthew Gawel** has completed this personal reflection on **02/10/2024**

**Paper:** Spring 2024 CPD Questions

### **Personal Reflection:**

#### Description of the Learning

The papers have described the diagnosis and management of Eagle syndrome and Ehlers-Danlos Syndrome. Eagle syndrome is categorised by an elongated styloid process/calcified stylohyoid ligament, which can compress carotid arteries leading to symptoms and increased risk. EDS is an autosomal dominant disorder caused by mutations on the COL3A1 gene, leading to changes in the medium/large arteries. Non-invasive imaging, such as Duplex ultrasound and TCD was emphasised for diagnosis.

#### Evaluation

Interestingly, TCD could be used in Eagle's syndrome to provide a diagnosis on provocation, and be used to assess the effectiveness of surgical interventions. For EDS, the emphasis was on non-invasive imaging too avoid conventional angiography which may risk arterial rupture. The importance of monitoring and early detection of complications was stressed.

#### Analysis

It is important for CVS to be aware of some of the less common presentations, such as Eagle syndrome and EDS. However, it is useful to be knowledgeable of these disease processes to ensure that when they do appear, that the CVS can identify them effectively and have an idea of the sort of things to look for when completing an assessment. It was interesting that manoeuvres and TCD could guide diagnosis and surgical decisions in Eagle's syndrome. For EDS, there is a preference for non-invasive imaging due to vascular complications. The papers findings reinforce the importance of advanced imaging skills and competency in understanding vascular pathology to provide optimal care to patients.

#### Conclusion

Vascular ultrasound can provide early diagnosis, monitor disease progression and guide treatment decisions. it is important to remain up to date with the latest imaging techniques and to understand complex pathophysiology to provide high quality care.

#### Action Plan

1. Continue education and development by researching.
2. Contact sites with TCD in practice, obtain experience and update with latest practical techniques.
3. Apply these techniques into clinical practice if required, under supervision from a competent CVS.