



THE SOCIETY FOR  
VASCULAR TECHNOLOGY OF  
GREAT BRITAIN AND IRELAND

**Rachel Deadman** has completed this personal reflection on **02/03/2020**

**Paper:** Winter CPD Questions 2020

**Personal Reflection:**

Extremely topical information concerning perforating veins and their assessment and use of tilt tables to increase gravitational pressure on veins during reflux assessment when standing is not an option or even an improvement on standing to ensure muscles stay relaxed.

It was interesting to learn when it is suggested that Perforators are treated and also that they are not treated if patients already have existing non complicated vvs. I will ensure that I measure all Perforators using the lower figure of 0.5s for these veins and 1sec for deep veins, I tend to use 1sec for both.

I stand my patients to perform reflux assessments as I find it difficult to access the Popliteal fossa using tilt tables but using plethysmography would alleviate this problem.