



Colette Choiseul has completed this personal reflection on **21/07/2022**

Paper: Winter 2021/2022 CPD questions

Personal Reflection:

Paper 1: No Benefit of Wearing Compression Stockings after Endovenous Thermal Ablation of Varicose Veins: A Systematic Review and Meta-Analysis. By: Huanrui Hu, Jiarong Wang et al
Venous disorders are a common worldwide medical problem. Compression stockings were introduced to prevent the occurrence and slow the progression of venous disorders, such as deep venous thrombosis, thrombophlebitis, and varicose veins. Additionally, compression stockings can relieve post-operative pain and reduce the complications, such as haemorrhage, haematoma, and oedema, after surgical treatment for primary varicose veins. Thus, compression stockings have been recommended after the traditional surgical procedure for varicose veins. As with other minimally invasive interventions, endovenous thermal ablation, specifically endovenous laser ablation (EVLA) and radiofrequency ablation (RFA), have gradually taken the place of traditional surgical procedures to minimise operative complications and accelerate postoperative recovery. However, because endovenous thermal therapy does not create a great saphenous vein stump, whether compression stockings are still beneficial has been unclear.

Based on moderate to high quality of evidence, this metaanalysis suggests that wearing compression stockings was not associated with a better outcome except for mild pain relief for patients with C2-C4 CVI after endovenous thermal ablation of varicose veins.

Paper 2: A Dose Response Association Between Body Mass Index and Mortality in Patients with Peripheral Artery Disease: A Meta-analysis Including 5 729 272 Individuals

Donna S.-H. Lin, Hao-Yun Lo et al

In patients with PAD, BMI is related to mortality in a U shaped curve, with the lowest risk observed among obese

patients. BMI was inversely related to mortality up to a BMI of 33-34 beyond which the mortality increased with BMI