

Workbook : Vascular Assessment of the lower limb.

This workbook has been designed to be used in conjunction with the course reading booklet. There are a number of different tasks and activities for you to complete, including a case study. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment : Section 1.

1	Name the major blood vessels that enter and leave the heart. Which chambers do they enter or exit ?
2	Name the valves which separate the right and left atria from the right and left ventricles.

3

Describe how the blood flows through the heart.

4

Draw and label (from memory) a diagram of the arterial supply in the lower limb.

5	Describe how the arterial supply to the leg arises from the popliteal artery.
6	What is the route of de-oxygenated blood from the plantar aspect of the foot to the inferior vena cava?

7	Draw and label a typical artery.
8	Briefly describe the structure of the middle layer of the artery wall.
9	Give three differences between arterial structure and venous structure.

10	Why is it necessary for arteries to display elasticity ?
11	How does capillary structure differ from that of other blood vessels ?
12	What is the function of the valves found in veins ?

Self-assessment : Section 2

1	Describe the sequence of events which initiate the cardiac cycle.
2	What is systole?
3	What is diastole?

4	Describe how systole and diastole contribute to production of a pulse in an artery.
5	Briefly describe the Doppler effect.

6	The movement of which structures in the blood vessel are required in order to obtain a Doppler signal?
7	If a Doppler signal were to be expressed graphically, what would it look like? Draw an example of a normal waveform below, and label the different parts of the waveform in relation to direction of flow, and the cardiac cycle.

Self-assessment : Section 3

1	Briefly describe the main points which should be covered during a basic vascular assessment.
2	What signs may indicate that peripheral vascular disease is present?

3	If your patient presented with a bright red discolouration over the anterior aspect of the left leg, what could this indicate, and how would you use your vascular assessment skills to arrive at a diagnosis?
4	What might ankle oedema indicate in a patient? Describe the typical clinical appearance of the leg in a patient presenting with this problem.

5	When palpating pulses, what qualities does one look for?
6	What is an ABPI used to indicate?
7	Discuss the potential contraindications to carrying out an ABPI?

8	Indicate one of the alternative tests which may be used when an ABPI is inappropriate, and briefly give the rationale behind your chosen test.
9	What causes claudication ?

Case Study.

One of your regular patients presents for a routine appointment, complaining of a painful area on the apex of the right first toe. On examination, the area is red, and looks like it may be forming a blister, but otherwise there is no swelling in the digit, nor the foot or ankle. The patient is a 68 year old male, with a history of angina and hypertension. He admits to smoking around 20 cigarettes per day. He also mentions that the pain has been waking him up in the night, and he has to get out of bed to walk around to alleviate it, although this sometimes does not help.

Outline your immediate plan for this patient, including any assessments you wish to carry out. Indicate any action you would wish to take, giving your rationale.

(you may wish to add additional pages to your workbook at this point)

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.