

Peripheral Arterial Disease

Clinical features

Intermittent claudication

- Calf pain on exertion which is relieved by rest (check claudication distance)

Acute limb ischaemia

- **6Ps**: **P**ale, **P**ulseless, **P**araesthesia, **P**aralysis, **P**ain, **P**erishingly cold

Critical ischaemia

- Rest pain (often in night, relieved by hanging legs over bed)
- Tissue loss (e.g. arterial ulcers, gangrene)

Investigations

- Ankle-brachial pressure index (ABPI <0.9 = intermittent claudication; <0.3 = critical ischaemia)
- Imaging
 - Duplex ultrasound (1st line imaging)
 - MR or CT angiography (2nd line imaging, MR preferred)
 - Catheter angiography (3rd line)
- Bloods: lipid levels, fasting glucose, FBC (rule out anaemia)

Management

- Risk factor control
 - Anti-platelet therapy (clopidogrel)
 - Lipid lowering therapy (statin)
 - Smoking cessation
 - Diet, weight management and exercise
 - BP and diabetes control
- Supervised exercise regime (for intermittent claudication)
- Naftidrofuryl oxalate (for intermittent claudication)
- Revascularisation
 1. Percutaneous transluminal angioplasty
 2. Vascular bypass grafting
- Debridement/amputation for gangrene