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- Interactive Training Session: "PAD vs. PVD - Know the Difference"





**Duration: 1 hour**

**Objectives:**

Understand the definitions of PAD and PVD

Recognize the differences in causes, symptoms, and treatments

Engage in hands-on activities to reinforce learning

# Today's session will include

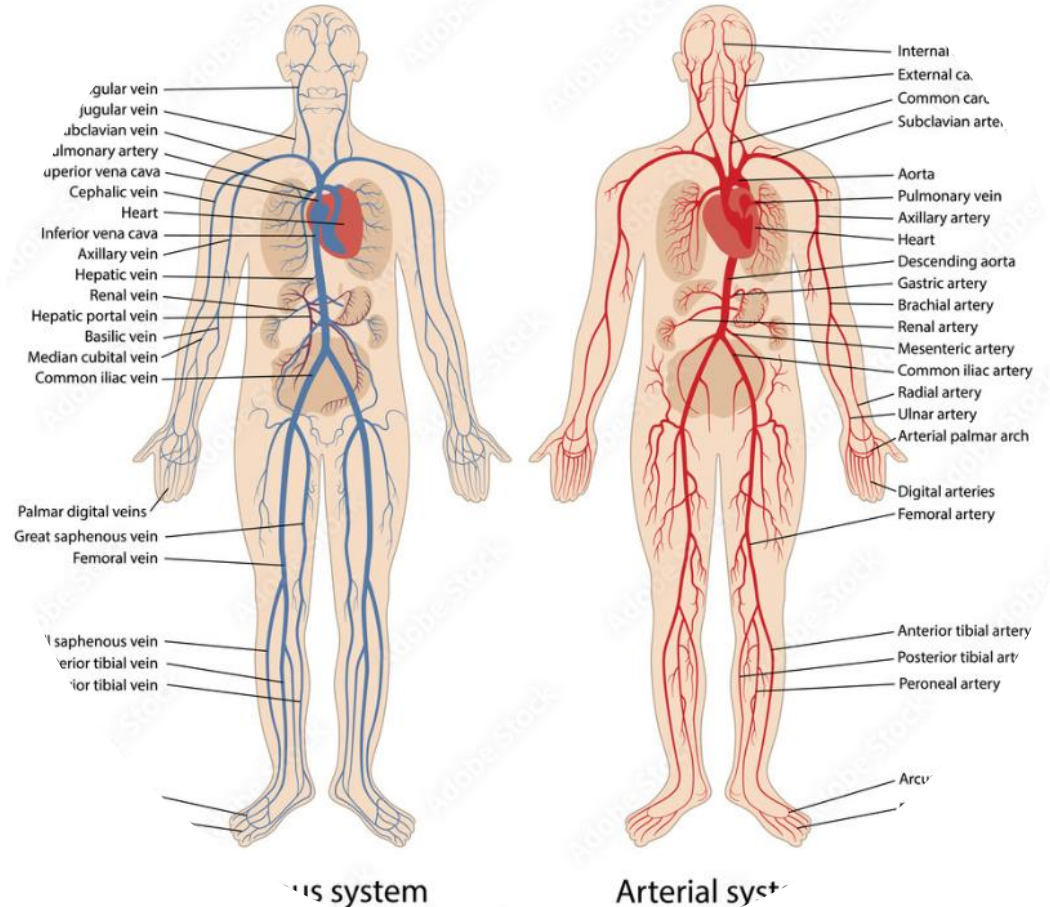
- Activity 1. Medical Bingo
- Power point on Understanding PAD & PVD
- Activity 2 in table groups – matching game
- PowerPoint on Diagnostic & Management Strategies for PVD & PAD.
- Activity 3. End of session quiz



# Medical Bingo

One card per table

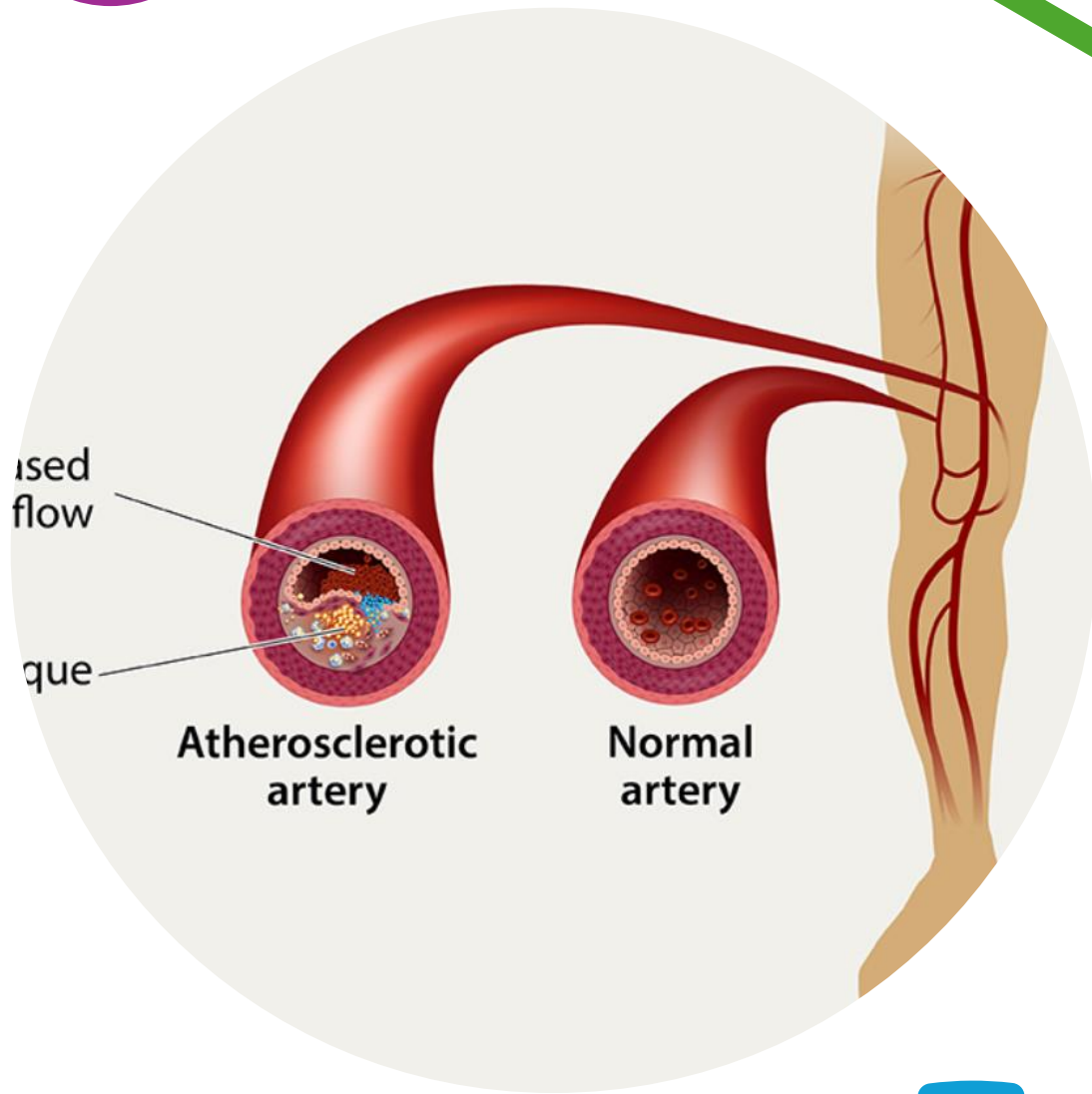
## Human circulatory system



# Understanding PAD & PVD

## A Brief Overview for Nurses.

Activity: Medical Bingo



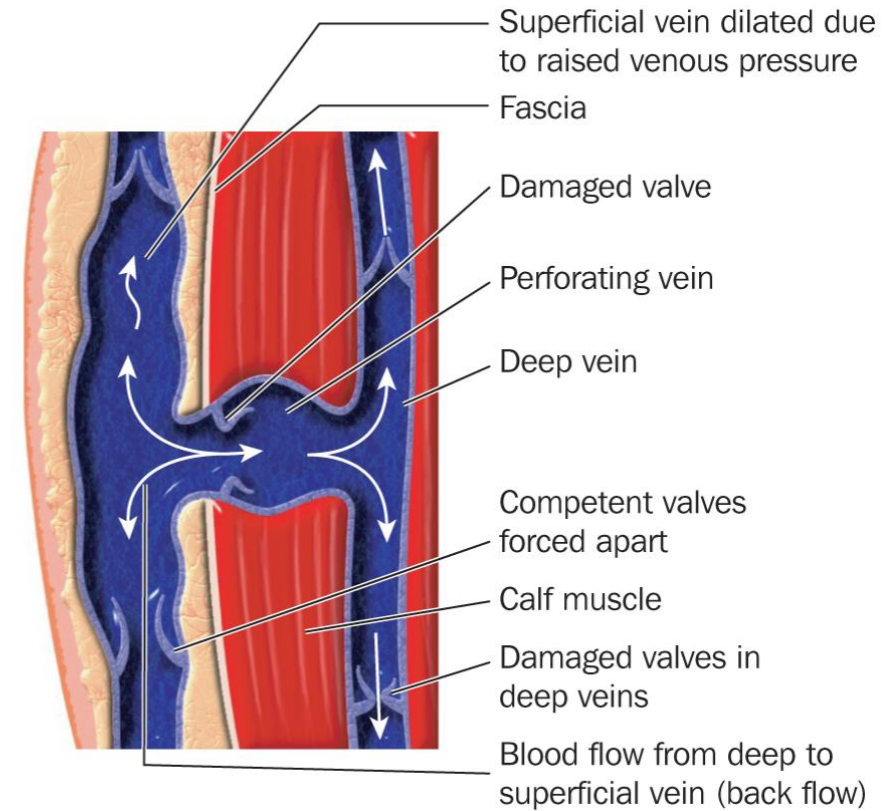
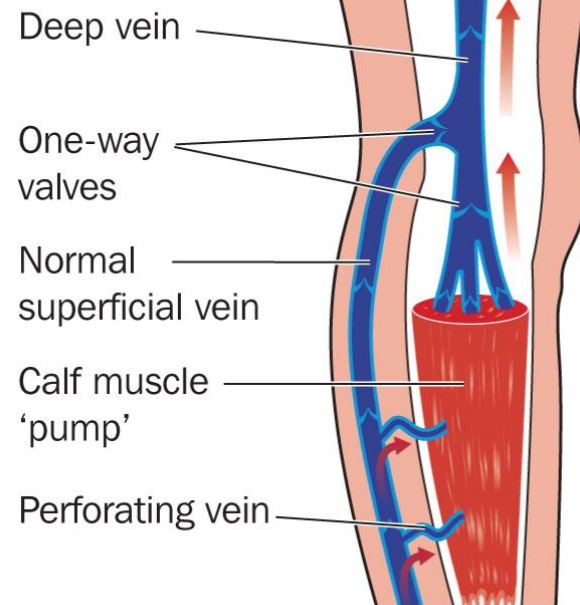
## What is PAD? (Peripheral Arterial Disease)

PAD is a condition where arteries supplying blood to the limbs become narrowed or blocked due to atherosclerosis.

## What is PVD? (Peripheral Vascular Disease)

PVD is a broad term that refers to diseases affecting blood vessels outside the heart and brain, including arteries (PAD) and veins.

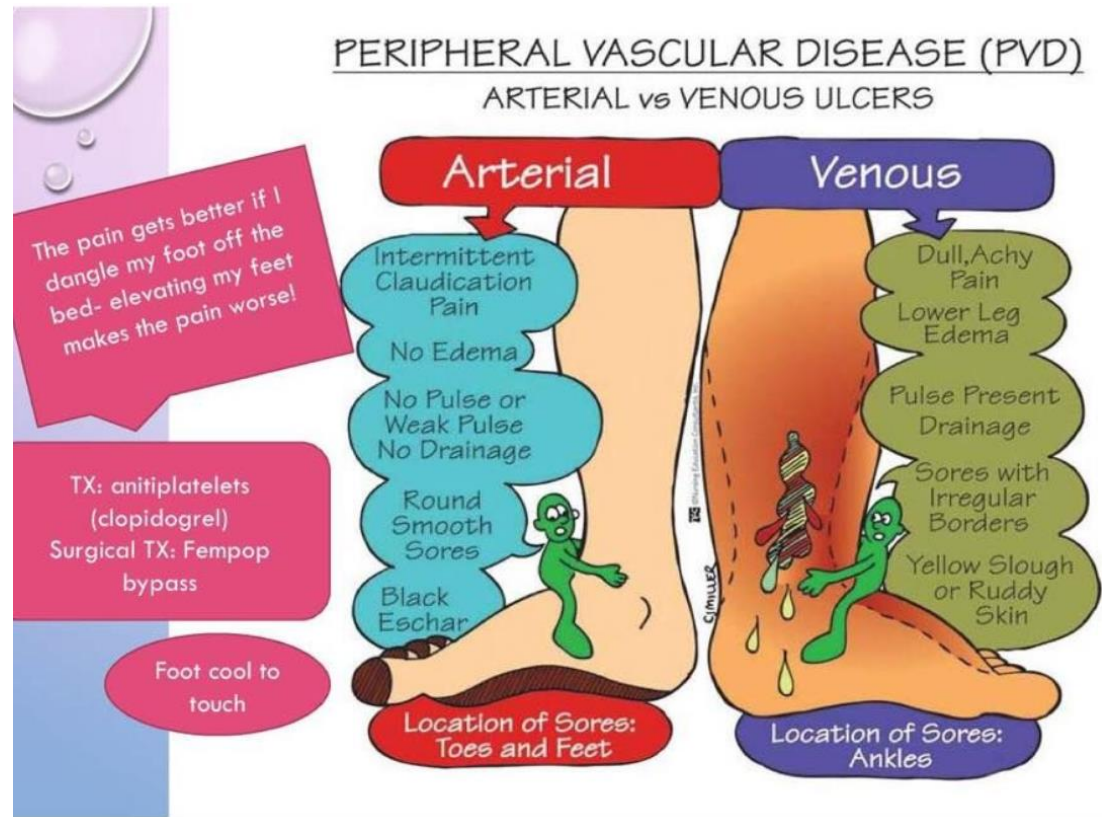
Normal venous return



## Difference Between PAD and PVD

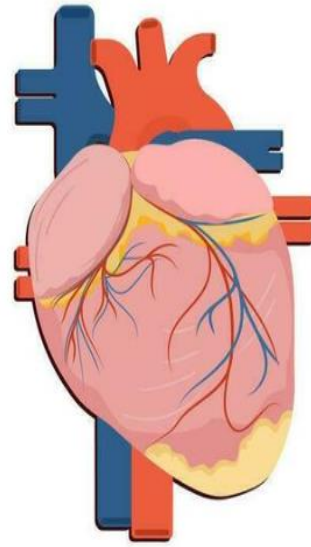
**PAD:** Affects arteries (blood flow blocked due to plaque)

**PVD:** Encompasses both arterial (PAD) and venous problems (e.g., varicose veins, venous insufficiency)



# Common Causes & Risk Factors

Atherosclerosis (plaque buildup) Smoking, Diabetes, High blood pressure, High cholesterol, Sedentary lifestyle



Age



Sex



Poor dental health



Unhealthy diet



Smoking



High blood pressure



Stress



High cholesterol



Genetic



Diabetes



Obesity



## Symptoms of PAD

- Leg pain when walking (claudication)
- Cold or pale extremities
- Numbness or weakness
- Non-healing wounds or ulcers
- Rest pain in severe cases

## Symptoms of Venous PVD

- Leg swelling and heaviness
- Varicose veins
- Aching or throbbing pain
- Skin discoloration
- Ulcers near the ankles



# Treatment Options for PAD & PVD

Lifestyle changes (smoking cessation, diet, exercise)

Medications (antiplatelets, statins, blood pressure control)

Compression therapy (for venous issues)

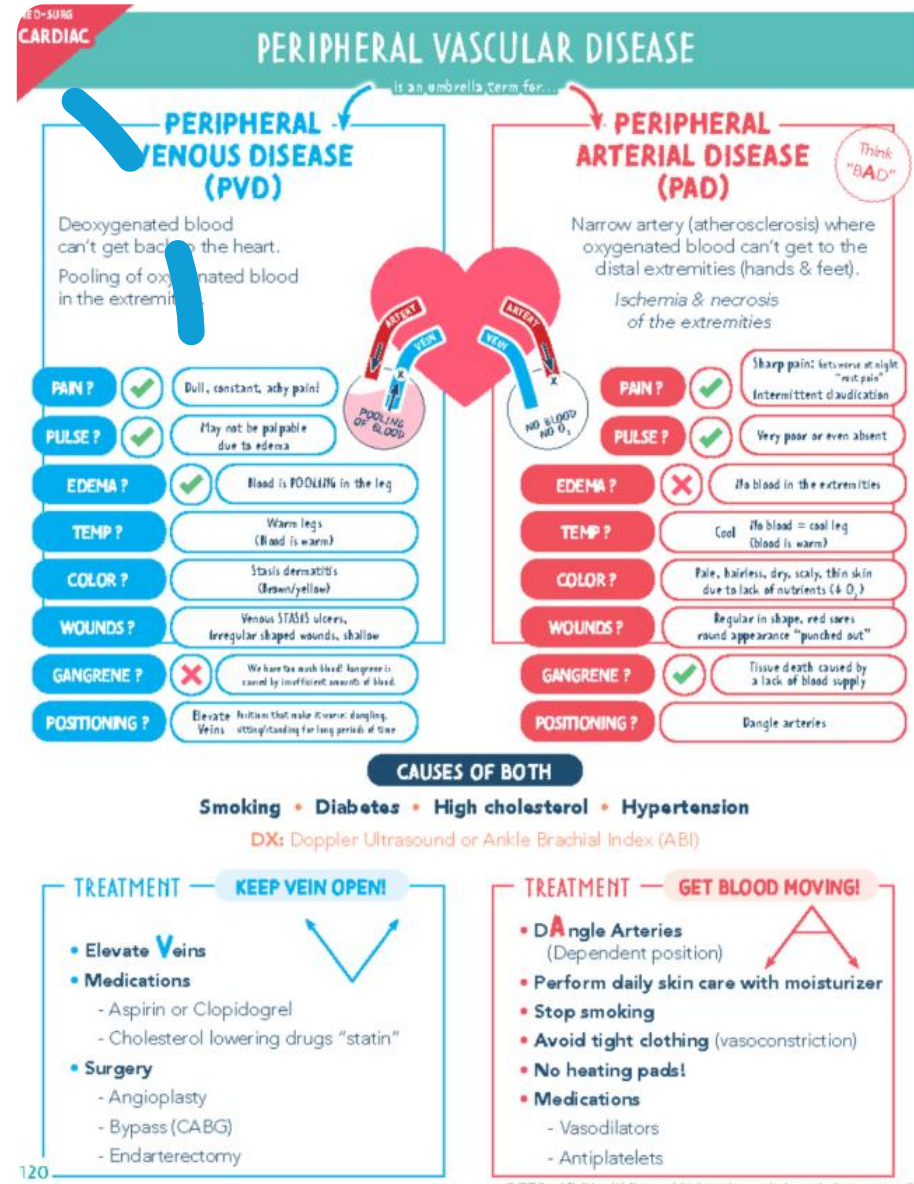
Surgical procedures (angioplasty, bypass)

Wound care and limb protection



# Summary & Key Takeaways Content:

- PAD is a type of PVD affecting arteries.
- PVD includes both arterial and venous diseases.
- Risk factors are common; early detection is key.
- Management involves lifestyle, medications, and sometimes surgery.



# Activity 2

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In pairs – matching game



# Symptoms

<b>Leg pain when walking that improves with rest</b>	PAD
<b>Cold extremities in toes or fingers</b>	PAD
<b>Leg swelling and varicose veins</b>	PVD
<b>Non-healing ulcers on the legs</b>	Both (more common in PAD, but also in venous PVD)
<b>Cramping in calves during activity</b>	PAD
<b>Discoloration (pale or bluish) in extremities</b>	PAD
<b>Edema and heaviness in legs</b>	PVD
<b>Pain relief when legs are elevated</b>	PVD

# Causes

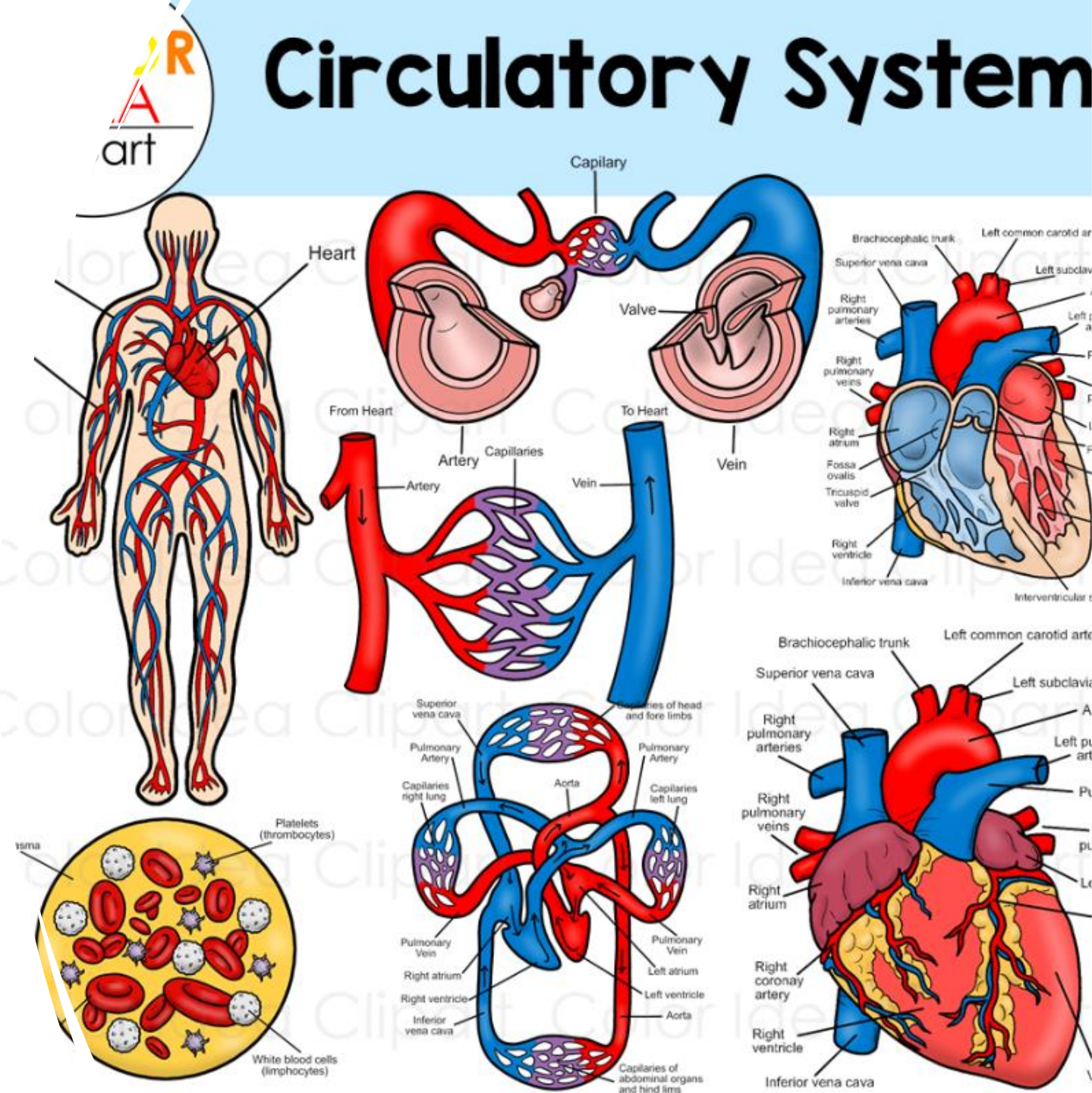
<b>Atherosclerosis (plaque buildup)</b>	PAD
<b>Blood clots in arteries or veins</b>	Both
<b>Venous valve failure</b>	PVD
<b>Smoking and high cholesterol</b>	PAD
<b>Prolonged standing or sitting</b>	PVD
<b>Diabetes and hypertension</b>	PAD
<b>Venous reflux</b>	PVD

# Treatment

<b>Lifestyle changes (smoking cessation, diet)</b>	Both
<b>Medications (antiplatelets, statins)</b>	Both
<b>Compression stockings</b>	PVD
<b>Surgical bypass or angioplasty</b>	PAD
<b>Elevating legs to reduce swelling</b>	PVD
<b>Managing blood sugar and blood pressure</b>	PAD

# Diagnostic & Management Strategies for PVD & PAD

A Guide for Nursing Professionals



# Learning Objectives:



Overview



Diagnosis Guide



7 Laboratory Test



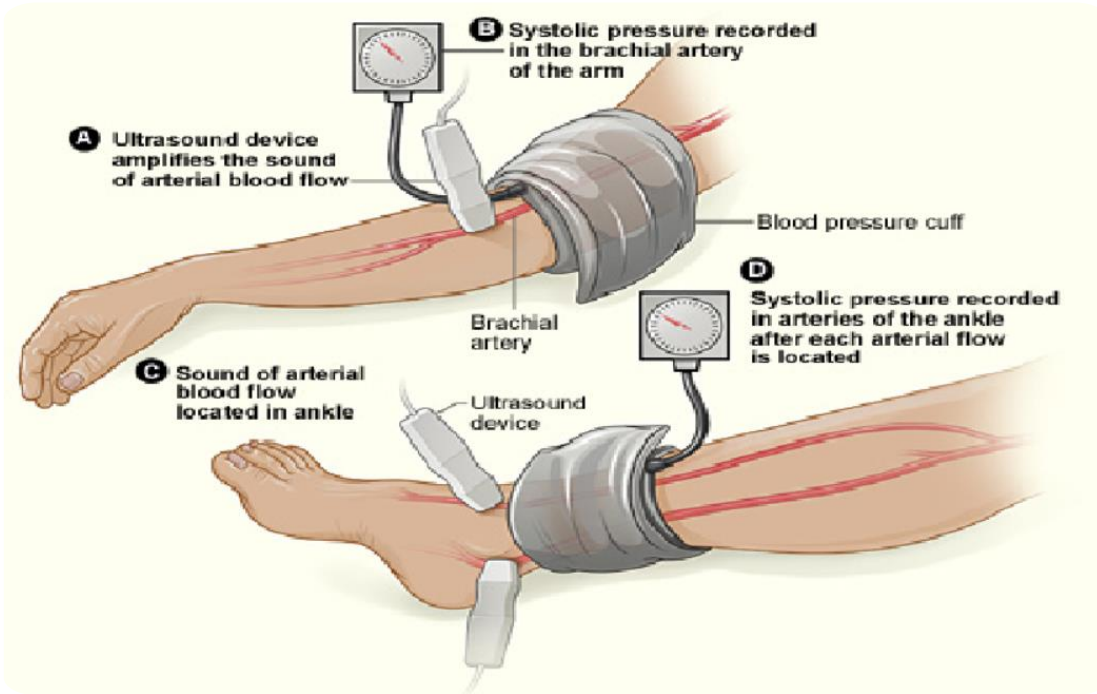
Differential Diagnosis



Facts & Conclusion

- Understand key diagnostic tests used in PVD/PAD
- Review medical management options
- Explore surgical interventions
- Define the nursing role in patient care

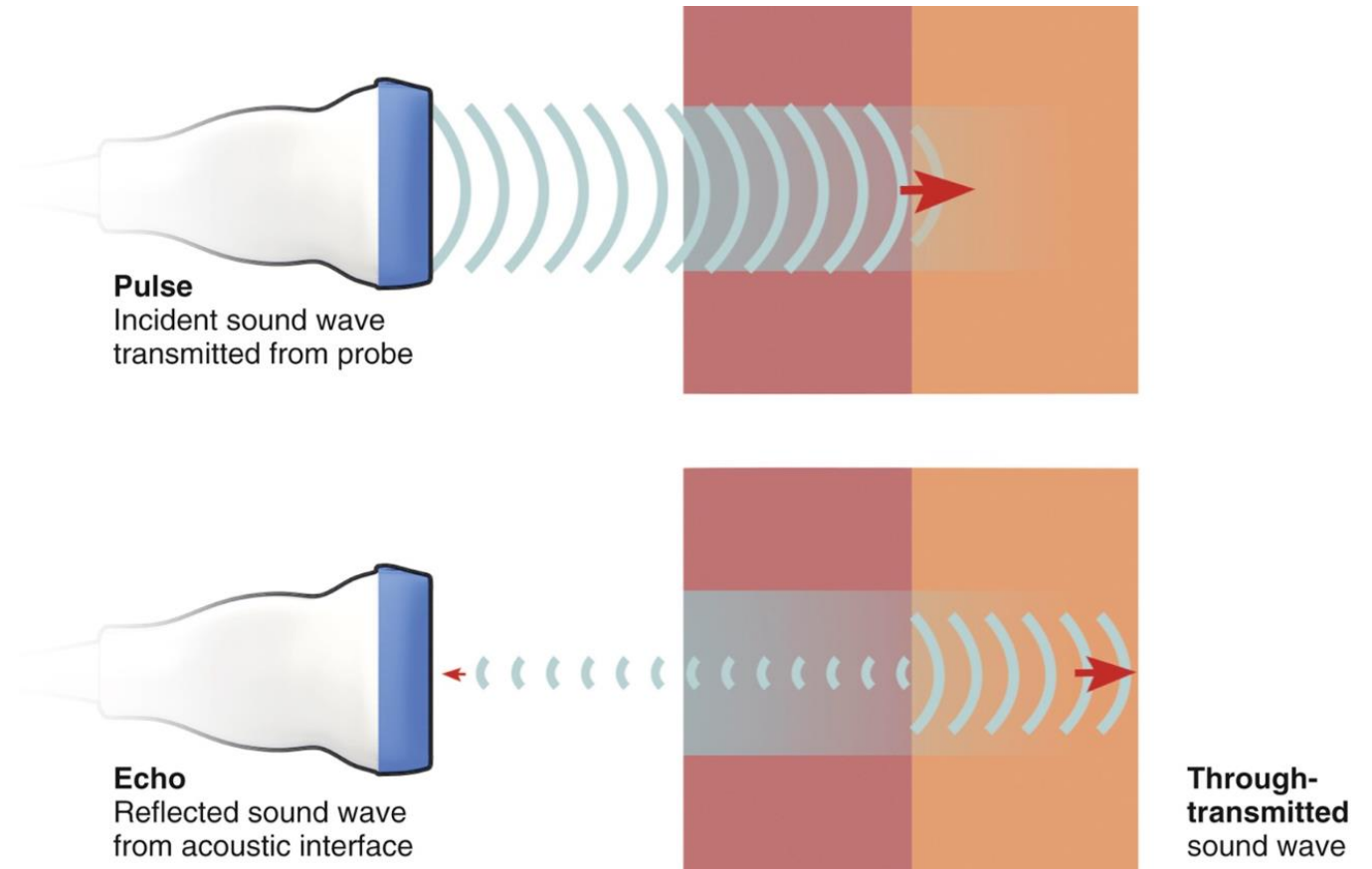
# Diagnostic Tests Overview



- Essential for confirming diagnosis and planning treatment
- Non-invasive and invasive options available
- (Doppler ultrasound, ABPI, angiography)

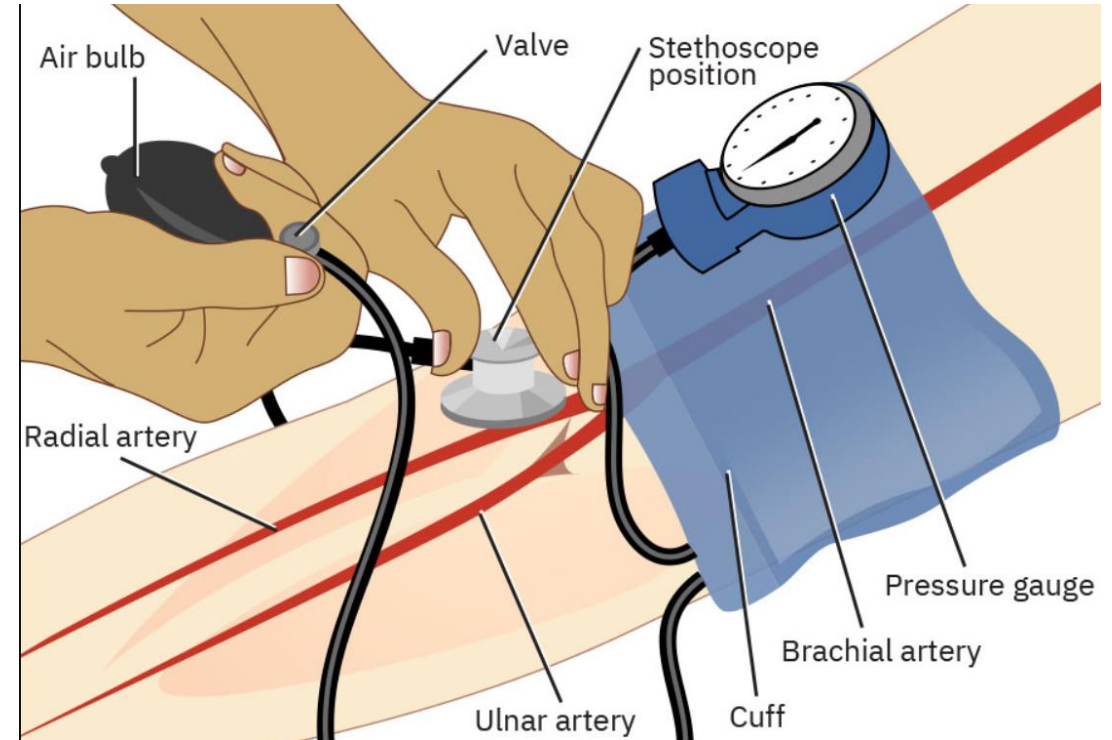
# Doppler Ultrasound

- Uses sound waves to evaluate blood flow in arteries and veins
- Detects blockages and blood flow velocity
- Non-invasive, bedside-friendly
- Operator-dependent and less detailed than angiography



# Ankle-Brachial Pressure Index (ABPI)

- Compares systolic blood pressure at ankle and arm
- Normal range: 0.9 – 1.4
- ABPI < 0.9 indicates PAD
- ABPI < 0.5 indicates severe PAD
- ABPI < 0.3 indicates critical limb threatening PAD
- Simple, quick screening tool





# Angiography

- Involves contrast dye and X-ray imaging
- Provides precise location of blockages
- Guides surgical or endovascular interventions
- Risks include allergy, bleeding, infection.

# Medical Management of PVD/PAD

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## Aim:

- Reduce symptoms, slow disease progression, prevent CV events
- Includes medications and lifestyle changes



# Antiplatelet Medications

- Examples: Aspirin, Clopidogrel
- Prevent clot formation and reduce CV risk
- Nursing role: monitor for bleeding, reinforce adherence

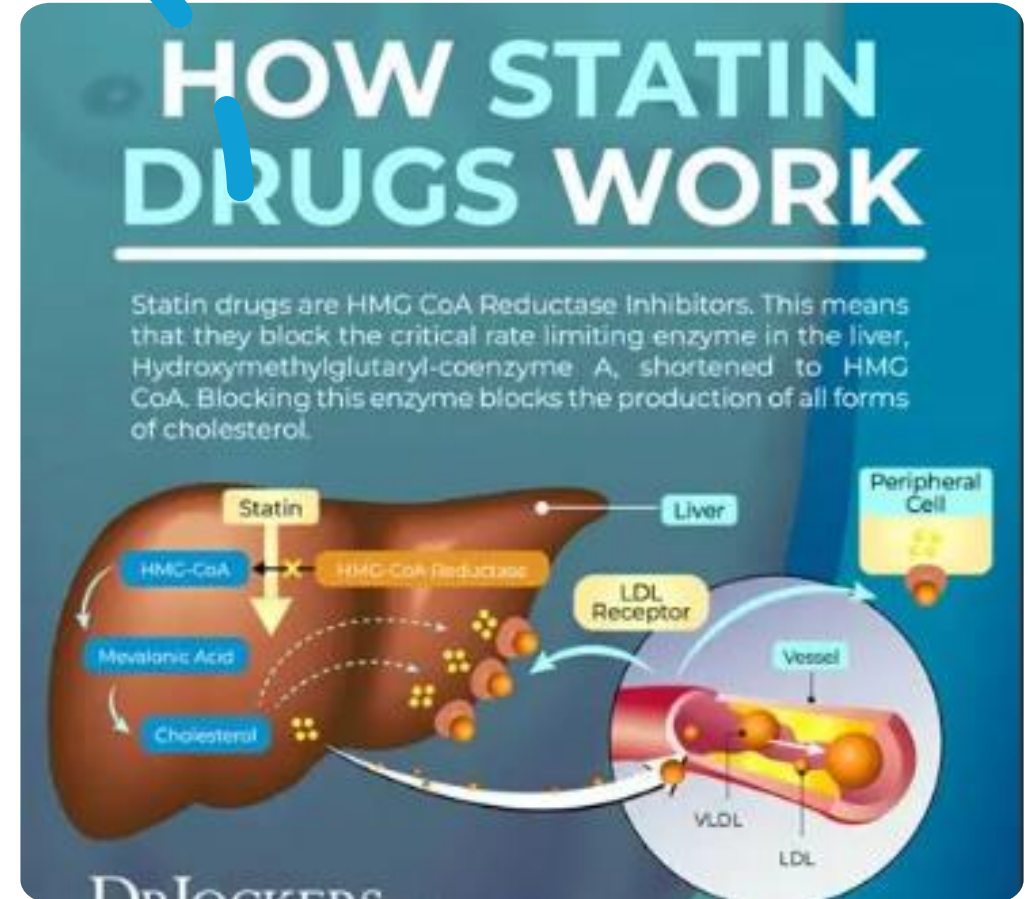


# Statins

Lowers LDL cholesterol,  
stabilizes plaques

Examples: Atorvastatin,  
Simvastatin

Nursing role: monitor liver  
function, educate on side effects



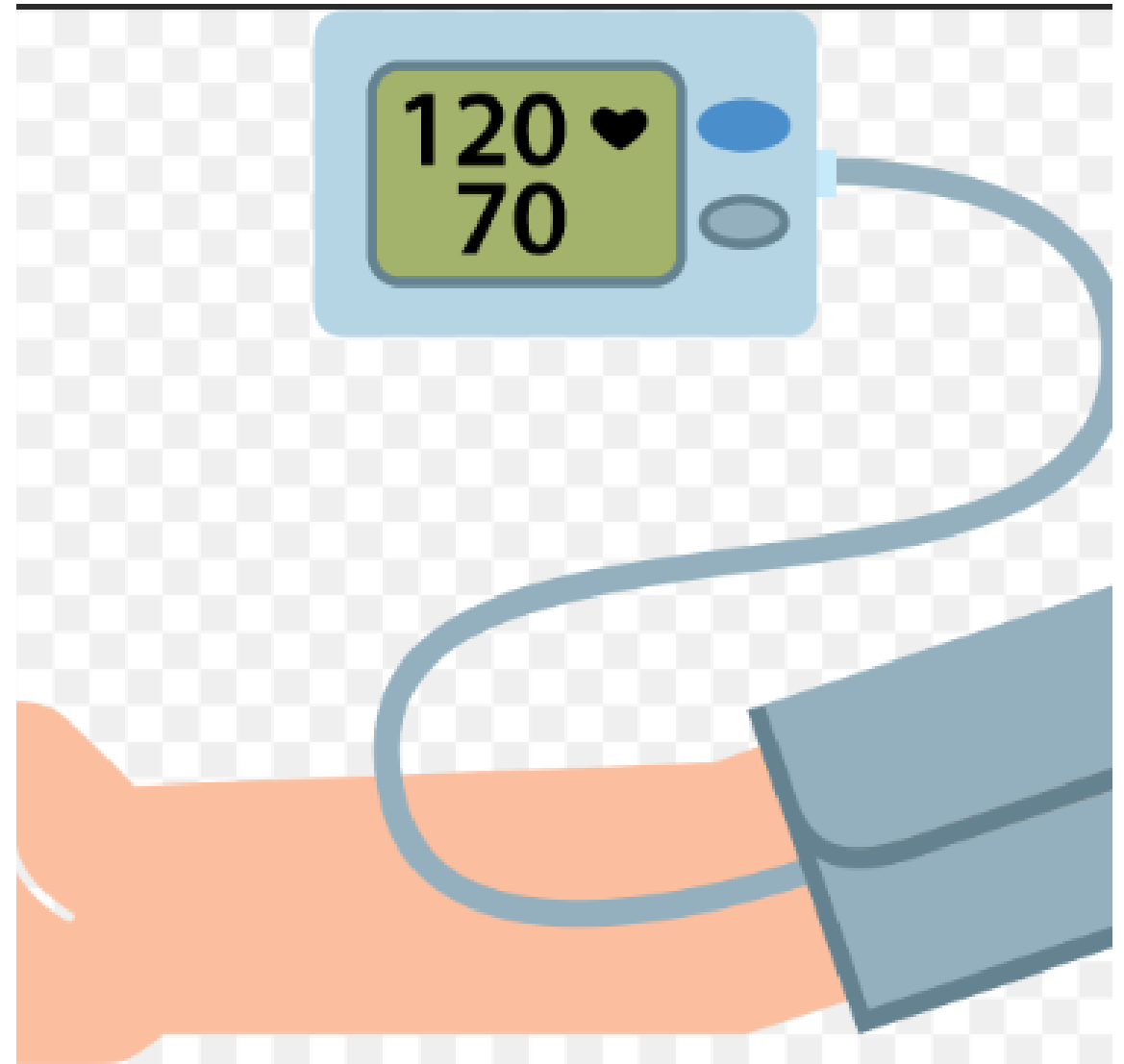
# Blood Pressure Management

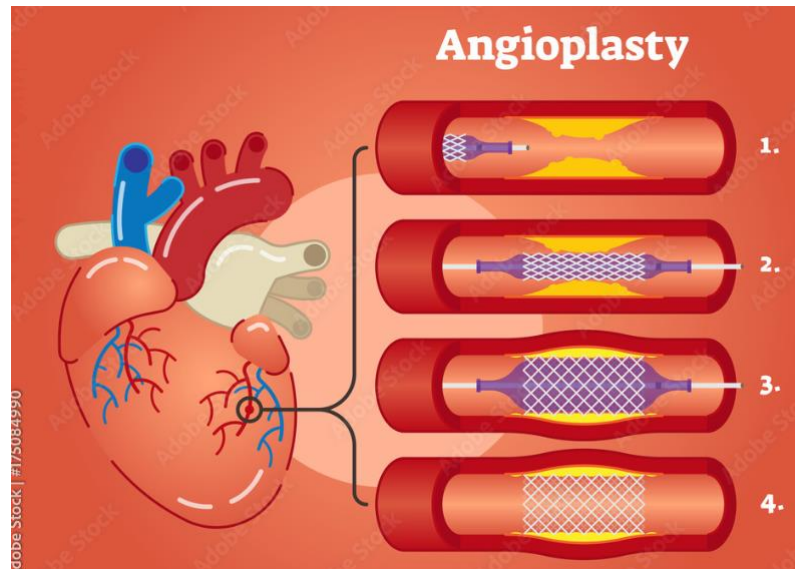
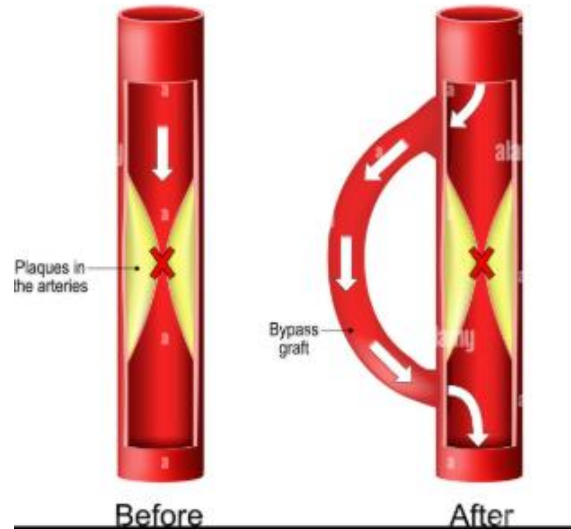
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Maintain BP within target range

Medications: ACE inhibitors, Beta-blockers, Diuretics

Nursing role: regular BP monitoring, patient education





# Surgical & Endovascular Interventions

## Surgical & Endovascular Options

- Indications: severe symptoms, tissue loss
- Procedures: Angioplasty & stenting: opening narrowed arteries
- Bypass surgery: creating detours around blockages
- Post-procedure care: monitor for complications



# Nursing Role in Surgical Management

Nursing Responsibilities

Post-Surgery: Preoperative education and preparation

Monitor for bleeding, infection, and ischemia

Wound care and activity instructions

Reinforce lifestyle modifications



## **Summary & Key Takeaways**

- Accurate diagnosis is vital
- Medical therapy focuses on risk reduction
- Surgical options are crucial for advanced disease
- Nurses are key in monitoring, education, and support

Activity: End  
of training  
quiz

