

Peripheral Vessels

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1

History of Pain while walking (Intermittent claudication)

Introduction: Greet the patient, introduce yourself, explain what you plan to do, & take Patient ID

Site	<ul style="list-style-type: none"> Where is the pain? Is it only in the calf? Do you feel it in your thighs or buttocks? Unilateral or bilateral?
Onset Duration Timing	<ul style="list-style-type: none"> Suddenly or gradually? Constant or intermittent? Progressive? How long did it last?
Character	<ul style="list-style-type: none"> Describe the pain, is it cramp like? After exercise? How far do you walk until the pain appears? Does it reappear with that distance every time? How long do you have to wait until the pain goes away? Does it go away at rest?
Radiation	<ul style="list-style-type: none"> Does it radiate anywhere?
Alleviating & Exacerbating F	<ul style="list-style-type: none"> Are there any relieving factors like hanging your legs over the side of the bed? Aggravating factors?
Severity	<ul style="list-style-type: none"> 1-10 How has this affected your daily life? Does it wake you up from sleep? Do you feel it at rest?
Associated symptoms	<ul style="list-style-type: none"> 5P's: Pins and needles? Paralysis or weakness? Pallor/white or other discolouration? Paresthesia? (Poikilothermia) Cold? (Critical ischemia) Ulcerations or any skin changes? Toenail changes? Swelling? Redness? Hotness? Impotence? For males Chest pain, SOB? Upper limb weakness or numbness?
Risk Factors	<ul style="list-style-type: none"> Do you have DM, HTN, Dyslipidemia? Cardiac or vascular disease? Have you ever had a stroke? Do you smoke?
Constitutional Symptoms	<ul style="list-style-type: none"> Nausea? Vomiting? Night sweats? Weight loss? Loss of Appetite? Fever? Fatigue?

Finishing & Thank the patient

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2 Examination

WIPER: wash hands, introduce yourself, permission, expose patient, reposition

Patient should be in a sitting position, 45° angle, exposure from the upper thigh to the feet.

1. Inspection:

Inspect for: Hair Loss, Nail Loss, Tissue Loss (Ulcer), Color Changes and Muscle Wasting.

2. Palpation:

- A. Temperature: compare between both sides!
- B. Tenderness: keep your eyes focused on the patient's face while palpating
- C. Capillary refill: Press until nail bed turns white
- D. Pulses: Try to trap them between 2 solid structures (the patient's bone and your fingers)

Upper Limb Pulses: (compare both sides)

- A. Radial: On the medial side of the head of the radius.
- B. Ulnar: On the lateral side of the head of the ulna.
- C. Brachial: On the lower medial 3rd of the arm, deeper to the biceps tendon, lateral to the medial epicondyle.
- D. Axillary: At the deltopectoral groove.
- E. Carotid: between the larynx and the anterior border of the sternocleidomastoid muscle.

Lower Limb Pulses:

- A. Femoral: At the midpoint from the anterior superior iliac spine to the symphysis pubis.
- B. Popliteal: Try to trap it between your fingers.
- C. Posterior Tibial: Behind the medial malleolus.
- D. Dorsalis Pedis: Between the first two metatarsals.



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2 Examination

3. Auscultation

With the bell of the stethoscope, listen for:

- A. Iliac artery
- B. Femoral artery
- C. Popliteal artery

4. Special Test:

Buerger's Test (assesses arterial supply & venous drainage of the legs) Patient lying supine, start at the foot of the bed, & with the normal leg

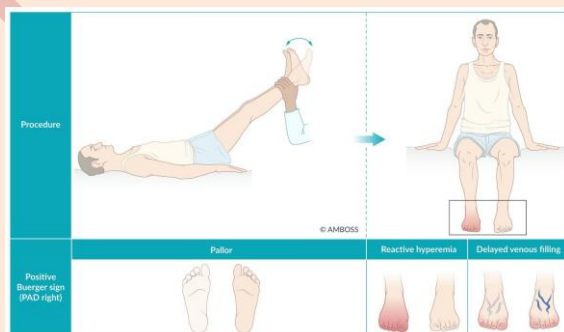
- Lifting the limb slowly to 90 degrees → the limb will become **pale** at any degree below 90 degrees, it's abnormal (the point is called **Buerger's Angle**). In ischemia: 15-30 degrees, in 30-60 seconds.
- After elevating the leg, ask the patient to sit & dangle their leg → in ischemia the leg will turn from white to **pink to red-purple color** (**reactive hyperemia**). Under normal conditions, it should remain pink.

Allen's test

- Useful to demonstrate the collateral circulation.
- Patient make a fist .
- Occlude both radial and ulnar arteries .
- Ask the patient to open palm and should be white .
- Now release the pressure on ulnar side → re-perfuse .
- Repeat the test with release radial side --- shoulder is reperfused

Adson test

- Feel radial pulse on the affected hand & ask the patient to look on the affected side and breath
- If the pulse become feeble or obliterated → +ve



Station's Name : Arterial Exam of Lower Limbs				
Candidate's name : _____				
Date of examination: _____				
Time of the station : 6 min				
A=complete answer=2 B=Partial answer=1 C=Not attempted=0				
Introduction				
1	Greeting the patient	A	B	C Mark
2	Self-introduction & permission			
3	positioning & Exposure of patient			
4	Ask about any pain			
Inspection				
5	Skin changes (discolored area, ulcer, Hair loss, glistening)	A	B	C Mark
6	Digital Abnormality (anropation, ulceration)& Nail changes (brittle,)			
7	Muscle wasting			
8	Limb edema			
9	Venous pitting			
Palpation				
10	Temperature	A	B	C Mark
11	Pitting edema			
12	Capillary refilling time			
13	Femoral pulse			
14	Popliteal pulse			
15	Posterior Tibial artery pulse			
16	Dorsalis pedis artery pulse			
Auscultation for bruit				
17	Abdominal Aorta, common femoral artery, Popliteal artery	A	B	C Mark
Special tests				
18	Test sensation for peripheral neuropathy	A	B	C Mark
19	Burger test			
Finishing				
20	Cover the patient & thank him	A	B	C Mark