Management of chronic venous disease in general practice: a cross-sectional study of first line care in Belgium
Management of chronic venous disease in general practice: a cross-sectional study of first line care in Belgium
Inclusion:

- > 18 years
- Chronic venous disease

Exclusion:

- Emergency consult
- Pregnancy
QUESTIONNAIRE

Demographics

• Age
• Gender
• Weight
• Height

Risk factors

• Smoking
• Physical activity
• BMI
• Family history
QUESTIONNAIRE

Symptoms / signs

C0s

- Heavy legs
- Burning
- Tingling
- Painful legs
- Nocturnal cramps
- Swollen feeling
- Itching
QUESTIONNAIRE

Signs

C1  C2  C3  C4  C5  C6
QUESTIONNAIRE

**Signs**

C1  C2  C3  C4  C5  C6

*Time / circumstance?*  *Treatment?*  *Referral?*
03/2019 – 10/2019

Age (years) 61.2 ± 17.4
BMI (kg/m²) 27.5 ± 5.6
RISK FACTORS

Smoking

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<tbody>
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<tr>
<td>Female</td>
<td>68</td>
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SYMPTOMS

Time / circumstance

- Morning
- Afternoon
- Evening
- Sitting
- Standing
- Warm weather

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<thead>
<tr>
<th></th>
<th>Sitting</th>
<th>Standing</th>
<th>Warm weather</th>
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<tr>
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<td>Evening</td>
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SYMPTOMS

- Heavy legs
- Painful legs
- Swollen feeling
- Burning
- Nocturnal cramps
- Itching
- Tingling

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Male</th>
<th>Female</th>
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<tr>
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<tr>
<td>Painful legs</td>
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<tr>
<td>Swollen feeling</td>
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<tr>
<td>Burning</td>
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<tr>
<td>Nocturnal cramps</td>
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<td>Itching</td>
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SIGNS

- C0: No signs
- C1: Spider veins
- C2: Varicositas
- C3: Edema
- C4: Skin changes
- C5: Healed ulcer
- C6: Active ulcer

![Bar chart showing prevalence of signs in men and women](chart.png)
TREATMENT?

- None

- Lifestyle advice

- Compression stockings

- Venoactive medication

Overall: 95.3%

- Other
TREATMENT: NONE

C0: No signs
C1: Spider veins
C2: Varicositas
C3: Edema
C4: Skin changes
C5: Healed ulcer
C6: Active ulcer
TREATMENT: LIFESTYLE ADVICE

C0s: 65%
C1: 67%
C2: 61%
C3: 65%
C4: 69%
C5: 65%
C6: 62%
TREATMENT: COMPRESSION STOCKINGS

C0: No signs
C1: Spider veins
C2: Varicositas
C3: Edema
C4: Skin changes
C5: Healed ulcer
C6: Active ulcer

Percentage distribution:
- C0: 25%
- C1: 23%
- C2: 41%
- C3: 55%
- C4: 68%
- C5: 90%
- C6: 76%
TREATMENT: VENOACTIVE MEDICATION

C0s: 86%
C1: 88%
C2: 85%
C3: 81%
C4: 84%
C5: 82%
C6: 71%
TREATMENT: OTHER

C0: No signs
C1: Spider veins
C2: Varicositas
C3: Edema
C4: Skin changes
C5: Healed ulcer
C6: Active ulcer

5
7
13
12
16
17
33
REFERRAL RATE

C0: No signs
C1: Spider veins
C2: Varicositas
C3: Edema
C4: Skin changes
C5: Healed ulcer
C6: Active ulcer

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<tr>
<th>Category</th>
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DISCUSSION

• C0 – C6 vs. C3 – C6
DISCUSSION

• C0 – C6 vs. C3 – C6

• 95% received treatment

• C5 – 3.7% → 37% referral rate
• C6 – 5.0% → 63% referral rate
DISCUSSION

• C0 – C6 vs. C3 – C6

• 95% received treatment

• C5 – 3.7% → 37% referral rate
• C6 – 5.0% → 63% referral rate

• Other treatment modalities?

• Underutilization of compression stockings
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Jochen Juré
<table>
<thead>
<tr>
<th>Smoking</th>
<th>% Male</th>
<th>% Female</th>
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<tbody>
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