

Intermittent Claudication: Keep up the Pace

Claudication and supervised exercise therapy [SET]

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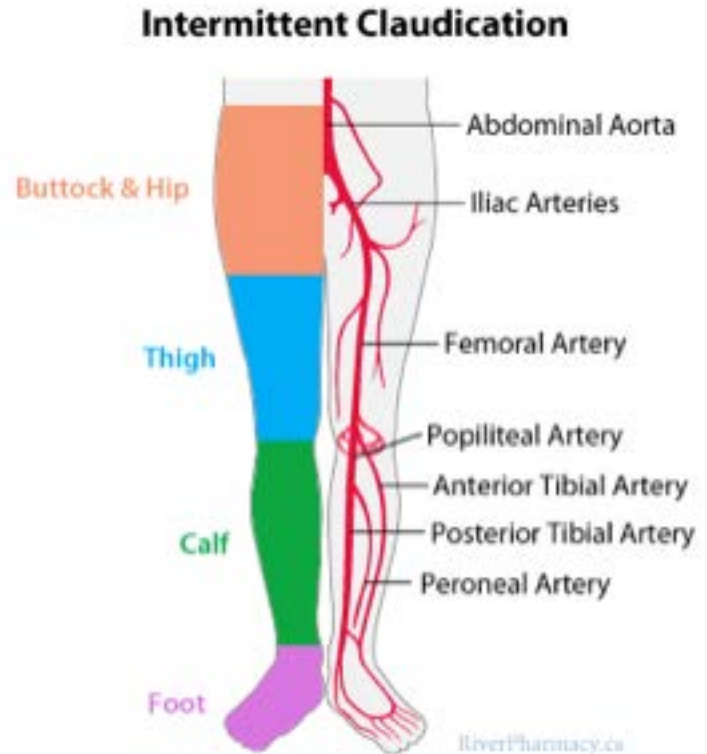
DISCLOSURE

Lindsay Waterman

- No relevant financial relationship reported

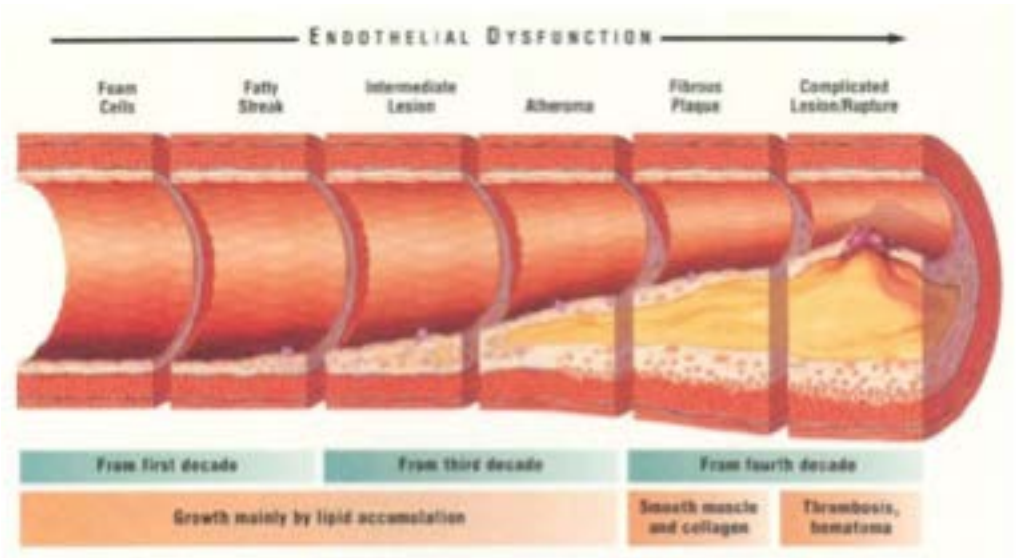
What is IC?

- Most common symptom of PAD
- Tired, aching, cramping, pain in the muscles that occurs with activity and is relieved with rest
- Typically occurs in the calf, thigh, or buttock



Causes and risk factors

- What causes the pain?
- What causes the problem?
 - Atherosclerosis
“hardening of the arteries”
 - ✦ Risk factors include
 - Smoking, Hypertension, Hyperlipidemia, Diabetes, obesity, genetic predisposition

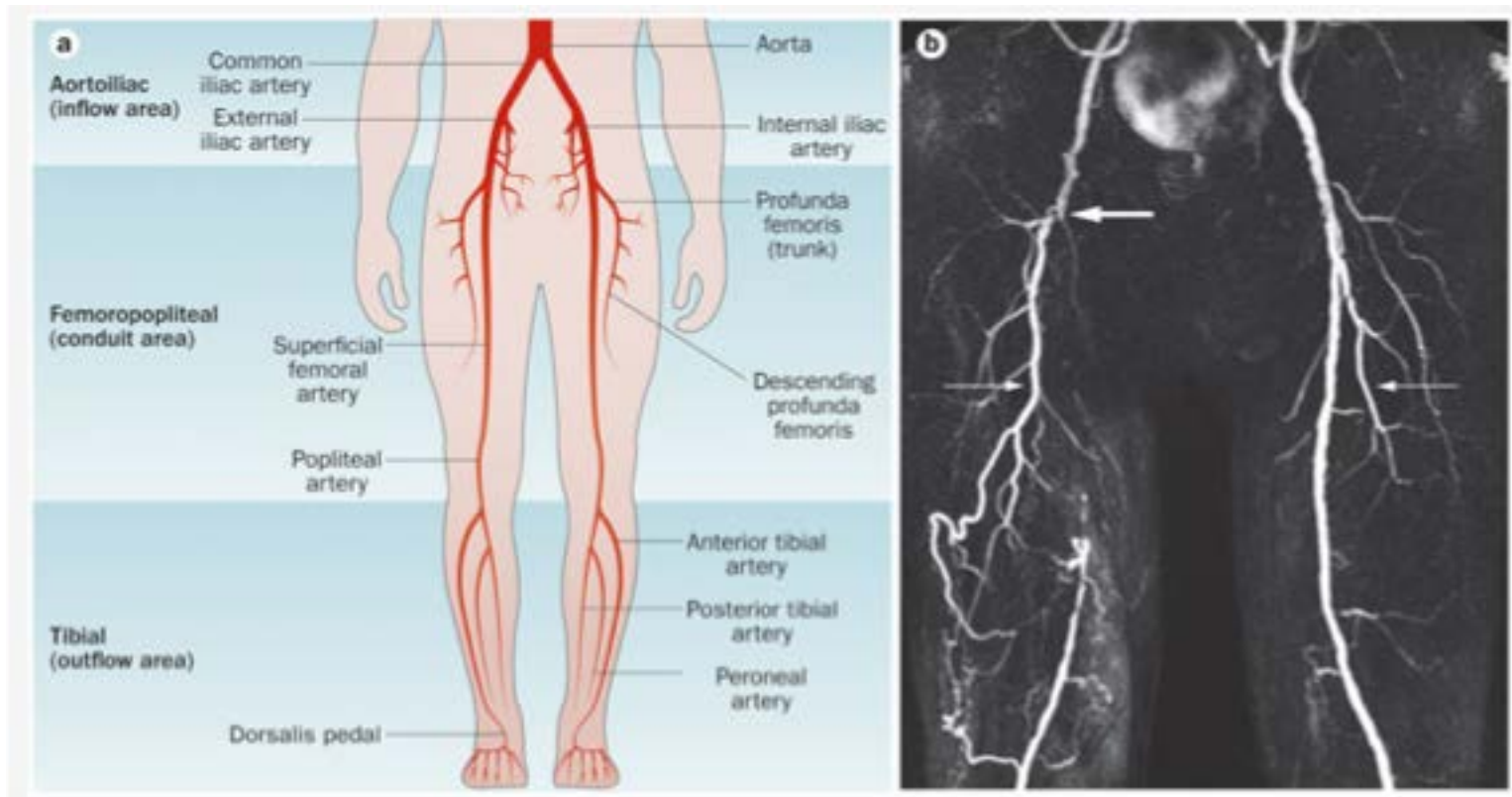


Treatment for PAD

- Open surgical treatment
 - Bypass, endarterectomies
- Percutaneous endovascular treatment
 - Angioplasty, stenting, atherectomy
- Medical management and walking program

This should be implemented and tried for IC patients before and after any potential surgical intervention!!!

How does walking help?



A Patient led; healthcare provider directed Walking Program for PAD

Provider, RN, other support staff member is instructing the patient about walking program but it's up to the patient to follow through with it and there isn't frequent directed guidance

- Walk at least 3-5 times per week
- Walk for at least 30-50 minutes of WALKING TIME per session, this does not include rests
- Walk at a brisk pace until symptoms begin. Walk through the symptoms for several steps before resting
- Rest just until the pain subsides, then start walking again.



What is SET?

- Supervised exercise therapy program
- After many years of research demonstrating effectiveness of SET in reducing symptoms of IC in PAD pts on 5/25/2017 CMS has now (finally) issued a national coverage determination to cover SET for pts with IC for the treatment of symptoms



Guidelines for SET

- Up to 36 sessions over a 12 week period
- Sessions 30-60 min
- Hospital outpatient or physician office
- Be delivered by qualified and trained personnel
- Under direct supervision of a physician, NP, PA

- [https://www.vascularweb.org/vascularhealth/Pages/peripheral-arterial-disease-\(-pad-\)-and-claudication.aspx](https://www.vascularweb.org/vascularhealth/Pages/peripheral-arterial-disease-(-pad-)-and-claudication.aspx)
- (photo) <https://www.riverpharmacy.ca/faq/what-is-intermittent-claudication>
- (photo) <http://www.pcrm.org/sites/default/files/endothelial-dysfunction-la.jpg>
- (photo) <http://www.freedrinkingwater.com/water-education3/14-water-hydration-cramping.htm>
- (photo) <http://www.newhealthadvisor.com/Difference-Between-Stroke-and-Heart-Attack.html>
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- <http://circ.ahajournals.org/content/94/11/3026.full>
- <http://jama.iamanetwork.com/article.aspx?articleid=1791497> JNC8
- <http://vasculardisease.org/flyers/lifesaving-tips-on-walking-and-pad-flyer.pdf> walking program flier
- (photo) http://www.nature.com/nrcardio/journal/v10/n7/fig_tab/nrcardio.2013.70_F1.html
- <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/Downloads/MM10295.pdf>