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Peripheral vascular disease in diabetes - “Make a step campaign”: Effective use of ABI for both screening peripheral vascular disease and encouraging exercise in diabetic patients of medically underserved areas in Central Greece

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Peripheral vascular disease screening initiative by using ankle brachial index (ABI) in diabetic patients of a rural area in Central Greece: Peripheral vascular disease constitutes a well described complication of diabetes mellitus that severely affects quality of life of those affected. During the disease process, blood flow to lower extremities decreases and patients experience limitation of their daily activities and associated pain with walking. In many cases though, clinical signs are not evident or being neglected and only acknowledged when another major vascular complication from the heart or brain is diagnosed. The purpose of this study was to start a local campaign in an effort to educate and screen diabetic patients of medically underserved areas for this disorder in parallel with promotion of exercise and other healthy practices. During the time period between March and May 2016, we have examined 125 patients with diabetes mellitus. We have used a standardized form to obtain medical history and screen for additional vascular risk factors like hypertension, smoking and weight. For the measurement of ABI, a vascular doppler together with an appropriate sized blood pressure cuff attached to a sphygmomanometer was used. Verified educational resources served as training material to increase competence in the technique for every member of the scientific team. The results of this task have made possible to diagnose peripheral vascular disease in patients compliant with their current treatment, even in the absence of any clinical signs, that further supported to appropriate specialists with additional preventive benefits.

Biography

Mitsios A is a GMC registered Physician. He has completed his MBBS degree from the Medical School of University of Thessaly in Greece. Currently, he serves as a community Doctor in the Medical Center of Farkadona in Central Greece and he intends to specialise in Ophthalmology in the United Kingdom. He is particularly interested in Programmes of Health Promotion and Disease Prevention and is currently leading a Diabetic Retinopathy Screening Programme to increase patient awareness and education in relevant conditions.

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