

## My Results

Left Leg ABPI = \_\_\_\_\_

Right Leg ABPI = \_\_\_\_\_

Initial Diagnosis: Venous / Arterial /

Mixed / Other: \_\_\_\_\_

Plan / Treatment: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ABPI Result	Interpretation
1.0-1.3	Normal circulation.
0.9	90% circulation to leg. Mild arterial disease.
0.8	80% circulation to leg. Mild-moderate arterial disease.
0.5-0.8	Moderate arterial disease. You may have symptoms of a pale, cold or discoloured leg. Your nurse will liaise with the Tissue Viability service for advice.
<0.5	Severe arterial disease. You will not be suitable for compression and will be offered a Vascular Surgeons opinion.
>1.3	May indicate false reading. Your nurse will liaise with Tissue Viability service for advice.

Tissue Viability Service

0300 330 5777\*

bromh.cccpod2@nhs.net

\*Calls charged at local rate

**Bromley  
Healthcare**  
better together

The Tissue Viability service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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1b Knoll Rise  
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[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

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**NHS**



**Leg Ulcer and ABPI  
Doppler Assessment**

**Bromley Tissue Viability Service**

## Why do I need a Leg Ulcer Assessment and ABPI Doppler Test?

If you have a wound on your lower leg that fails to heal in the normal way, this is called a 'leg ulcer'.

The most common reason leg ulcers are slow or fail to heal is due to underlying problems with the veins (Venous Disease).

The 'Gold Standard' treatment for venous leg ulceration (VLU) is compression therapy.

This may be a special type of bandage or support stocking which improves venous circulation (blood flow from the feet back to the heart) to:

- Reduce pain.
- Reduce swelling
- Reduce the amount of fluid from your wound
- Accelerate healing

Compression therapy is not suitable for everyone. It is unsafe to apply compression to people with significant peripheral arterial disease (PAD) a condition affecting the arteries.

**Early assessment and diagnosis leads to more effective treatment, faster healing and improved quality of life.**

**Every person with a leg ulcer is entitled to an assessment.**

## What will be involved?

A specially trained nurse will perform your assessment which will take around 60-90 minutes. First you will be asked to lie down flat with your legs elevated on the bed. The nurse will examine your legs for signs of venous disease such as swelling and discolouration and ask questions about:

- Your wound
- Your previous medical history
- Any symptoms you may have such as pain in your legs and what you do to relieve it.
- Any medications you are taking
- Your nutrition
- Your lifestyle
- Allergies
- Mobility

**You may have your blood pressure, pulse and blood glucose taken on the day if it has not been recently checked. Your temperature and a swab should be taken if infection is suspected.**

A photograph is recommended as a method of recording, monitoring and evaluating treatment.

## The ABPI Doppler test

The actual test is non-invasive and should not be painful. Blobs of ultrasound gel will be placed on your feet and the nurse will use a small device called a hand held Doppler to listen to the pulses and assess how healthy your arteries are.

Blood pressure cuffs will be placed around your arms and legs and readings will be taken from each limb. Your readings will be compared to calculate your 'Ankle Brachial Pressure Index or ABPI.

ABPI refers to the ratio of blood pressure in the ankle to the blood pressure in the arm. If the blood pressure to your ankle is found to be significantly lower (or higher) than in your arms this can indicate that compression may not be appropriate for you.

## How do I prepare for my test?

You can prepare for your assessment and treatment by:

- Wearing loose fitting trousers that will roll easily above the knee
- Wearing a short sleeved shirt or blouse
- Take analgesia prior to the assessment if your ulcer is painful
- Tell your nurse if you are unable to lie flat due to back / breathing problems
- Use the toilet if you need to before the test
- Eat and drink normally before the test
- Remove your shoes and socks
- Ensure you have footwear large enough to accommodate a bandage.