

Screening Programmes

Abdominal Aortic Aneurysm

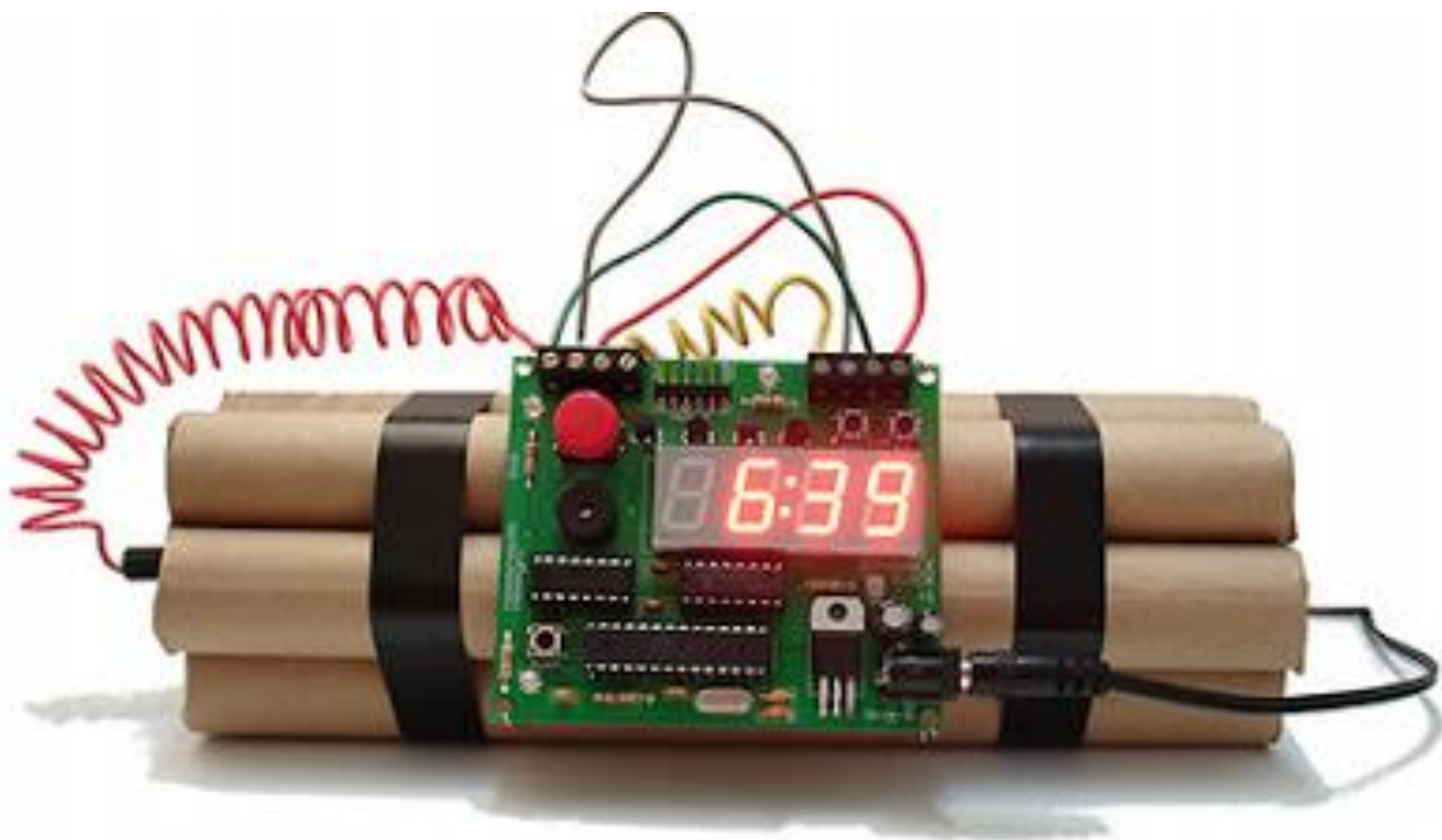
# STAFFORDSHIRE & SOUTH CHESHIRE AAA SCREENING PROGRAMME



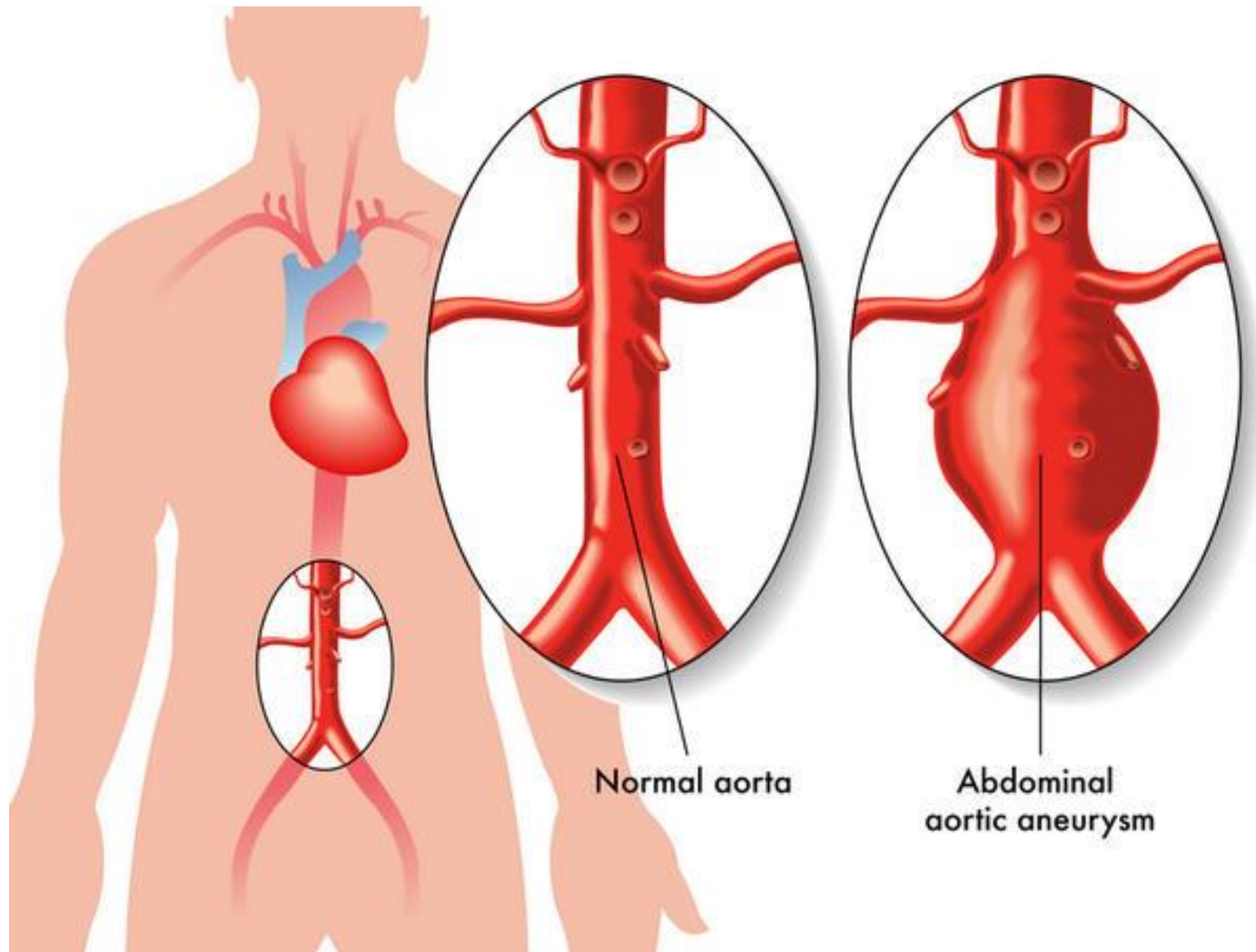
# Some numbers...

- **2%** of deaths in men aged 65 and over are caused by ruptured abdominal aortic aneurysms
- **6,000** deaths from ruptured AAA each year in England and Wales
- **80%** mortality rate from ruptured AAA
- **Less than 1.5%** mortality rate for planned AAA surgery in high quality vascular services
- **95%** of ruptured AAA occur in men aged 65 and over
  
- **AND THERE ARE USUALLY NO SYMPTOMS.....**





# Atherosclerosis spares no blood vessels.....



# Case for screening



- AAA is generally asymptomatic
- Easily detected by simple ultrasound scan of abdomen
- Research\* shows that screening men aged 65 should reduce death rate from ruptured AAA among men by around 50%
- UK National Screening Committee decided screening men aged 65 and allowing men over 65 to self-refer could deliver benefits and be cost-effective

\*The Multi-centre Aneurysm Screening Study (MASS). *Lancet* 2002



# The national programme & local picture

- Phased roll-out of screening programme across England began in Spring 2009 and completed in April 2013
- Also now rolled out in Scotland, Wales and Northern Ireland
- Screening office for Staffs & South Cheshire based at Royal Stoke University Hospital
- Cohort **7000** men per year
- Programme live since April 2012 – **43,000** MEN SCREENED
- More than **700** AAA's detected to date
- **More than 120 large AAA's repaired**



# The screening process

- All men in programme area are invited for screening in the year they turn 65
- Men over 65 can self-refer
- Ultrasound scans carried out at local locations to maximise uptake
- Result provided verbally to man (and in writing if AAA detected)
- Result sent in writing to man's GP



# Possible results

- **Normal – less than 3cm** – discharged from screening programme
- **Small aneurysm – 3 to 4.4cm** – offered appointment with nurse practitioner and yearly surveillance appointments
- **Medium aneurysm – 4.5 to 5.4cm** – offered appointment with nurse practitioner and 3-monthly surveillance
- **Large aneurysm – 5.5cm or above** – referred by screening programme to consultant vascular surgeon within local Vascular Network





# Risk Factors....

- Genes
- Smoking
- Diet
- High cholesterol
- High blood pressure
- Excess alcohol
- Overweight/Obesity



# Modifiable risk factors....

- **Stop smoking**
- Balanced diet – oily fish; fruit & veg
- Exercise
- Alcohol max 3units/day men & 2 units women.
- Blood pressure. Aim below **130/80** (medication if necessary)Salt intake  $\leq 6$ g daily
- Glycaemic control
- Medication may include aspirin, statin and blood pressure lowering drugs



- **SCREENING!**



# Our Consultant Vascular surgeons...

- Mr AD Pherwani
- Miss AKM Walsh
- Mr RH Morgan
- Mr J Fairhead
- Mr B Gwynn
- Mr R Calderwood
- Miss L Corfield
- Mr S Rajagopalan
- Mr A Jaipersad
- Mr Ablett



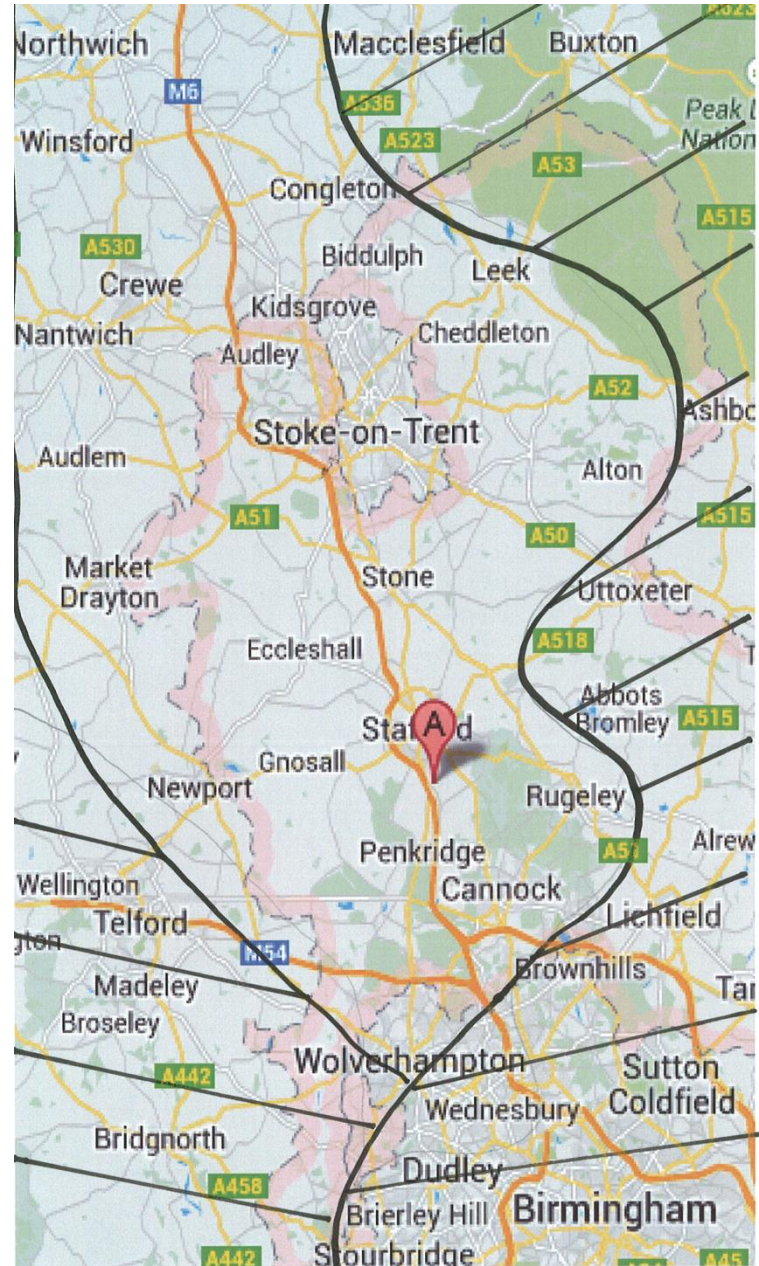
# Our Vascular network...

- A multidisciplinary team of clinicians with expertise in vascular surgery brought together to provide **gold standard** care to the people of Staffordshire & south Cheshire.
- University Hospitals of North Midlands:
- Royal Stoke Hospital
- County Hospital
- Leighton Hospital
- Burton Hospital



**Staffordshire & south**  
**Cheshire AAA**  
**Screening programme**  
**Coverage...**

**Northwich to Kinver**



# ENSURING EQUALITY


- Screening programme receives information from NHS Digital:
  - Name
  - Address
  - DOB
  - NHS number
  - GP
- **No other information about the men in the cohort**



# Accessibility

- Take the screening to the man!
- Screening at most GP surgeries
- Increases uptake = more AAA's detected
- Raises awareness in the community (self referrals)
- Normalises screening



**NHS Abdominal Aortic Aneurysm Screening Programme** 

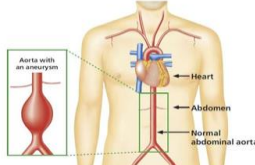
**Are you male, 65 years or older?**

**A simple scan can tell you if you have an abdominal aortic aneurysm**

**This is an enlargement of the main blood vessel in the abdomen and if left untreated it can be fatal**


**FREE Screening is coming to Silverdale surgery**

**If you would like to be screened just call 01782 674357 to make an appointment**




# The invitation....

- Mp3 audio
- Languages
- Easy read
- Trans people




The test is a very good way to find out early if you have an aneurysm. This could save your life.



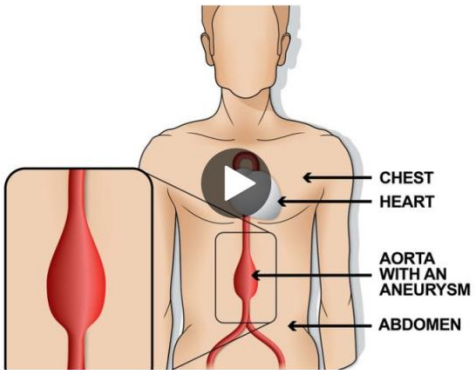
We use a simple test called an ultrasound scan. It usually takes less than 10 minutes. It does not hurt.

You might find it helpful to bring a friend or carer with you.

It is important you let us know if you need help getting out of a wheelchair on to a couch for the test.





Before the test we will give you information and you can ask any questions.



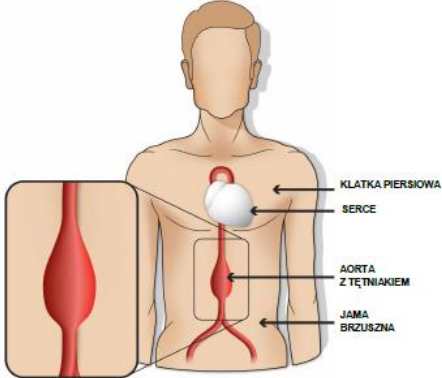
CHEST  
HEART  
AORTA WITH AN ANEURYSM  
ABDOMEN

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Programy badań przesiewowych  
Tętniak aorty brzusznej



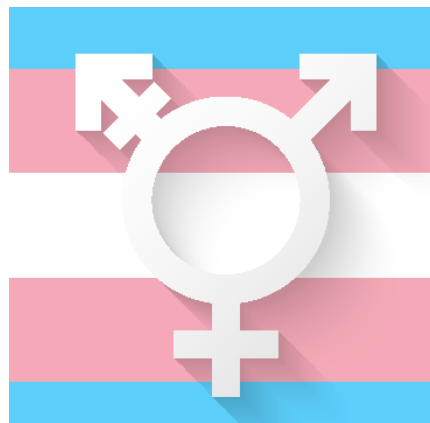
KLATKA PIERSIOWA  
SERCE  
AORTA Z TĘTNIAKIEM  
JAMA BRZUSZNA



Badanie przesiewowe  
na obecność tętniaka aorty brzusznej  
Abdominal aortic aneurysm (AAA) screening

Bezpłatne badanie w ramach NHS dla mężczyzn w wieku 65 lat lub starszych  
A free NHS check for men aged 65 and over

(Polish)





# The test...

- QUICK
- PAINLESS
- NON INVASIVE
- BUT STILL THE UNKNOWN!



For the test you need to be able to lie down on a couch and lift up or open your shirt. You do not need to undress.

We put a cool jelly on your tummy.



We move a small scanner over your skin.

This shows us a picture of your aorta on a screen and we can measure it.



We will tell you your result straight away and also tell your doctor.



# Additional care...

- Review of cohort by GP – advise Screening programme of additional requirements. Rarely!
- Carers/LD nurses
- Local GP surgery familiar.
- Try before you buy – probe/gel
- Extra time
- Trained staff. Communication tools



# CONCLUSION

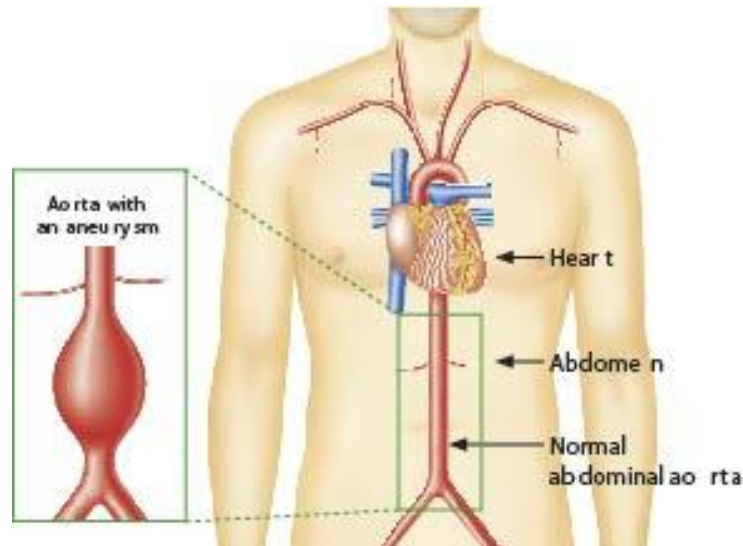
- Screening Programme has no medical information initially
- However, if additional needs highlighted:
  - **Appropriate invite**
  - **Extra time**
  - **Work with carers**

*to ensure that if screening is in the man's best interests that it is easily accessible and that the man's needs are met throughout.*



# Further information

- <https://www.gov.uk/topic/population-screening-programmes/abdominal-aortic-aneurysm>
- Local AAA Screening Programme:  
Tel: 01782 674356 or email [screening.aaa@nhs.net](mailto:screening.aaa@nhs.net)



THANK YOU  
ANY QUESTIONS?

