



Karolinska Institutet

**Institutionen för kliniska vetenskaper, Danderyds sjukhus,
Enheten för kirurgi**

Life situation in people with peripheral arterial disease and their family members

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av

Louise Egberg

leg sjuksköterska

Huvudhandledare:

Professor Anne-Cathrine Mattiasson
Karolinska Institutet
Institutionen för neurobiologi, Vårdvetenskap
och samhälle, Sektionen för omvårdnad

Fakultetsopponent:

Professor Berit Lundman
Umeå Universitet
Medicinska fakulteten
Institutionen för omvårdnad

Bihandledare:

Docent Johan Styru
Karolinska Institutet
Institutionen för kliniska vetenskaper,
Danderyds sjukhus, Enheten för kirurgi

Betygsnämnd:

Professor Siv Söderberg
Luleå Tekniska Universitet
Institutionen för hälsovetenskap
Avdelningen för omvårdnad

Docent Karl-Gösta Ljungström

Karolinska Institutet
Institutionen för kliniska vetenskaper,
Danderyds sjukhus, Enheten för kirurgi

Docent Monica Lagerström

Karolinska Institutet
Institutionen för neurobiologi, Vårdvetenskap
och samhälle, Sektionen för omvårdnad

Med Dr Sissel Andreassen

Karolinska Institutet
Institutionen för kliniska vetenskaper,
Danderyds sjukhus, Enheten för kirurgi

Professor Ulf Hedin

Karolinska Institutet
Institutionen för molekylär medicin och
kirurgi, Sektionen för kärllkirurgi

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ABSTRACT

Life with peripheral arterial disease and the resulting impaired walking ability leads to major limitations in daily life and a decreased quality of life. The overall aim of this thesis was to generate understanding about the life situation among people living with peripheral arterial disease and their family members.

The outcomes after percutaneous transluminal angioplasty interventions both proximal and distal to the inguinal ligament were assessed by collecting data by means of chart review using a study specific protocol. The results show a connection between proximal intervention and age as well as proximal intervention and smoking. Patients in the proximal group were younger and more frequent smokers or former smokers and hematomas/bruises as a complication were more common among non-diabetic patients **(Paper I)**.

Health related quality of life in patients with peripheral arterial disease undergoing percutaneous transluminal angioplasty intervention was investigated using a general questionnaire (EQ5D) as well as a disease-specific questionnaire (CLAU-S) translated into Swedish for this study. The health related quality of life was improved both one month and one year after the percutaneous transluminal angioplasty compared to before the intervention **(Paper II)**.

The experiences of living with intermittent claudication were studied through qualitative interviews with individuals suffering from peripheral arterial disease. The interviews were analyzed by thematic content analysis and six themes together founded a main theme concerning adjusting to a restricted life when living with intermittent claudication **(Paper III)**.

Spouses and cohabitants were interviewed about their experiences of living together with a person suffering from intermittent claudication. The overall theme was about living a demanding life when living together with someone with intermittent claudication. The findings of this study give insight into the complexities and the difficulties of ageing and living together with someone suffering from intermittent claudication **(Paper IV)**.

In conclusion, living with intermittent claudication has a major impact on daily life and demands adjustment to a restricted life. Percutaneous transluminal angioplasty improves health related quality of life among individuals suffering from peripheral arterial disease and the effect is sustainable over time up to one year after the intervention. People who had undergone percutaneous transluminal angioplasty were younger in the proximal group and hematomas/bruises were more common among non-diabetic patients. Ageing and intermittent claudication have great impact on both the spouse's and the ill person's life situation.

Keywords: Peripheral Vascular Disease; Experiences; Angioplasty, balloon; Health related quality of life; Life situation; Family members