

Utilizing Shared Decision-Making to Enhance Iliac Vein Compression Syndrome Patients' Understanding of Their Disease

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INTRODUCTION

Patients suffering from iliac vein compression syndrome frequently experience progressive symptoms such as leg pain, swelling, skin pigmentation, and even venous ulcers. These distressing symptoms considerably affect their health and quality of life, particularly when the cause remains unidentified. Without timely and appropriate treatment, the symptoms may exacerbate, heightening the patient's anxiety about uncontrollable changes in their body.

In **Taiwan**, awareness of this condition is not widespread. A lack of understanding among patients can lead to delayed treatment or indecision regarding therapeutic options. Consequently, enhancing patient awareness of iliac vein compression syndrome is essential.

AIM

This study aims to improve patient comprehension of the condition through shared decision-making interventions between physicians and patients.

METHOD

Study Design and Methods

- Employed a single-group pretest-posttest quasi-experimental design.
- Developed and utilized shared decision-making tools.
- Conducted at a cardiovascular and minimally invasive vascular center, Southern Taiwan, throughout 2023.

Participants

- Enrolled patients diagnosed with iliac vein compression syndrome

Intervention Overview

- Pre- and post-intervention disease awareness questionnaires.
- Included shared decision-making videos, educational leaflets with QR codes.
- Case managers assisted in selecting desired content: causes, risk factors, diagnosis, and treatment.

Materials and Data Collection

- Paper-based decision-making tools for home use
- Collected data on demographics, disease awareness via Google Forms.

Objective

- Aimed to achieve an 80% benchmark in shared decision-making, aligning with standards set by the Taiwan Hospital Accreditation and Healthcare Quality Promotion Council.

RESULTS

Before the Intervention

Question	Don't Know	Unclear	Know
Do you have sufficient understanding of your symptoms and condition?	40/50 (80%)	10/50 (20%)	0/50 (0%)
How well do you understand the treatment plan?	40/50 (80%)	10/50 (20%)	0/50 (0%)
How much are you aware of the risks of worsening symptoms?	45/50 (90%)	5/50 (10%)	0/50 (0%)
Do you find it difficult to make decisions about treatment options?	30/50 (60%)	20/50 (40%)	0/50 (0%)
How much do you know about the introduction by the medical team?	30/50 (60%)	20/50 (40%)	0/50 (0%)
Awareness of iliac vein compression syndrome treatment	40/50 (80%)	10/50 (20%)	0/50 (0%)
Completeness of treatment explanations	21/50 (42%)	23/50 (46%)	6/50 (12%)

After the Intervention

Question	Don't Know	Unclear	Know
Do you have sufficient understanding of your symptoms and condition?	5/50 (10%)	5/50 (10%)	40/50 (80%)
How well do you understand the treatment plan?	5/50 (10%)	5/50 (10%)	40/50 (80%)
How much are you aware of the risks of worsening symptoms?	5/50 (10%)	5/50 (10%)	40/50 (80%)
Do you find it difficult to make decisions about treatment options?	10/50 (20%)	10/50 (20%)	30/50 (60%)
How much do you know about the introduction by the medical team?	10/50 (20%)	10/50 (20%)	30/50 (60%)
Awareness of iliac vein compression syndrome treatment	1/50 (2%)	7/50 (14%)	42/50 (84%)
Completeness of treatment explanations	0/50 (0%)	0/50 (0%)	50/50 (100%)

Patient Awareness of Iliac Vein Compression Syndrome Before and After Intervention

As shown, awareness significantly increased from 20% before the intervention to 83.2% afterwards, demonstrating the effectiveness of the educational intervention with shared decision-making tools.

CONCLUSIONS

Implementing shared decision-making with diverse and proactive decision-support tools is pivotal. It not only enhances disease awareness but also reduces barriers to treatment decision-making, preventing delays in treatment. Furthermore, it improves doctor-patient communication, fostering a high-quality relationship.

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implementing a strategy

電子衛教版(QR CODE)

治療靜脈狹窄症候群

我該接受靜脈支架置入手術嗎?

中文 英文 日語

Iliac Vein Compression (May Thurner Syndrome, MTS)

Shared Decision Making on IVUS guided Stenting

Overview

Iliac vein compression, defined as compression of iliac veins by iliac artery and spine with less than 50% of normal intra-luminal cross-section area or 60% of normal maximal diameter, may contribute to subsequent symptoms such as recurrent lower legs varicosis, swelling, soreness, pain, redness, frequent cramping and even chronic ulcers were quite troublesome to daily living activities. Treatment strategies such as lifestyle modification, oral medication, and intravenous ultrasound (IVUS) guided iliac vein stenting had been clinically proved as it leads to better circulation and thus symptom relief. Endovascular technique such as IVUS guided stenting had shown benefits of minimal invasion and quick recovery, but it also came with risks and complication. We suggest a shared decision making between you and our medical staff for better mutual understanding, trust and medical results.

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