When will I get my test results?

You will normally be given the Doppler results on the same day as your appointment.

The clinician will discuss the treatments that are available to you, which may include wound treatment, medicine and lifestyle changes or support around exercise and reduction of smoking.

Depending on your TBPI results, you may be referred to a vascular specialist and/or dermatologist for their opinion. Your clinician will explain the reasons for this and what will happen next.

If you have a wound on your leg or foot the treatment will usually be started on the same day as your test. The clinician will arrange further appointments for wound review, changes of dressing or compression therapy for you.

The clinician will tell you when the TBPI will be checked again, which is usually between 3 and 12 months.

To find out whether you have a Leg Club near you, or for any further information about Leg Clubs or the Leg Club model, email **lynn.bullock@legclubfoundation.com** or visit **www.legclub.org**

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What is a Toe Brachial Pressure Index (TBPI)?

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What is a Toe Brachial Pressure Index (TBPI)?

The TBPI is a test to assess the blood supply to your feet that is carried out by comparing the blood pressure in your arm to the pressure in the toe. The standard ABPI (Ankle Brachial Pressure Index) may yield misleading results if your arteries are calcified and stiffened. Hence, the TBPI is more reliable if you have diabetes or chronic kidney disease.

Where will the test take place?

The test will either take place in your local Leg Club, own home or a clinic setting depending on the service you have been referred to.

What does the test involve?

- You will need to lie flat and rest for 10 minutes before the test can begin. The test itself will only take about 5 minutes.
- You will be asked to remove your shoes and socks and any long-sleeved tops so that the blood pressure cuff can be placed around your upper arm and on your toe.
- To get the best results you will be asked to lie as flat and still as possible while the test is being carried out.
- If you have a wound on your leg or foot, the clinician will cover and protect it for the test.
- A blood pressure cuff will be placed first around one arm then the other, and then a toe cuff will typically be placed around the big toe.

- The clinician will use a Doppler probe to listen to your arterial signals. To take readings at the toe, a sensor may be applied to the pad of your toe.

- Gel may be applied to your skin to help the clinician listen to the sound of your blood supply.
- The Doppler machine may be noisy, and this is normal.
- The blood pressure cuff is inflated and then deflated slowly just like when you have your blood pressure taken.
- The toe cuff is inflated in a similar way to the arm cuff, but to a much lower pressure, and is typically no more uncomfortable.
- When the test is finished the clinician will sit you up.
- TBPI >0.7 is normal and you can safely be commenced on compression therapy to treat your leg ulcer.
- TBPI <0.70 is suggestive of Peripheral Arterial Disease (PAD). You will be referred to a specialist vascular surgeon (physical examination and vascular imaging – i.e. Duplex). If the diagnosis is confirmed, any compression therapy is strictly contraindicated. Rest-pain and/or active ulceration in the context of PAD is a limb threatening scenario and a timely vascular intervention is paramount.