Wales Abdominal Aortic Aneurysm Screening Programme (WAAASP)
Information for Health Professionals

All information is available on the WAAASP website: www.aaascreening.wales.nhs.uk

Research has demonstrated that offering 65 year old men ultrasound screening could reduce the rate of premature death from ruptured AAA by up to 50 per cent.

The screening process

Sixty five year old men resident in Wales are invited for screening

Men receive an invitation letter and information leaflet with an appointment time three weeks in advance

If the man accepts the invitation, an ultrasound scan of the abdominal aorta is carried out and the aortic diameter measured

Results are provided verbally immediately after the scan and in writing

Self-referrals

Men who are older than 65, and who have not previously been screened, can opt in through self-referral direct to the screening programme by contacting the local screening office themselves

Structure and delivery

The Wales AAA Screening Programme is coordinated and led by the Screening Division of Public Health Wales. Screening is delivered to national quality standards and protocols

There will be local screening clinics covering the whole of Wales

The programme coordinates screening for the eligible population in Wales and organises invitation letters, screening and surveillance clinics, result letters and referrals to the appropriate elective vascular network

Prevalence

• There are around 230 deaths from ruptured AAA in the male population ≥65 years of age in Wales¹

• Deaths from AAA account for 1.9% of all deaths in the male population ≥65 years of age in Wales¹

• Vascular disease (including death from ruptured AAA) accounts for 40% of UK deaths²

• Elective surgery has a mortality of ≤3.5%³

• Emergency AAA repair has a 30-40% mortality⁴

Risk factors

Fixed

• Age

• Being male; 95% of ruptured AAA occur in men over 65. The condition is six times more common in men than women⁵

• Strong family history – first degree relatives, especially father/son, brothers.

GPs are advised referral to Vascular Services

Modifiable

• Smoking

• High blood pressure

• Raised cholesterol


⁴ Vascular Society of Great Britain and Ireland VSGBI (2012) The Provision of Services for Patients with Vascular Disease


Local Screening office contact numbers:

South East Wales: 01443 23 51 61
West Wales: 01792 45 31 62
North Wales: 01492 86 35 63
### Result

<table>
<thead>
<tr>
<th>Normal (about 95 in 100 men)</th>
<th>Follow-up</th>
<th>Primary Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>No aneurysm detected</td>
<td>• Man discharged from screening programme</td>
<td>AAA detected following discharge from WAAASP should be referred to vascular services for surveillance</td>
</tr>
<tr>
<td>Aortic diameter less than 3cm</td>
<td>• No treatment or further scans required</td>
<td></td>
</tr>
</tbody>
</table>

### Small and medium aneurysm (about 4 in 100 men)

<table>
<thead>
<tr>
<th>Small - Aortic diameter measures: 3 to 4.4 cm</th>
<th>Follow-up</th>
<th>Primary Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Man offered annual surveillance scan</td>
<td>• A phone appointment with WAAASP surveillance nurse within three working days of screening scan</td>
<td></td>
</tr>
<tr>
<td>Medium – Aortic diameter measure: 4.5 to 5.4 cm</td>
<td>• Man offered quarterly surveillance scan</td>
<td>• GP practice or responsible health care professional is notified of the outcomes of screening</td>
</tr>
<tr>
<td>• Face to face appointments will be available on request</td>
<td></td>
<td>• Men on surveillance will be advised to make an appointment with their GP Practice for blood pressure monitoring &amp; treatment, BMI measurement and lifestyle and health advice</td>
</tr>
</tbody>
</table>

### Large aneurysm (about 6 in 1,000 men)

<table>
<thead>
<tr>
<th>Large - Aortic diameter 5.5 cm or above</th>
<th>Follow-up</th>
<th>Primary Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Men referred to elective vascular network for assessment, optimal advice and management of the AAA</td>
<td>• A phone appointment with WAAASP regional coordinator within three working days. Face to face appointments will be available on request</td>
<td>• GP practice or responsible health care professional is notified of the outcomes of screening</td>
</tr>
</tbody>
</table>

### Non visualised

<table>
<thead>
<tr>
<th>Repeat scan required</th>
<th>Follow-up</th>
<th>Primary Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Man offered a repeat screening appointment in the community. If the man’s aorta remains non-visualised an appointment is offered at hospital medical imaging department</td>
<td>• GP practice or responsible health care professional is notified of the outcomes of screening</td>
<td></td>
</tr>
</tbody>
</table>

### Further information for men

**Leaflets** – all men invited receive a copy of an information leaflet. Men who have a small, medium or large aneurysm detected receive additional information leaflets

**Wales AAA Screening Programme** – the phone number for the screening programme is on the invitation and follow up letters

**Wales AAA Screening Programme website**: www.aaascreening.wales.nhs.uk

### Further information for health professionals

Wales AAA Screening Programme website: www.aaascreening.wales.nhs.uk

Speak to the Wales AAA Screening Programme Head of Programme Tel: 01443 23 53 81 or the regional screening administration centres:

- **South East Wales**: 01443 23 51 61
- **West Wales**: 01792 45 31 62
- **North Wales**: 01492 86 35 63

**GPone** – professional website for GPs working in Wales at www.gpone.wales.nhs.uk/home

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