

In press on European Journal of Vascular and Endovascular Surgery

VARICOSE VEIN STRIPPING vs. HAEMODYNAMIC CORRECTION (C.H.I.V.A.): A LONG TERM RANDOMISED TRIAL.

Original Article

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Short title: Stripping vs CHIVA

This paper has been presented at the European Venous Forum Annual Meeting, London (England) June, 28-July, 1, 2006

ABSTRACT

Objectives: to compare the long-term results of stripping vs. haemodynamic correction (Ambulatory Conservative Haemodynamic Management of Varicose Veins, CHIVA) in the treatment of superficial venous incompetence resulting in chronic venous disease (CVD).

Design: Randomised comparative trial.

Patients: 150 patients affected by CVD, CEAP clinical class 2-6, were randomised to saphenous stripping or to CHIVA .

Methods: The clinical outcome was assessed by an independent observer who recorded the Hobbs clinical score for treated limbs. A subjective report of the outcome was provided by the patients. Recurrence of varices was assessed by both clinical examination and duplex ultrasonography.

Results: The mean follow-up was 10 years, 26 patients were lost to follow-up. The Hobbs score similar in the stripping and CHIVA groups. However recurrence of varicose veins was significantly higher in the stripping group (CHIVA 18% ; stripping 35%, $P < 0.04$ Fisher's exact test), without significant differences in the rate of recurrences from the sapheno-femoral junction. The associated risk of recurrence at ten years was doubled in the stripping group (OR 2.2, 95% CI 1-5, $P = 0.04$).

Conclusions: Recurrent varices occurred more frequently following saphenous stripping than after CHIVA treatment. The deliberate preservation of the saphenous trunk as a route of venous drainage in the CHIVA group may have been a factor reducing the recurrence rate.