

## “Walk in installments” – peripheral arterial disease educational poster for patients

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Peripheral arterial disease (PAD) is a chronic vascular condition that significantly impairs patients' quality of life and increases the risk of cardiovascular complications. Its prevalence increases with age, particularly after the age of 45<sup>1</sup>. One of the typical symptoms is the so-called “walk in installments,” or intermittent claudication, which prevents patients from walking without interruption. Both symptomatic and asymptomatic PAD are indicators of myocardial infarction, stroke, and cardiovascular mortality<sup>2</sup>. Identifying high-risk groups – smokers, patients with diabetes, hypertension, hyperlipidemia, and the elderly – is key to early disease detection.

The educational poster for patients presents the main signs of the disease, preventive measures through lifestyle changes, and guidelines on whom to contact when symptoms occur. The crucial role of nurses in patient education and communication is especially emphasized, enabling earlier recognition of the disease, adherence to therapy, and reduction of complications.

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### LITERATURE

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