

Physiology
Chronic venous insufficiency occurs when leg veins don't allow blood to flow back up to the heart. Normally, the valves in veins make sure that blood flows toward the heart. But when these valves don't work well, blood can also flow backwards. This can cause blood to collect (pool) in the legs.

- Subjective**
- Pain
 - Itchiness
 - Cramps
 - Tightness in legs

**CHRONIC
VENOUS
INSUFFICIEN
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- Objective**
- Varicose veins (twisted, enlarged veins close to the surface of the skin)
 - Skin that looks like leather
 - Swelling
 - Leg ulcers
 - Brown-colored skin, often near the ankles

- Nursing Interventions**
- Avoid long periods of standing or sitting
 - Exercise regularly
 - Lose weight
 - Elevate legs