Assess for eligibility and receive diagnosis/usual care - Vascular Assessment Nurse

Included:
- Newly diagnosed patients with intermittent claudication.

Excluded:
- Heart failure or cancer;
- Cannot walk unaided;
- History of orthopaedic surgery;
-- ABPI of less than 0.35

Invite to take part in intervention (n=80) – Vascular Assessment Nurse

Randomise (n=60) - researcher

Not randomised:
- Declined to take part

Brief Intervention
Baseline Assessment
Week 0

Session 1
Week 1

Session 2
Week 2

Phone calls
Weeks 6 & 12

4 month Assessment
Week 18

1 Year Assessment

2 Year Assessment

Analysed

Control
Baseline Assessment
Week 0

Pick up pedometer
Week 1

Phone calls
Weeks 6 & 12

4 month Assessment
Week 18

1 Year Assessment

2 Year Assessment

Dropped out of trial

Analysed

1 year follow-up

2 year follow-up

Data analysis

4-month follow-up