



Patient Information Leaflet

# **Venous thromboembolism (VTE) Inpatient information leaflet**

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If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগেশন PALS টেলিফিে ন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

## Introduction

Venous thromboembolism (VTE) is a condition in which a blood clot forms, most often in the deep veins of the leg, groin or arm (known as deep vein thrombosis, DVT). These clots may break free and travel in the blood, lodging in the lungs (known as pulmonary embolism, PE).

Together, DVT and PE are known as venous thromboembolism (VTE) – a dangerous, and potentially fatal medical condition.

Venous thromboembolism is a leading cause of death and disability worldwide. Being in hospital is a major risk factor for the development of venous thromboembolism (VTE). Patients with decreased mobility – due to bedrest or recovery – or who experience blood vessel trauma – due to surgery or other serious injury – are more likely to develop blood clots. In fact, up to 60 percent of all VTE cases occur during or within 90 days of hospitalization, making it a leading preventable cause of hospital death.

**DVT + PE  
= VTE**



If not prevented or caught early, a deep vein thrombosis (DVT) can progress, with the blood clot breaking away and traveling to your lungs and becoming a potentially deadly pulmonary embolism (PE), which requires immediate medical attention. Together, DVT and PE are known as venous thromboembolism (VTE).

## Risk factors

VTE does not discriminate. It affects people of all ages, races and ethnicities, and occurs in both men and women. Certain factors and situations can increase the risk of developing potentially deadly blood clots.

You or your family/advocate should tick your current risks and speak to your nurse or doctor about them:

<b>Strong risk</b>	<b>Moderate risk</b>	<b>Other factors</b>
<ul style="list-style-type: none"><li>• Being in the hospital for an extended period of time.</li><li>• Having surgery (especially hip, knee and cancer related surgery).</li><li>• Cancer patients are at four times higher risk than the general population.</li><li>• Not moving for long periods of time (e.g. due to bedrest).</li></ul>	<ul style="list-style-type: none"><li>• Age (60+).</li><li>• Personal or family history of blood clots, recent stroke.</li><li>• Cancer /chemotherapy.</li><li>• Trauma.</li><li>• Using oestrogen-based medication (e.g. oral contraceptives or hormone replacement therapy).</li></ul>	<ul style="list-style-type: none"><li>• Obesity.</li><li>• Pregnancy or recent birth.</li><li>• Smoking.</li><li>• Alcohol consumption.</li><li>• _____</li></ul>

## **Risk assessment and prevention**

Research suggests that VTEs are often preventable, and evidence-based prevention strategies can stop the development of clots in 'at-risk' individuals.

To identify whether a patient is 'at-risk,' healthcare professionals should conduct a VTE risk assessment, which is a tool or questionnaire that gathers information about a patient's age, medical history, medications and specific lifestyle factors. Information is then used to assess a patient's potential risk (e.g. high, moderate or low risk) for developing blood clots in the legs or lungs.

**If you are admitted to a hospital and don't receive an assessment, be proactive. Ask for one.**

Individuals who are assessed to be at risk should be given appropriate prevention (referred to as "prophylaxis"), which can include:

- Anti-clotting medications (e.g. blood thinners, referred to as "anticoagulants"). You may receive a blood-thinning medication (heparin, enoxaparin, dabigatran or rivaroxaban). These drugs can increase your risk of bleeding.

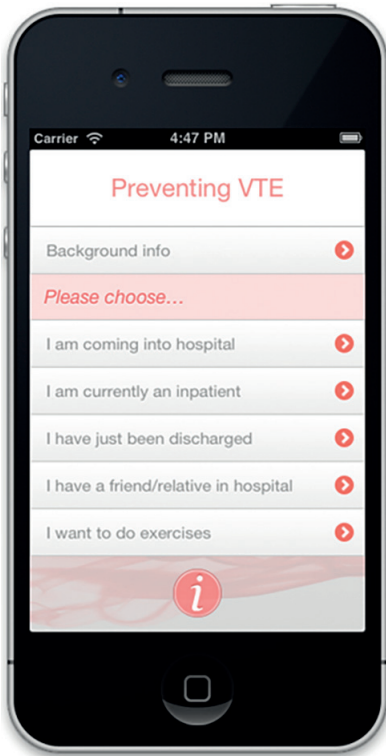
**Be aware that heparins are of animal origin; your doctor or pharmacist can discuss alternatives if needed.**

- Mechanical methods of prophylaxis include elastic compression stockings (TEDs) and various intermittent compression devices (IPCs, e.g. foot pumps), all of which increase blood flow within the legs. In order to achieve effectiveness they must be worn for at least 18 hours a day.

# What can I do to reduce my risk of VTE when in hospital?

Hospital patients may also be instructed to move around or do foot/leg exercises as soon and as often as possible. It is also important to drink plenty of fluid to keep hydrated.

## Preventing VTE App



Help reduce your risk of DVT and PE in hospital with this simple app.

This app explains how the risk of developing a Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE) in hospital **can be reduced**. It is not intended to replace explanation and information given to you by our staff but we hope you will find it a helpful guide to use before, during and after your stay in hospital.

**Get the App!**



**If you have any queries or concerns about the content of this leaflet please call (01983) 822099 and ask to speak to the relevant department.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.