

THROMBOEMBOLIC DISORDER ASSESSMENT: DVT/PE

RISK FACTORS

- Injury to vein
 - Fractures
 - Severe muscle injury
 - Major surgery (abdomen, pelvis, hip, or legs)
- Reduced blood flow
 - Confinement to bed (eg, due to a medical condition or post-surgery)
 - Limited movement (eg, cast on a leg to help heal an injured bone)
 - Prolonged sitting
 - Paralysis
- Increased estrogen
 - Oral contraceptive use
 - Hormone replacement therapy
 - Pregnancy (post-partum period)
- Chronic medical illnesses
 - Heart disease
 - Lung disease
 - Cancer and its treatment
 - Inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- Other
 - Previous DVT/PE
 - Family history DVT/PE
 - Age (risk increases as age increases)
 - Obesity
 - Smoking
 - Hypertension
 - Central vein catheter
 - Inherited clotting disorders

PREVENTION

- Advise patient to move around as soon as possible after limited mobility (eg, post surgery).
- Use graduated compression stockings or medications to prevent DVT.
- Warn patient if sitting for long periods of time, such as traveling for >4hrs:
 - Get up and walk around every 2–3hrs.
 - Do leg exercises.
 - Wear loose fitting clothing.
 - Drink plenty of water; avoid alcohol or caffeinated beverages.
- Initiate therapeutic lifestyle changes: exercise regularly; maintain healthy weight; smoking cessation.

SIGNS & SYMPTOMS

DVT

- Swelling
- Pain
- Tenderness
- Redness of the skin

PE

- Difficulty breathing
- Tachycardia or irregular heartbeat
- Chest pain or discomfort
- Anxiety
- Hemoptysis
- Hypotension, lightheadedness, or fainting

TREATMENT

DVT

- Anticoagulants
- Heparin
- Low molecular weight heparin (LMWH)
- Warfarin (Coumadin)
- Compression stockings
- Surgery

PE

- Emergency treatment at hospital
- Thrombolytics (life-threatening PE)
- Anticoagulants (prevention)
- Surgery (high risk)

REFERENCES

Adapted from: www.cdc.gov/ncbddd/dvt/facts.html.

Adapted from: www.cdc.gov/ncbddd/dvt/treatments.html.

For a list of medications used to prevent or treat DVT/PE, visit: www.eMPR.com.

(Rev. 8/2017)