Thromboprophylaxis - Why does it Matter?

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Introduction

- Each year over 25,000 people in England die of venous thromboembolism (DVT and PE) as a result of being in hospital
- More than the combined total from breast cancer, AIDS and traffic accidents and 25 times the number who die from MRSA
- There are 60,000 reported cases of DVT

The Prevention of Venous Thromboembolism in Hospitalised Patients.House of Commons Health Committee 2005

- Many surgeons and physicians are not aware of the extent of VTE as a substantial number of patients first show symptoms after they have been discharged
- The original doctor is often not informed
- There are no national guidelines to ensure that doctors consider the risk of VTE
- Cost of treating VTE - £640m

Post Thrombotic Syndrome

- 20-30% get mild symptoms
- 5-10% get severe symptoms

Post Thrombotic Syndrome.
Weinkove,R, Thrombus 2005

Incidence of VTE

Speciality	DVT %
General surgery	25
Orthopaedic surgery	45-51
Urology	9-32
Gynaecological surgery	14-22
Neurosurgery (incl. strokes)	22-56
Multiple trauma	50
General medicine	17

International Consensus Statement
1997/2002

Methods of Thromboprophylaxis

- Mechanical
- Pharmacological

Mechanical

- Graduated compression stockings
  - Do reduce the risk of DVT
  - Best used in conjunction with pharmacological agents
- Compression devices
  - Have to be used properly
  - Pre-op, continue for 5 days or until fully mobile

Towards evidence based guidelines for the prevention of venous Thromboembolism. Roderick et al 2005 Health Tecnology Assessment

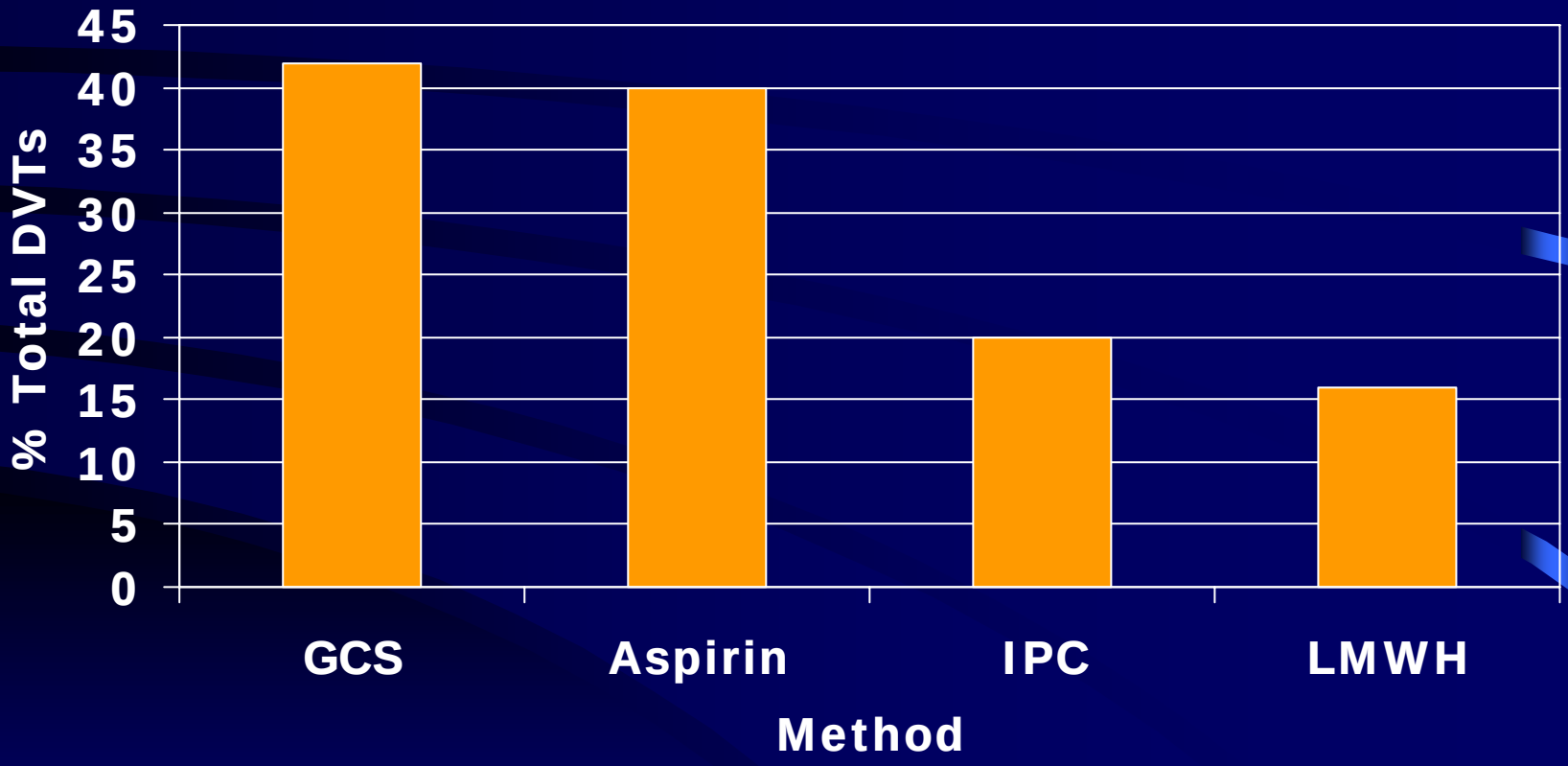
Pharmacological

- Heparin – UFH or LMWH
- Oral anticoagulants
- Aspirin

LMWH – agent of choice

- Large body of research shows effective, safe and cost effective
- More predictable action, longer half life, given once or twice daily
- Easily administered, requires little monitoring – HIT

Even with the use of LMWH DVT is still a common complication in Orthopaedic Surgery



Geerts, W,et al . Chest 2001

What do I do?

- Part of the Thrombosis Committee
- Develop guidelines
- Raise awareness – teaching and education
- Ward rounds
- Audit

What have I achieved?

- Raised the awareness in the Trust
- New guidelines
- Programme of education
- Nurses taking up the challenge

So why is it important in the Anticoagulation Clinic?

- Bigger picture
- Patient education
- DVT cards
- Informing surgeons and physicians

Your Department

- Look at where your patients are coming from
- Inform medical staff
- Empower patients

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