

DEEP VEIN THROMBOSIS (DVT) AND PULMONARY EMBOLISM (PE) FACTS AND TREATMENTS

Risk Factors

<ul style="list-style-type: none">• Injury to vein<ul style="list-style-type: none">◦ Fractures◦ Severe muscle injury◦ Major surgery (abdomen, pelvis, hip, or legs)• Reduced blood flow<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ Oral contraceptive use◦ Hormone replacement therapy◦ Pregnancy (post-partum period)	<ul style="list-style-type: none">• Chronic medical illnesses<ul style="list-style-type: none">◦ Heart disease◦ Lung disease◦ Cancer and its treatment◦ Inflammatory bowel disease (Crohn's disease or ulcerative colitis)• Other<ul style="list-style-type: none">◦ Previous DVT/PE◦ Family history DVT/PE◦ Age (risk increases as age increases)◦ Obesity◦ Smoking◦ Hypertension◦ Central vein catheter◦ Inherited clotting disorders
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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 2–3 hrs.
 - 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	PE
<ul style="list-style-type: none">• Swelling• Pain• Tenderness• Redness of the skin	<ul style="list-style-type: none">• Difficulty breathing• Tachycardia or irregular heartbeat• Chest pain or discomfort• Anxiety• Hemoptysis• Hypotension, lightheadedness, or fainting

Treatment

DVT	PE
<ul style="list-style-type: none">• Anticoagulants• Heparin• Low molecular weight heparin (LMWH)• Warfarin (Coumadin)• Compression stockings• Surgery	<ul style="list-style-type: none">• Emergency treatment at hospital• Thrombolytics (life-threatening PE)• Anticoagulants (prevention)• Surgery (high risk)

NOTES

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.

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