

# 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
  - 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.
- 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
- Hemoptysis
- Hypotension, lightheadedness, or fainting

## TREATMENT

- Anticoagulants
  - Injectable: heparin, low molecular weight heparin (LMWH), fondaparinux
  - Oral: warfarin, dabigatran, rivaroxaban, apixaban, edoxaban
- Thrombolytics
- Inferior vena cava filter
- Thrombectomy/embolectomy

## REFERENCES

Adapted from: [www.cdc.gov/ncbddd/dvt/facts.html](http://www.cdc.gov/ncbddd/dvt/facts.html).

Adapted from: <https://www.cdc.gov/ncbddd/dvt/diagnosis-treatment.html>

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

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