

How to Design a Personal Prevention Strategy

Assess Patient Risk for DVT

- Does patient have a prior history of DVT or PE?
- Is there history of DVT or PE in patient's birth family?
- Does the patient or a family member have an inherited thrombophilia?
- Does patient plan to travel on a trip longer than 4 hours?
- Is patient scheduled for major elective surgery, especially abdominal, pelvic, orthopedic, cardiac, or thoracic surgery? Has patient experienced major trauma?
- Does patient take estrogen-based contraceptives or post-menopausal hormonal therapy?
- Is patient pregnant?
- Is patient obese or inactive (does not exercise)?
- Is the patient hospitalized for more than 3 days?
- Does patient have active cancer or on cancer chemotherapy, or is a central venous catheter in place?

Determine Appropriate Preventive Measures

- Be proactive:
- Ask which preventive measures are indicated for assessed risk.
- Obtain additional information at web sites such as www.stoptheclot.org and www.clotcare.com.

Source: Prevent Deep Vein Thrombosis (www.preventdvt.org)

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