

# Patient Education for VTE Prevention

## CDC VIDEO:

<https://youtu.be/7lJfh00F7Z>



## AM I AT RISK?

Risk factors may include:

- previous heart attack
- previous VTE
- family history of DVT
- increased age
- cancer
- heart disease
- obesity
- pregnancy
- hormone therapy
- birth control pills
- inactivity
- smoking
- infection
- sitting for a long time when traveling (longer than 6 to 8hrs)
- recent surgery
- extended bed rest
- surgery expected to last longer than one hour.



**Blood clots** in the veins of the body are known as **Venous Thromboembolism (VTE)**.

There are two main types:

1. **Deep Vein Thrombosis (DVT)** is a blood clot that forms inside a deep vein.
2. **Pulmonary Embolus (PE)** occurs when a blood clot travels through the veins and blocks a major blood vessel leading to the lungs.

## HOW DO I PREVENT VTE?

- SCD pumps use air through special sleeves to squeeze the lower leg muscles to also improve blood flow.
- Your doctors may order special medications that help to prevent or treat blood clots.
- Early and frequent walking once your doctor approves.
- Simple leg exercises:
  - While lying on your back, tighten your thighs and push the back of your knee to the bed (Hold for 10 seconds). Relax. Repeat frequently.
  - With your legs straight and relaxed, point toes toward head of bed, then toward the foot of the bed. Repeat frequently.
  - With legs relaxed on bed, move ankles in small circles. Repeat frequently.
- Know the signs of symptoms of PE and DVT.

### PE signs and symptoms:

- Recent or sudden onset of shortness of breath
- Chest pain or discomfort, which worsens with a deep breath or coughing
- Coughing up blood
- Sudden collapse

*If you have any of these symptoms you should seek medical help immediately.*

### DVT signs and symptoms:

- Recent swelling of the limb
- Unexplained pain in a limb
- Skin that may be warm/hot to the touch
- Redness of the skin

*Signs and symptoms of DVT can be similar to other conditions, like a pulled muscle. Some people with DVT may also have no symptoms at all.*

Any questions or concerns call your doctor or visit Valley Medical Center Emergency Department. Thank you.

