

Preventing a Blood Clot when in Hospital

Just being unwell and in hospital can lead to an increased risk of deep vein thrombosis – otherwise known as a DVT or blood clot – usually in the deep veins of the leg. When being admitted to hospital, every adult should be assessed for the risks of a DVT.

But prevention of a DVT can be very straightforward

Lifeblood: The Thrombosis Charity advises that if you're entering hospital you should also be aware of methods of prevention, especially if you aren't assessed for risk of DVT. To do this, simply ask the medical team these questions before admission:

- **What is the risk of deep vein thrombosis during my stay, with and without appropriate prevention?**
- **Do I need and will I be measured and fitted with anti-embolism stockings for use during bed rest?**
- **Should I receive blood thinners?**
- **Does the hospital have ultrasound facilities on site to diagnose a deep vein thrombosis if I should develop one?**

Being aware of these questions and talking with the medical team could reduce the risk of a blood clot.

Risks of a deep vein thrombosis without preventative measures (thromboprophylaxis) are:

- 17% if you are ill on a medical ward
- 50% with a severe stroke
- 50-60% with a orthopaedic operation on the hip
- Nearly 100% with severe trauma

Thromboprophylaxis can reduce the risks by 70%

If you would like more information about any issues relating to thrombosis visit our website www.thrombosis-charity.org.uk, email us on lifeblood.charity@googlemail.com, or write to **Lifeblood: The Thrombosis Charity, C/O Centre for Haemostasis and Thrombosis, First Floor North Wing, St. Thomas' Hospital, Lambeth Palace Road, LONDON. SE1 7EH**