

## Do you know about hospital acquired clots ?

Did you know that just being admitted to hospital with an illness carries at least a 15% chance of developing a DVT?

Did you know that having surgery on your leg such as a hip replacement carries a 50% chance of developing a DVT unless you have preventative blood thinners?

Did you know that the risk of death due to hospital-acquired clots is much greater than the risk of dying from hospital-acquired infection (MRSA and clostridium difficile)?

25,000 deaths a year in the UK due to hospital-acquired blood clots (which are due to deep-vein thrombosis in the leg breaking off and travelling to block the blood supply to the lungs) could be prevented. In fact two-thirds of all blood clots are due to a stay in hospital. Although the general public associates blood clots or DVT with flying long distances, in fact the risk of 'traveller's thrombosis' is very low.

We started Thrombosis UK (formerly Lifeblood) in 2002 to increase awareness and research into blood clots. Our main focus is to make sure the risk of hospital-acquired blood clots is reduced as much as possible. We want every adult patient who is admitted to hospital to be assessed for their risk of a thrombosis and receive appropriate preventative measures - blood thinners and stockings. The good news is that most DVTs and PEs can be prevented safely and effectively with gentle calf exercises and getting out of bed early after an operation. Anti-embolic stockings, pneumatic stockings or boots (balloons that squeeze the legs to improve blood flow and small daily doses of blood thinners can help those most at risk.

Since 2010 all hospital trusts in England have been asked to make sure that 90% of all adults admitted to hospital are properly assessed for their risk of blood clots, and that they receive appropriate prevention. In Scotland a similar system is being put in place.

### Stop the clots - keep your blood **FLOWing**

**F**ind out if you are at risk of developing DVT in hospital by asking for a risk assessment.

**L**ower your risk by using compression stockings and blood thinners.

**O**bserve any symptoms of clots - warmth, swelling, pain or discolouration of the skin on your legs.

**W**arn your doctor or nurse if you have symptoms or are worried about your risk.

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Thrombosis UK, May 2015