

Deep Vein Thrombosis: An Evidence Based Guide to Patient Education

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Background

- Deep vein thrombosis is the most common type of venous thrombosis, although it can form anywhere in the venous system
- An embolus occurs if a part or all of a blood clot in the vein breaks off from the site where it is formed.
- A pulmonary embolism occurs when a clot lodges in the lungs - over 50,000 deaths occur per year in the United States due to this condition .
- According to other research “patients can easily overlook or forget symptoms of a venous disorder due to gradual onset or intermittent nature”.
- By educating employees and improving DVT patient education practices, the incidences of DVT’s can be reduced along with overall cost savings for patients, and reduce morbidity and mortality.
- The overall aim of patient education is to improve individual health as well as enhance the performance of the healthcare industry as a whole.

Practice Change

Expand upon DVT teaching with patients and family at the bedside.

Measures and Results

Eastern Maine Medical Center

Results (n=54)

	Yes	No
Do you ask your patients if they know what a deep vein thrombosis is?	52%	48%
Do you ask your patients if they know what their risk factors are?	52%	48%
Do you ask your patients if they know any warning signs of DVTs?	52%	48%
Do you ask your patients to name a DVT prevention strategy?	22%	78%
Do you ask your patients if they know why they are at a higher risk for developing DVTs during their hospital stay?	81%	19%
Do you ask your patients if they worry about DVT prevention when not in the hospital?	18%	82%
Do you ask your patients if their loved ones have suffered from DVTs?	18%	82%



Post-Survey

	Strongly Agree
DVT prevention begins with patient education.	100%
Patient education will increase compliance with DVT prevention strategies.	100%
DVT education should occur during admission and at discharge for all patients, especially those at higher risk.	100%
Nurses should remain up to date on the best DVT prevention strategies for patients in and out of the hospital.	100%

Methods

- Provide anonymous surveys to telemetry nurses on Grant 4 and P6 cardiac.
- Issue educational pamphlets on the importance of DVT teaching.

Summary/Discussion

- The implementation of the VTE educational pamphlet post-survey educated RNs on the importance of DVT teach-back to patients.
- Many survey takers expressed disbelief with the high occurrence of deaths from VTE.
 - “The pamphlet was very educational and will help me teach my patients about clots that can occur in and out of their hospital stay.”
- If we had to redo the study, the group would like to send the survey out to nurses hospital wide to see if DVT prevention strategies vary from floor to floor.

Conclusion

- DVT teaching is not implemented as frequently as it should be, especially to patients that are at high risk.
- Nurses on G4 and P6 cardiac support DVT teaching to patients as well as agree to provide patients with an educational pamphlet to high risk patients.

References

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