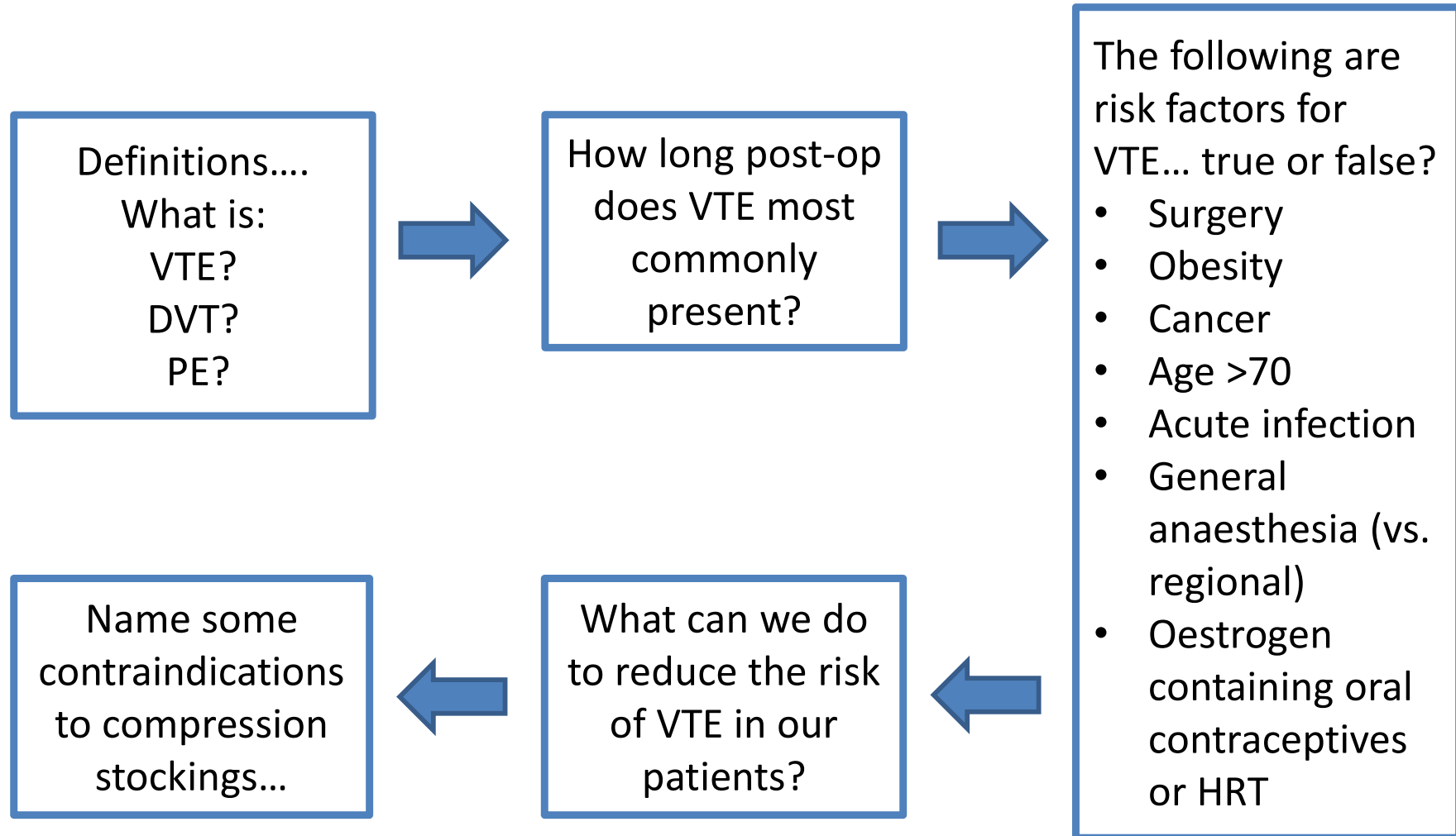
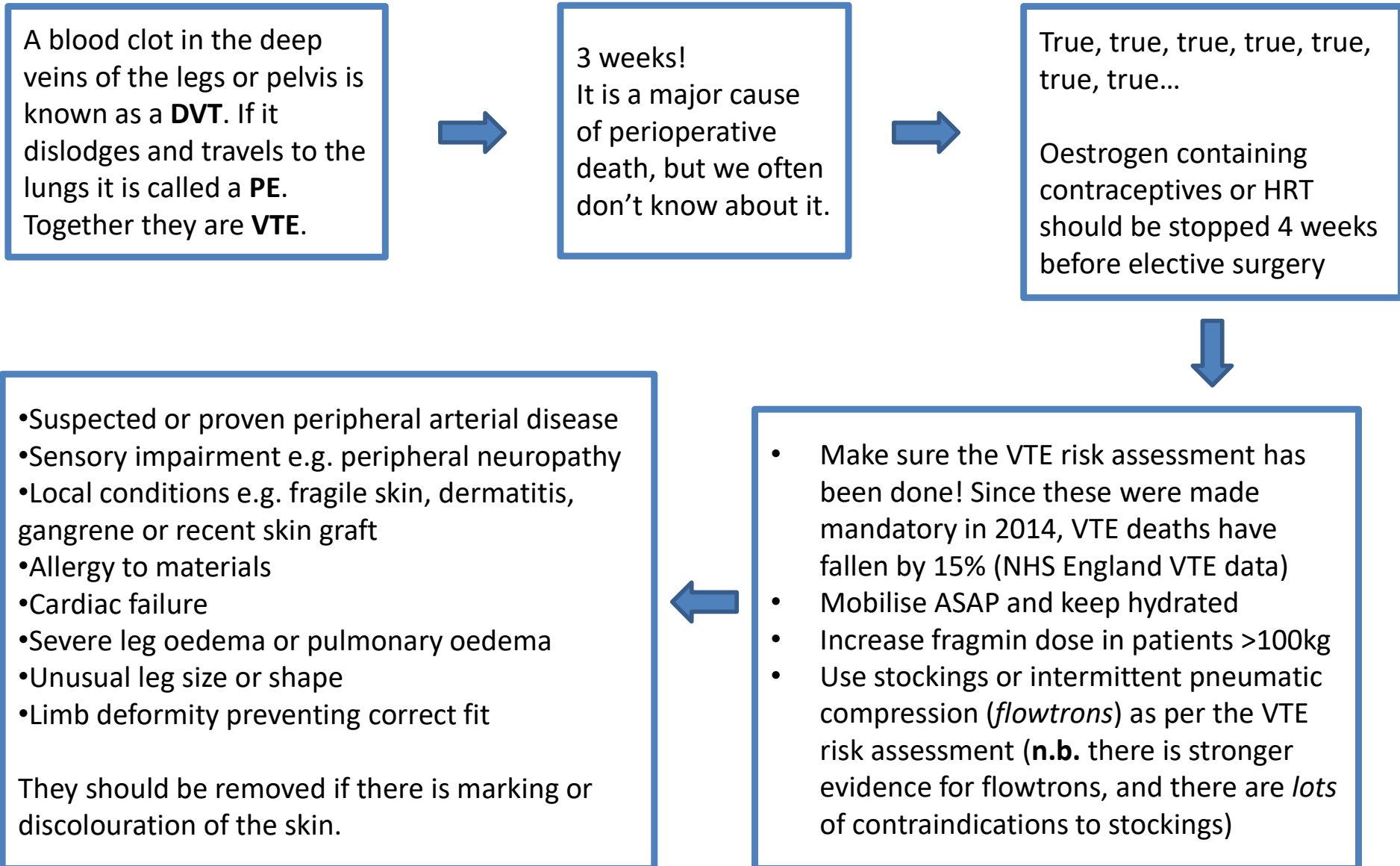


5 Minute Flashcards

Card 5: VTE



Card 5: VTE



A blood clot in the deep veins of the legs or pelvis is known as a **DVT**. If it dislodges and travels to the lungs it is called a **PE**. Together they are **VTE**.

3 weeks!
It is a major cause of perioperative death, but we often don't know about it.

True, true, true, true, true, true, true...

Oestrogen containing contraceptives or HRT should be stopped 4 weeks before elective surgery

- Make sure the VTE risk assessment has been done! Since these were made mandatory in 2014, VTE deaths have fallen by 15% (NHS England VTE data)
- Mobilise ASAP and keep hydrated
- Increase fragmin dose in patients >100kg
- Use stockings or intermittent pneumatic compression (*flowtrons*) as per the VTE risk assessment (**n.b.** there is stronger evidence for flowtrons, and there are *lots* of contraindications to stockings)

- Suspected or proven peripheral arterial disease
 - Sensory impairment e.g. peripheral neuropathy
 - Local conditions e.g. fragile skin, dermatitis, gangrene or recent skin graft
 - Allergy to materials
 - Cardiac failure
 - Severe leg oedema or pulmonary oedema
 - Unusual leg size or shape
 - Limb deformity preventing correct fit
- They should be removed if there is marking or discolouration of the skin.