Missed opportunities for prevention of Venous Thromboembolism


Abstract

Overview
A study was undertaken to investigate the number of hospitalised VTE cases that could have been preventable.

Methodology
A historical chart review was undertaken on patients admitted to a large teaching hospital over a one year period. Each episode of VTE was reviewed to determine whether it occurred in a setting in which thromboprophylaxis had been indicated and, if so, whether thromboprophylaxis was adequately administered. This was compared against the ACCP guidelines.

Results
During the 1-year study period, 253 cases of acute VTE were objectively diagnosed in 245 patients. Of the 253 cases of VTE, 44 cases (17.4%) were classified as preventable, 21 cases (8.3%) were nonpreventable, 179 cases (70.8%) were spontaneous, and 9 cases (3.6%) were ineligible for thromboprophylaxis. Therefore, of the 65 cases of VTE for which thromboprophylaxis had been indicated, inadequate prophylaxis was administered in 44 cases (67.7%).

Conclusion
Thromboprophylaxis regimens are poorly implemented. Inadequate prophylaxis needs to be addressed.