

# What to know about *bloodclots*

## Know the Facts

There are two types of blood clots, also known as Venous Thromboembolisms (VTEs).

### **Pulmonary Embolism (PE):**

A clot that has broken off and travelled to the lungs

### **Deep Vein Thrombosis (DVT):**

A clot that forms in a deep vein (usually in the leg or arm)

## Know Your Risk

Blood clots affect as many as 900,000 Americans each year, leading to approximately 100,000 premature deaths.



People who are hospitalized or have recently had surgery are at greater risk for blood clots.

### **Other risk factors:**

Pregnancy | Stroke | Trauma | Cancer | Smoking  
Obesity | Sitting or lying in bed for long periods

## Know Your Care

### **Your healthcare provider may:**

Prescribe medication that makes blood less likely to clot, this medication may be given as a small shot in your stomach one (1) to three (3) times daily



Prescribe you to wear Intermittent Pneumatic Compression (IPC) wraps on your legs 18 hours a day; they will squeeze your legs to increase blood flow and lower the risk of clots



Ask you to begin walking (with assistance) several times a day as soon as you are able



As many as 70% of health care-associated blood clots are preventable

Fewer than 50% of patients in the U.S. receive proper preventive care

50% of blood clots are related to hospitalization

Source: CDC Stop The Clot Campaign

## Know Your Role

### **You can help prevent blood clots by:**

Allowing the nurse to give these shots to you when they are ordered (continue at home, if instructed)

Keeping IPC wraps on when you are not up walking and by notifying your nurse when returning to your bed or chair

Beginning to walk or if you are unable to walk, but can be assisted to a chair, do this at least three (3) times each day and continue at home

**Talk to your provider about your risk**