


Calderdale and Huddersfield 

NHS Foundation Trust

Emergency Department Advice Sheet – VTE Prophylaxis

VTE Prophylaxis in Lower Limb Immobilisation

What is VTE?

VTE stands for Venous Thromboembolism. This is a condition where a blood clot forms in the blood vessels of the legs, groin or arms. These blood clots are known as Deep Vein Thrombosis (DVT). DVTs can cause complications if the clot travels to the blood vessels in the lungs, known as a Pulmonary Embolism (PE) – this can be serious and potentially life threatening.

What causes DVTs?

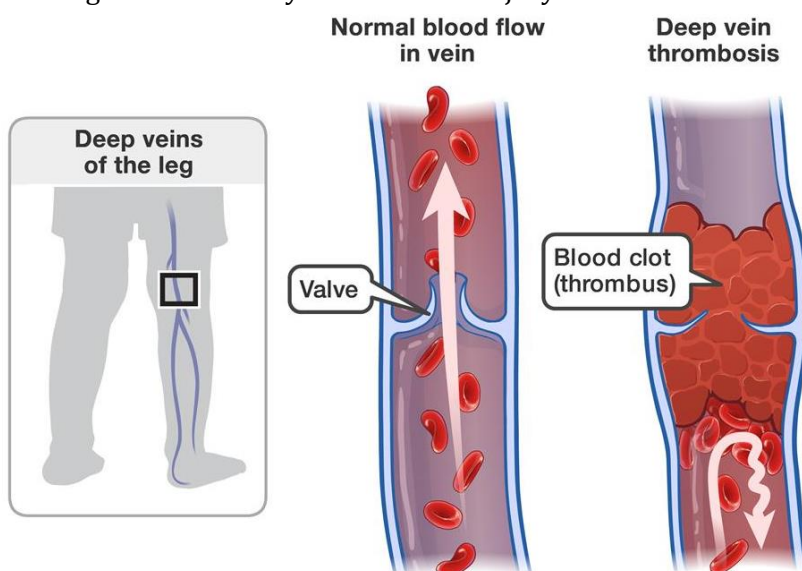
There are many causes of DVT, some examples are listed below:

- Spontaneous (no cause found)
- **Immobilisation or Inactivity**
 - o e.g. broken bones, plaster casts, non-weight bearing
- Damage to the blood vessels
 - o e.g. from injury or surgery
- Family History
- Medical or Genetic Conditions
 - o e.g. Cancer, Heart conditions, Blood conditions
- Pregnancy
- The contraceptive pill / hormone replacement therapy
- Obesity
- Smoking
- Dehydration
- Age >60



Lower Limb Immobilisation

When you walk your calf muscles contract, this acts as a pump to help push blood back up to the heart and continue circulating round the body. A lower limb injury that needs immobilisation (e.g. Plaster of Paris) means you will therefore muscles slower in the risk of sticking clot.

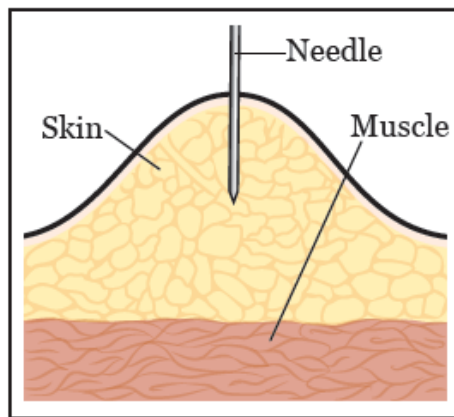
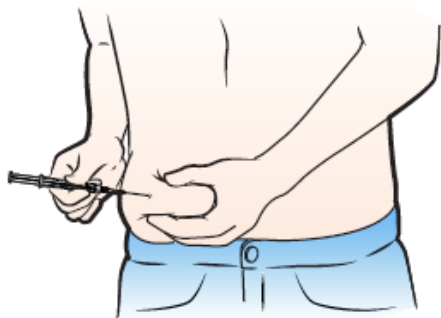


be non-weight bearing, the 'pumping' action of the calf doesn't happen. This causes blood flow and blood to collect legs – overall increasing the blood cells called platelets together and forming a blood

VTE Prevention

If you have lower limb immobilisation you will be risk assessed and may need to start a medication called Dalteparin – a Lower Molecular Weight Heparin (LMWH). This is an anti-coagulant, meaning it helps prevent blood clots forming, reducing the risk of a DVT or PE.

Dalteparin is a daily injection into the subcutaneous (fatty) tissue of the stomach. The dose is dependant on your weight.



Symptoms of VTE

Symptoms to be aware of are:

DVT	PE
<ul style="list-style-type: none"> • Tenderness, swelling or redness over the area of the calf muscle • An aching / feeling of heaviness • Warmness over the area of the calf muscle 	<ul style="list-style-type: none"> • A new cough, especially coughing up blood • New difficulty breathing • Palpitations or feeling your heart is beating very fast • Unexplainable collapse

If you have any of the symptoms above and are at increased risk of VTE (e.g. lower limb immobilisation) it is advised to seek medical advice.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?*

This can be completed online at <http://surveys.this.nhs.uk> using tag name chftae or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔