



Information for patients in lower limb immobilisation

1) What is venous thromboembolism (VTE)?

VTE is when a blood clot forms in the deep vein, usually in the leg or the pelvis, known as deep vein thrombosis (DVT). Sometimes the DVT in the leg breaks off and travels to the arteries of the lung where it will cause a pulmonary embolism (PE).

2) What is VTE prevention

You may require medication to thin your blood, this is called anticoagulant medication which is given by injection (enoxaparin). This medication will help prevent you developing blood clots.

3) Personal risks of VTE (e.g. personal/family VTE history, smoker, COCP)

There are several factors that may increase the chances of developing VTE – the doctor will assess your risk of DVT and PE during hospital admission. Immobility is a risk factor for VTE.

4) Benefits of VTE prevention

Anticoagulant medication helps prevent the development VTE

5) Risks/adverse effects of VTE prevention

Anticoagulant medication (enoxaparin) increases the time it takes your blood to clot and can make you bleed and bruise more easily.

6) Administration

Enoxaparin is given once a day by injection, if bruising occurs, rotate the site of injection

7) Sharps bin/disposal

The ward will issue you with a sharps bin for the safe disposal of enoxaparin injections. You can return the sharps bin to the ward where it was issued or the Fracture Clinic for disposal.

8) When to seek help

If any signs or symptoms of DVT and/or PE e.g. swelling, pain, warm skin, tenderness, redness, shortness of breath, chest pain, collapse then you must seek urgent medical advice immediately either from your GP or nearest A&E

9) VTE patient information leaflet

Provide the Trust's VTE patient information leaflet '*Are you at risk of blood clots?*' Information for patients in hospital or going home from hospital



10) LMWH management plan and follow up

Prescribe prophylactic enoxaparin for the appropriate duration (GPs cannot prescribe LMWH) either for the duration of the plaster cast or until the next review in the Fracture Clinic. Ensure appropriate follow up is arranged in the Fracture Clinic.