

The 4 Steps of Thromboprophylaxis

Step 1: Assess Risk

Ask	Actions
Is the patient under 60 years old with one of the following risk factors? BMI >30kg Family history of VTE Acute heart failure	If the patient is under 60 years old with no risk factors: Reassess patient in 48 hours Initial Date Reassessment Date If the patient is 60 years old or older: Proceed to
Dehydration	Step 2
 Use of estrogen-containing contraceptive therapy Active cancer or in cancer treatment 	If the patient has one or more risk factors: Proceed to Step 2
Is the patient fully mobile? Yes No	Early and persistent ambulation

Step 2: Prescribe appropriate treatment

Ask	Actions
Does the patient have any contraindications to pharmacological	If the patient has any contraindications: Administer
prophylaxis?	compression stockings, intermittent pneumatic
Active bleeding	compression devices, reassess daily:
Risk of bleeding	Proceed to Step 3
Severe liver disease	If the patient does not have contraindications:
Bleeding disorder	Proceed with Heparin, Lovenox, Fondaparinux, or
Thrombocytopenia	Dalteparin: Proceed to Step 3

Step 3: Ensure prescribed treatment is administered

Ask	Actions
Were compression stockings refused by the patient?	Educate patient and escalate to supervising
Yes No	physician: Proceed to Step 4

Step 4: Reassess change in patient condition		
Ask		Actions
Does the patient have clinic Swelling Shortness of breath	al changes? Redness Other	If the patient has changes: Contact a physician If the patient does not have changes: Patient may be discharged with proper pharmacological intervention (depending on physician's orders)
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