

# The 4 Steps of Thromboprophylaxis

## Step 1: Assess Risk

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

## Step 2: Prescribe appropriate treatment

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

## Step 3: Ensure prescribed treatment is administered

Ask	Actions
<p>Were compression stockings refused by the patient?</p> <p><input type="checkbox"/> Yes    <input type="checkbox"/> No</p>	<p>Educate patient and escalate to supervising physician: Proceed to Step 4</p>

## Step 4: Reassess change in patient condition

Ask	Actions
<p>Does the patient have clinical changes?</p> <p><input type="checkbox"/> Swelling                      <input type="checkbox"/> Redness</p> <p><input type="checkbox"/> Shortness of breath        <input type="checkbox"/> Other</p>	<p>If the patient has changes: Contact a physician</p> <p>If the patient does not have changes: Patient may be discharged with proper pharmacological intervention (depending on physician's orders)</p>