

# Patient Education and Compliance

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**Ruth Morrison RN, BSN, CVN**

**Rita Morrison RN, BSN**

**Brigham and Women's Hospital**

**Boston, MA**

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# What you **NEED** to Know about **DVT!**

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- The Joint Commission is the nation's predominant standard-setting and accrediting body in health care.
- The incidence of DVT/PE has been reduced nationwide by the directives orchestrated by JCHAO.
- Committees are now addressing patient education requirements for patients diagnosed with DVT and/or PE.

# What is Deep-Vein Thrombosis?

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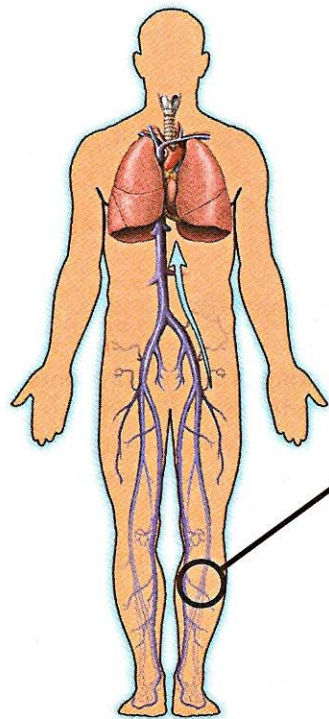
- Deep vein thrombosis (DVT) is when a blood clot forms in one of the large veins, usually the lower leg veins, leading to either partially or completely blocked circulation.
- Occurs in approximately two million Americans each year.

# What is a Pulmonary Embolism?

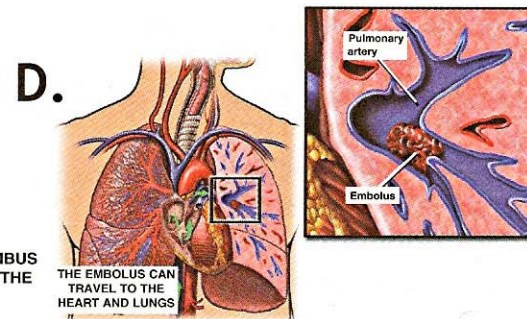
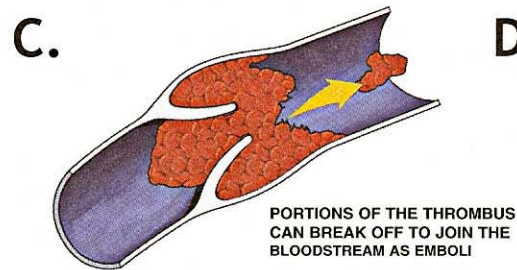
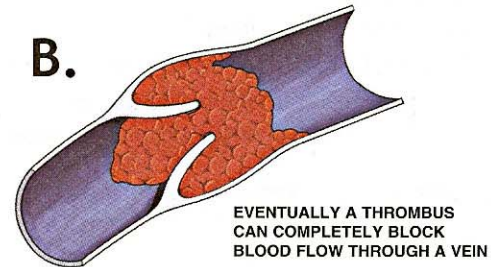
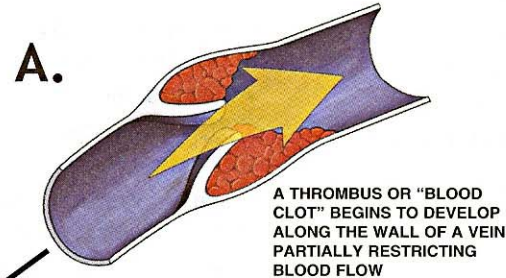
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- Pulmonary embolism (PE) is when a clot (thrombus) wedges itself in one of the pulmonary arteries or its branches.
- The likelihood of death from PE depends largely on the size of the pulmonary embolism.

Your doctor has diagnosed a  
**Deep Vein Thrombosis**  
(Thrombophlebitis)



BLOOD CLOTS ORIGINATING IN THE LEG CAN MAKE THEIR WAY UP THROUGH THE VENA CAVA TO THE HEART AND LUNGS



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**Definition:**

Deep vein thrombosis is a blood clot in a vein deep within the body. Veins are blood vessels. The muscles in the arms and legs contract and help force the blood through the veins back to the heart. A system of valves within the veins helps prevent the blood from flowing backwards.

Deposits of red blood cells and clotting elements in the blood can accumulate in a vein and lead to blood clot formation. Clots usually occur in the legs but can occur in other locations. As the clot grows, it blocks blood flow in the affected vein.

# What are the Signs and Symptoms of DVT/PE?

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- Pain
- Swelling
- Tenderness
- Redness
- Warmth
- Unexplained shortness of breath
- Chest pain
- Rapid heart rate
- Coughing up blood

# What are the Risk Factors for DVT/PE?

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- History of DVT
- Cancer
- Advanced Age
- Immobility
- Obesity
- Inherited or acquired predisposition
- Pregnancy
- Long distance travel
- Use of birth control pills
- Hormone replacement therapy
- Major surgery or trauma

# How is DVT/PE treated?

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- The initial treatment of both DVT and PE is anticoagulation therapy.
- Anticoagulants block the action of various clotting factors to prevent new clots from forming.

# Coming Soon: Patient Support Toolkit

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- Developed and provided by the Coalition to Prevent DVT:  
[www.PreventDVT.com](http://www.PreventDVT.com)
- The Toolkit will serve as a resource to patients as well as healthcare providers.
- It will provide interactive patient/provider materials that will assist in the diagnosis and treatment of DVT.

# Toolkit Design

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- Know about DVT and your Risk.
- Manage your life after having DVT.
- Ask questions to better understand your condition.
- Track your risk factors, symptoms and lifestyle habits.

# KNOW

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- About DVT, including signs and symptoms, diagnosis and treatment.
- High risk categories: Women's health, obesity, and oncology.
- "Where to learn more" will include a list of resources for patients and health care professionals.

# MANAGE

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- Life after DVT: Learn simple life style changes.
- Patient profiles.
- Building Patient Support: Guide to forming patient support groups.
- Create a DVT patient community to provide the opportunity to share stories.

# ASK

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- Frequently asked questions: Provides answers to frequently asked questions about DVT.
- Glossary: Includes medical terms patients with DVT may encounter.
- Examination: Will explain to the patient what to expect when going to the doctor.

# TRACK

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- Take this with you on your next visit to the doctor.
- Checklist including medical history, family history, symptoms, and lifestyle habits.
- Patient Tracker to record your risk factors, symptoms, and medications.

# PATIENT COMPLIANCE

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# Patient Compliance

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- Patients who take warfarin (Coumadin) walk a tightrope between bleeding and clotting--and a hundred things can tip the balance.
- As part of the Joint Commission Patient Safety Goals hospitals are required to reduce the harm associated with the use of anticoagulation therapy.

# Patient Compliance

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- In the United States, 3 Million people take Coumadin annually.
- Despite being one of the most commonly used drugs, it can be one of the most dangerous. It has a narrow therapeutic index and each person requires an individualized dose.

# Patient Compliance

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- To be safe and effective (no bleeding, no clotting), compliance is a must.
- Ensuring compliance is as much a responsibility of the medical professional as it is of the patient.

# What To Tell A Patient Taking Warfarin

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- Indicate the reason for starting warfarin and how it relates to clot formation
- Review the trade name and generic name of the drug and discuss how warfarin works
- Discuss the potential duration of therapy
- Explain the need for frequent INR testing and the target INR appropriate for the patient's treatment

*(Jaffer A, Bragg L. Cleveland Clinic Journal of Medicine 2003;70:361)*

# What To Tell A Patient Taking Warfarin

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- Describe the common signs and symptoms of bleeding and thrombotic events
- Outline precautionary measures to decrease trauma or bleeding
- Discuss the influence of dietary vitamin K
- Discuss potential drug interactions (prescriptions, over-the-counter, herbal)

# What To Tell A Patient Taking Warfarin

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- Discuss the need to avoid or limit alcohol consumption
- Explain the need for birth control measures for women of childbearing age
- Stress the importance of notifying all their health care providers (physicians, dentists, etc.) that they are taking warfarin
- Ask patient to notify the anticoagulation provider when dental, surgical, or invasive procedures and hospitalization are scheduled or occur unexpectedly

*(Jaffer A, Bragg L. Cleveland Clinic Journal of Medicine 2003;70:361)*

# What To Tell A Patient Taking Warfarin

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- Ask patient to notify anticoagulation provider of any change in warfarin tablet color, shape, or markings
- Specify when to take warfarin and what to do if they miss a dose
- Instruct patient about the importance of carrying identification (ID card; medical alert bracelet or necklace)

# FUTURE TRENDS

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- **Patient self-management** may be an option for patients who are adherent and capable
- **Point-of-care testing**

**March is  
DVT Awareness Month**

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**QUESTIONS?**