Healthcare-Associated Blood Clots: Minimize Your Risk

The Problem
Healthcare-associated venous thromboembolism (blood clots) is a significant, deadly, costly, and growing public health problem.

Prevention Can Save Lives
Proven ways to prevent blood clots from occurring during or after a healthcare encounter exist, but not all hospitals and healthcare facilities have put these prevention strategies into practice or use them routinely.

Learn the Lingo About Blood Clots

Deep Vein Thrombosis (DVT): Blood clot located in a deep vein usually in the leg or arm.

Pulmonary Embolism (PE): Blood clot that has traveled from a deep vein to the lung. PE can be deadly.

Venous Thromboembolism (VTE): DVT and PE are also known as VTE.

Healthcare-Associated VTE (HA-VTE): A DVT or PE that occurs as a result of hospitalization, surgery, or other healthcare treatment or procedure.

Blood Clots Are Costly
Costs due to healthcare-associated blood clots exceed 5 BILLION DOLLARS PER YEAR.

Blood Clots are Deadly and a Significant, Growing Public Health Problem
Blood clots affect as many as 900,000 Americans each year leading to approximately 100,000 premature deaths.

50% of blood clots are healthcare-associated
Although there are many reasons a person might develop a blood clot, about half of them are directly related to a recent hospitalization or surgery and most of these do not occur until after discharge.

Healthcare-Associated Blood Clots Are Avoidable: Prevention is Key
As many as 70% of healthcare-associated blood clots are preventable.

WHAT YOU CAN DO TO HELP PREVENT HEALTHCARE-ASSOCIATED BLOOD CLOTS

Before surgery or hospitalization ask your healthcare provider:

- Am I at risk for a blood clot?
- Do I need preventive treatment to keep me from having a blood clot?
- What can I do to continue to prevent blood clots from developing once I’m home?
- What are the signs and symptoms of a blood clot?
- What should I do if I think I have a blood clot?

Upon discharge ask your healthcare provider:

- Follow your doctor’s instructions for preventing blood clots; take medicine as prescribed.
- Move your arms and legs to help prevent blood clots from forming.
- Call your doctor if you think you have a blood clot.

At home:
- Call your doctor if you think you have a blood clot.