

Are You at Risk for DVT?

FOR PATIENTS

Complete this risk assessment tool to find out.



Male

Female

Today's Date _____

Name _____



Only your doctor can determine if you are at risk for Deep Vein Thrombosis (DVT), a blood clot that forms in one of the deep veins of your legs. A review of your personal history and current health may determine if you are at risk for developing this condition. Take a moment to complete this form for yourself (or complete it for a loved one). Then be sure to talk with your doctor about your risk for DVT and what you can do to help protect against it. Your doctor may want to keep a copy in your file for future reference.

Directions:

1. Check all statements that apply to you.
2. Enter the number of points for each of your checked statements in the space at right.
3. Add up all points to reach your total DVT Risk Score. Then, share your completed form with your doctor.

Add 1 point for each of the following statements that apply now or within the past month:

- Age 41–60 years _____
- Minor surgery (less than 45 minutes) is planned _____
- Past major surgery (more than 45 minutes) within the last month _____
- Visible varicose veins _____
- A history of Inflammatory Bowel Disease (IBD) (for example, Crohn's disease or ulcerative colitis) _____
- Swollen legs (current) _____
- Overweight or obese (Body Mass Index above 25) _____
- Heart attack _____
- Congestive heart failure _____
- Serious infection (for example, pneumonia) _____
- Lung disease (for example, emphysema or COPD) _____
- On bed rest or restricted mobility, including a removable leg brace for less than 72 hours _____
- Other risk factors (1 point each)*** _____

***Additional risk factors not tested in the validation studies but shown in the literature to be associated with thrombosis include BMI above 40, smoking, diabetes requiring insulin, chemotherapy, blood transfusions, and length of surgery over 2 hours.

For women only: Add 1 point for each of the following statements that apply:

- Current use of birth control or Hormone Replacement Therapy (HRT) _____
- Pregnant or had a baby within the last month _____
- History of unexplained stillborn infant, recurrent spontaneous abortion (more than 3), premature birth with toxemia or growth restricted infant. _____

Add 2 points for each of the following statements that apply:

- Age 61–74 years _____
- Current or past malignancies (excluding skin cancer, but not melanoma) _____
- Planned major surgery lasting longer than 45 minutes (including laparoscopic and arthroscopic) _____
- Non-removable plaster cast or mold that has kept you from moving your leg within the last month _____
- Tube in blood vessel in neck or chest that delivers blood or medicine directly to heart within the last month (also called central venous access, PICC line, or port) _____
- Confined to a bed for 72 hours or more _____

Add 3 points for each of the following statements that apply:

- Age 75 or over _____
- History of blood clots, either Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE) _____
- Family history of blood clots (thrombosis) _____
- Personal or family history of positive blood test indicating an increased risk of blood clotting _____

Add 5 points for each of the following statements that apply now or within the past month:

- Elective hip or knee joint replacement surgery _____
- Broken hip, pelvis or leg _____
- Serious trauma (for example, multiple broken bones due to a fall or car accident) _____
- Spinal cord injury resulting in paralysis _____
- Experienced a stroke _____



Add up all your points to get your total Caprini DVT Risk Score

What does your Caprini DVT Risk Score mean?

- Risk scores may indicate your odds of developing a DVT during major surgery or while being hospitalized for a serious illness.
- Studies have shown if you have 0-2 risk factors, your DVT risk is small. This risk increases with the presence of more risk factors.
- Airplane passengers who fly more than five hours may also be at risk for DVT.
- Please share this information with your doctor who can determine your DVT risk by evaluating all of these factors.

For more information call ISMS at 1-800-782-4767, ext. 1678
www.isms.org

Adapted with permission. Our thanks to ISMS member, J. A. Caprini, MD, associated with NorthShore University HealthSystem
 February 2013

DVT: The common, yet often silent killer



Obesity. Smoking. High blood pressure. Almost everyone knows these are hazards to your health. But did you know that dehydration, a recent pregnancy, prolonged immobility, varicose veins and birth control pills can also trigger a life-threatening condition that kills more people annually than breast cancer and AIDS combined?

Deep vein thrombosis (DVT) threatens nearly one million Americans each year. Yet, surprisingly, many people have little or no awareness of this condition or know how to recognize its signs and symptoms. DVT occurs when a blood clot forms in one of the large veins, usually in the legs, leading to either partially or completely blocked circulation. If left untreated, this clot has the potential to move into the lungs and **produce a pulmonary embolism** requiring immediate medical attention. Although preventable, almost 300,000 Americans die annually from DVT and its primary complication, pulmonary embolism.

Fortunately, if caught in time, DVT is completely treatable. **The classic signs of DVT, especially if it occurs in the lower extremities, are leg pain, swelling, tenderness, and redness or discoloration of the skin.** The bad news is that, about half of the time, DVT has no symptoms at all. By the time you show symptoms of a pulmonary embolism, it might be too late for you to receive emergency care. Typical symptoms of a pulmonary embolism are: shortness of breath, rapid pulse, sweating, sharp chest pain that worsens with deep breathing, low blood pressure, unconsciousness and coughing up blood.

The first and most important step in protecting yourself from a potentially fatal DVT is to know whether you are at risk. Please take the DVT risk assessment on the back of this page. Then, be sure to discuss the test results with your doctor to determine what you can do to protect yourself from a future DVT.

DVT and its primary complication, pulmonary embolism, kill almost 300,000 Americans each year, which is more than breast cancer and AIDS combined.



DVT: An equal opportunity killer

DVT does not discriminate by age, race or gender. Anyone can be affected under the right circumstances, even if they are otherwise healthy and active.

For instance, professional athletes have received treatment for DVT, including tennis star Serena Williams and baseball player Tony Gwynn. Politicians are not immune either, as President Richard Nixon, Secretary of State Hillary Clinton, and Vice Presidents Dick Cheney and Dan Quayle experienced DVT.

In 2011, legendary rapper Heavy D died at the age of 44 as a result of a DVT. And in 2003, NBC war correspondent David Bloom died at the age of 39 while covering the war in Iraq. His death was blamed on a pulmonary embolism originating from a blood clot in his leg. Prior to collapsing, Bloom had spent days cramped and overheated in a military tank.

Some of the high-profile DVT cases were believed to be the result of lengthy air travel. DVT is often referred to as “economy-class syndrome” or “traveler’s thrombosis” because long flights in coach cabins occasionally have led to DVT-related fatalities. But DVT is not class conscious. President Nixon’s DVT was believed to have developed while traveling on Air Force One to China.

Please flip page to take the DVT risk assessment.

Save a life and pass this along. Copying is permissible.

