


HUDDLE



December 6, 2021

WHAT IS A BLOOD CLOT?
It is either a deep vein thrombosis or a pulmonary embolism



Deep Vein thrombosis (DVT)
A DVT is a blood clot that forms in one or more of the deep veins in your body, usually your legs.

Pulmonary Embolism (PE)
A PE is a blockage in one of the arteries in your lungs. This is often caused by a blood clot that travels from the deep veins in your legs to your lungs.

AND WHY... DO I NEED TO PROTECT MYSELF AGAINST THEM?

Because you may have risk factors...

- recent trauma or surgery
- major surgery
- prolonged bed rest
- smoking
- pregnancy
- hormone replacement therapy

Hospitalization

- Just being in the hospital increases your risk for blood clots.
- You are not allowed to walk.
- You are sick or have a fever, which increases your risk for blood clots.

Blood clots can be prevented and even death


- We want to get you home safely. Education will help prevent blood clots from forming.
- Blood clots can cause breathing problems, swelling that may not go away, and wounds that may not heal.
- Blood clots kill more than 100,000 people every year.

Blood clots can be prevented

- Medicines called blood thinners are the best way to stop a clot from forming.
- Blood thinners, Heparin and Enoxaparin (Lovenox), are daily shots usually given in the belly.
- Special stockings called Sequential Compression Devices (SCDs) use a machine that gently squeezes your legs to increase blood flow.
- Although walking is important to prevent pneumonia and bedsores, it may not be enough to prevent clots.
- You will still need daily blood thinner shots and use SCDs to protect you.

COMING SOON!!! Patient VTE education materials

SOURCE: JOHN HOPKINS HOSPITAL & UCHSHEALTH



WOUND WEDNESDAYS

Day shift to be responsible for measuring and using Capture to put a photo of patient's wound in Cerner EVERY WEDNESDAY (Basic wound info should continue to be documented on every shift)

Reference Policy 108.026 Wound Treatment Recommendations

VTE Prophylaxis Education to be delivered to each floor this week.

Look for VTE to go live in the next few weeks!

RAFFLE WINNERS

Rose Castren, MS3

Edward Soto, Plant Main SPH

Sara Pendleton, Pharmacy

Maria Plam, Lab

Haley Kiger, IPU

If you are a trained administrator for the J&J vaccine and need vaccine information to give to the patients. You can find the information at www.jansscovid19vaccine.com

WELCOME

Joyce Volsch, PHD, RN, NEA-BC as Interim Chief Nursing Officer

