

Preventing Blood Clots

Nursing

Why hospital raises clot risk — mechanical and pharmacological answers.

Virchow's triad explains why: stasis, vessel injury and altered clotting.

Raises risk

Immobility, including long journeys

Surgery, especially of pelvis and limbs

Active cancer and its treatment

Previous clot, or family history

Dehydration, obesity, pregnancy, oestrogen

Prevention

Risk assessment on admission and on change

Early and frequent mobilisation

Hydration

Anti-embolism stockings where indicated

Intermittent compression devices

Prescribed pharmacological prophylaxis

Educational reference. Stockings are contraindicated in some conditions, including arterial disease. Local VTE policy governs.