

DEEP VEIN THROMBOSIS (DVT)

Definition

Serious condition that occurs when a blood clot forms in a vein located deep inside your body.

Risk factors

Immobility, Birth control use, pregnancy/postpartum, Smoking, obesity

Clinical features

- calf or groin tenderness / pain with or without swelling
- positive Homan's sign
- Warm skin that is tender to touch

Intervention

- provide bed rest
- elevated the affected extremity above the level of the heart
- Avoid using the knee gatch or a pillow under the knee
- Do not massage the extremity
- Administer thrombolytic therapy if prescribed within must be initiated within 5 days after the onset of symptoms
- Administer heparin therapy as prescribed to prevent enlargement of existing clot and prevent the formation of new clot
- Monitor Activated partial thromboplastin time during heparin therapy.

Prevention

- Early ambulation, Ankle pump exercise, Anti embolic stocking
- Intermittent pneumatic compression (DVT)