



RÉSEAU DE SANTÉ

vitalité

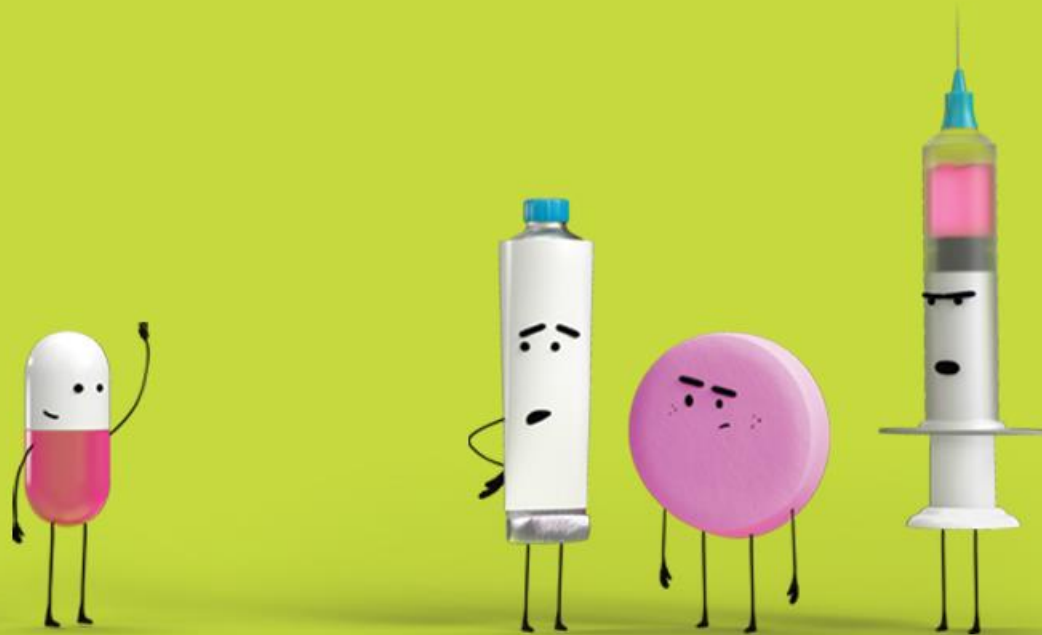
HEALTH NETWORK



The background of the slide features a pattern of overlapping circles in various shades of blue and white, creating a bokeh effect. The circles are of different sizes and are scattered across the entire page, with some appearing more prominent than others. The overall color palette is cool and professional.

Preventing Deep Vein Thrombosis and Pulmonary Embolism (blood clots)

Not All Meds Get Along



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Who is at risk of forming a blood clot?

CANADIAN PATIENT
**SAFETY
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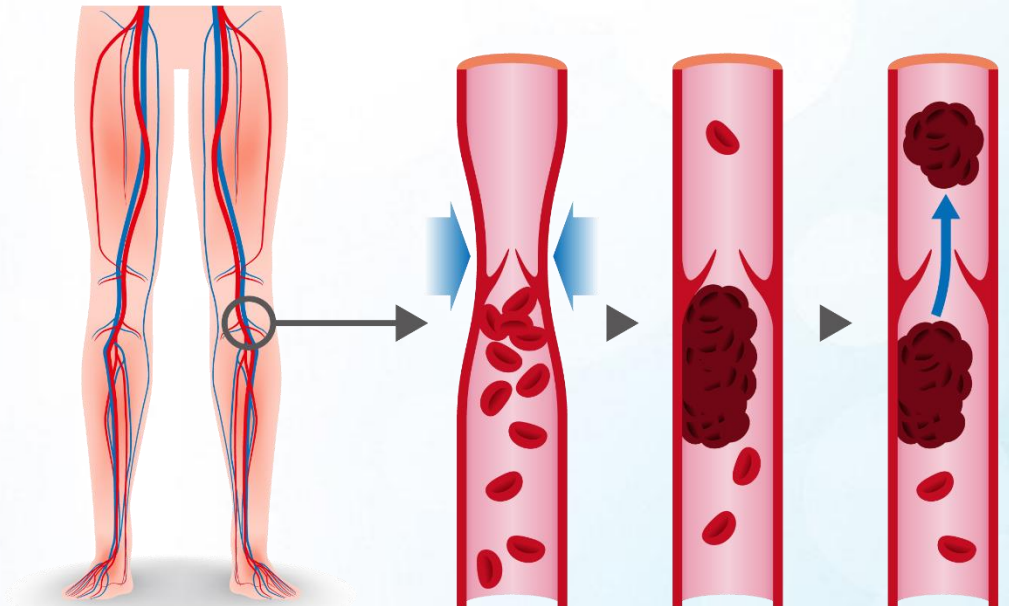
If you have any of the following risk factors, speak with your doctor or nurse:

- A trauma or injury, particularly to your legs
- Confined to bed or chair for most of the day
- Recent surgery
- History of blood clots, either you or a family member
- Active cancer or cancer in remission
- Over 60 years of age with poor mobility
- Blood disorder (e.g. thick blood)
- Chronic medical condition (e.g. diabetes)
- Overweight
- Pregnant or on oral contraceptives
- On hormones (e.g. estrogen)

Deep Vein Thrombosis (DVT) (blood clot in the leg)

Symptoms of DVT:

- Pain or swelling in your leg or calf
- The skin on your leg feels warm or is discoloured (red, purple or blue)
- The veins near the surface of your legs appear larger than normal or you notice them more

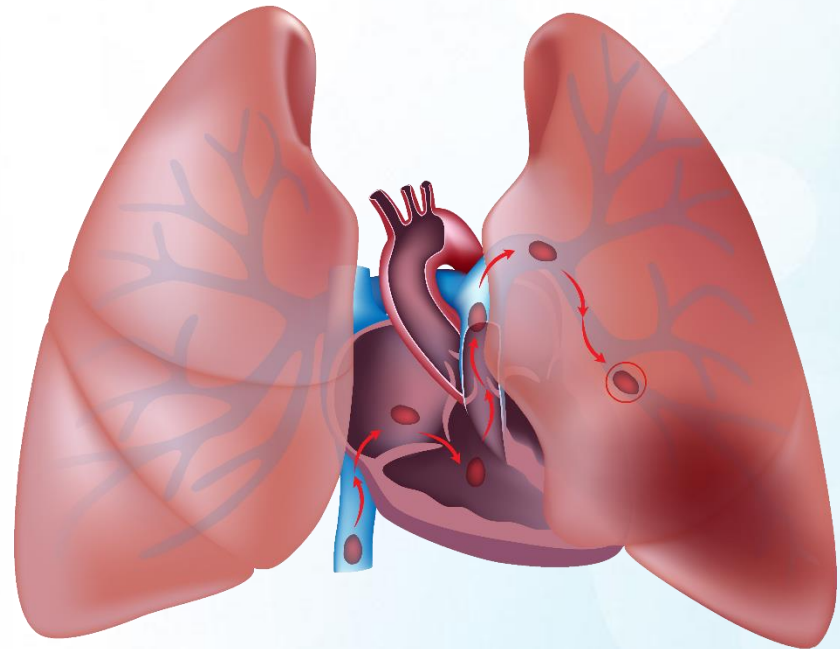


- Injury to the skin wall
- Blood cells to repair
- A small part of the clot can come off and move to the lung
- Blood cells clump together and form a clot. They can block the blood flow through the vein to the heart

Pulmonary Embolism (PE) (blood clot in the lung)

Symptoms of PE:

- Sudden breathlessness or shortness of breath that cannot be explained
- Sudden sharp pain in your chest or upper back
- Light-headedness or coughing up blood (does not always occur)



Clot blocking the blood flow in the lung

How to prevent blood clots?



Before your surgery or hospitalization:

- Stay as active as possible.
- Share your medication list with your doctor, as changes may be made.

During your hospitalization:

- Move as soon as possible.
- Follow your exercise program.

Depending on your risks, you may be offered:

- A drug that prevents blood clots from forming. Some medications are taken by mouth while others are given by injection under the skin.
- Elastic support stockings or a compression device that is placed on the lower part of your legs to promote blood flow.

Together for safe quality care!



You can prevent blood clots; know your risks.
A surgery or hospitalization increases your risks.

Ask your health care team what you can do to
prevent clots from forming.

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