

collaboration  
innovation

community teamwork  
patient centered  
quality improvement knowledge sharing



*VTE Virtual Learning Series #2:*

## **Preventing VTE: Implementation and Auditing Strategies**

### **Hosted by:**

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Ministry of  
Health

[www.clinicalcaremanagement.ca](http://www.clinicalcaremanagement.ca)



BC PATIENT SAFETY  
& QUALITY COUNCIL  
Working Together. Accelerating Improvement.

## Our presenters today:



Dr. Greg Maynard

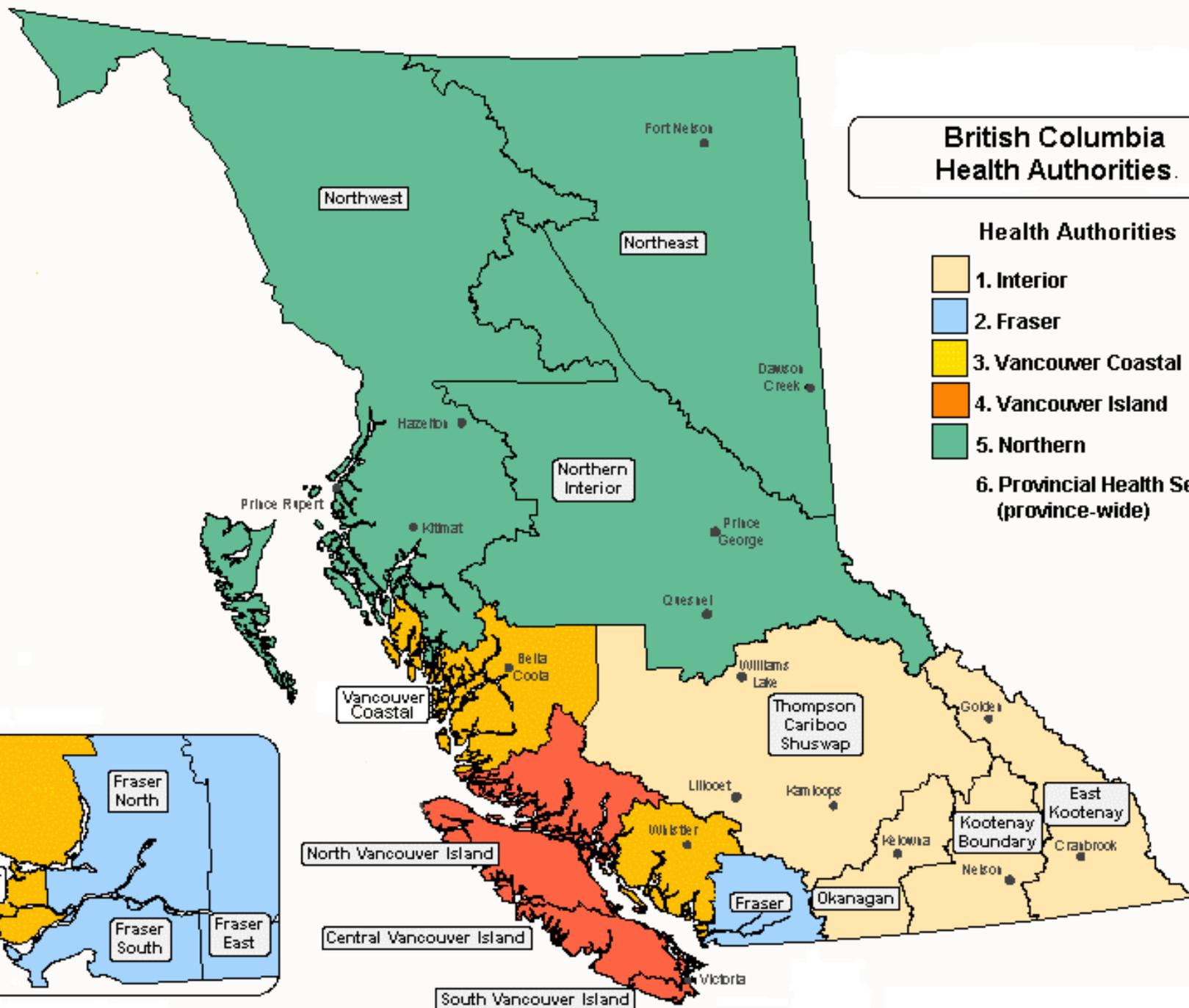


Dr. David Wilton

## British Columbia Health Authorities

### Health Authorities

- 1. Interior
- 2. Fraser
- 3. Vancouver Coastal
- 4. Vancouver Island
- 5. Northern
- 6. Provincial Health Service (province-wide)



## Objectives:

1. Learn techniques for designing and implementing effective VTE prevention protocols.
2. Understand the use of *'measure-vention'* to accelerate improvement efforts.
3. Learn effective auditing techniques for VTE prophylaxis.



# Designing and Implementing Effective VTE Prevention Protocols

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British Columbia VTE Prevention Effort

Greg Maynard M.D., Clinical Professor of Medicine

Director, UCSD Center for Innovation and Improvement Science

January 17, 2011

**UC San Diego**  
HEALTH SCIENCES

# Venous Thromboembolism (VTE):

## A Major Source of Mortality and Morbidity

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- 350,000 to 650,000 with VTE per year
- 100,000 to > 200,000 deaths per year
- Most are hospital related.
- VTE is primary cause of fatality in half-
  - More than HIV, MVAs, Breast CA combined
  - Equals 1 jumbo jet crash / day
- 10% of hospital deaths
  - May be the #1 preventable cause
- Huge costs and morbidity (recurrence, post-thrombotic syndrome, chronic PAH)

# Risk Factors for VTE

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## **Stasis**

Age > 40  
Immobility  
CHF  
Stroke  
Paralysis  
Spinal Cord injury  
Hyperviscosity  
Polycythemia  
Severe COPD  
Anesthesia  
Obesity  
Varicose Veins

## **Hypercoagulability**

Cancer  
High estrogen states  
Inflammatory Bowel  
Nephrotic Syndrome  
Sepsis  
Smoking  
Pregnancy  
Thrombophilia

## **Endothelial Damage**

Surgery  
Prior VTE  
Central lines  
Trauma

# Risk Factors for VTE

## Stasis

Age > 40  
Immobility  
CHF  
Stroke  
Paralysis  
Spinal Cord Injury  
Hypertension  
Polycythemia  
Severe COPD  
Anesthesia  
Obesity  
Varicose Veins

## Hypercoagulability

Cancer  
High estrogen  
Infection  
Pregnancy  
Thrombophilia

## Endothelial Damage

Surgery  
Prior VTE  
Central lines  
Trauma

Most hospitalized patients have at least one risk factor for VTE

# Evidence: Medical Prophylaxis

Trial	Endpoint	Relative Risk Reduction	P-value
<b>MEDENOX<sup>1</sup></b> Enoxaparin 40 mg SC daily vs placebo	Distal and proximal venographic DVT + symptomatic VTE + fatal PE	63%	< 0.001
<b>PREVENT<sup>2</sup></b> Dalteparin 5,000 units SC daily vs placebo	Compression ultrasonographic proximal DVT + symptomatic VTE + fatal PE	45%	0.002
<b>ARTEMIS<sup>3</sup></b> Fondaparinux 2.5 mg SC daily vs placebo	Distal and proximal venographic DVT + symptomatic VTE + fatal PE	47%	0.03

1. Samama M, et al. *N Eng J Med*. 1999;341:793-800.
2. Leizorovicz A, et al. *Circulation*. 2004;110:874-879.
3. Cohen AT, et al. *BMJ*. 2006;332:325-329.

# VTE Prophylaxis Meta-Analysis

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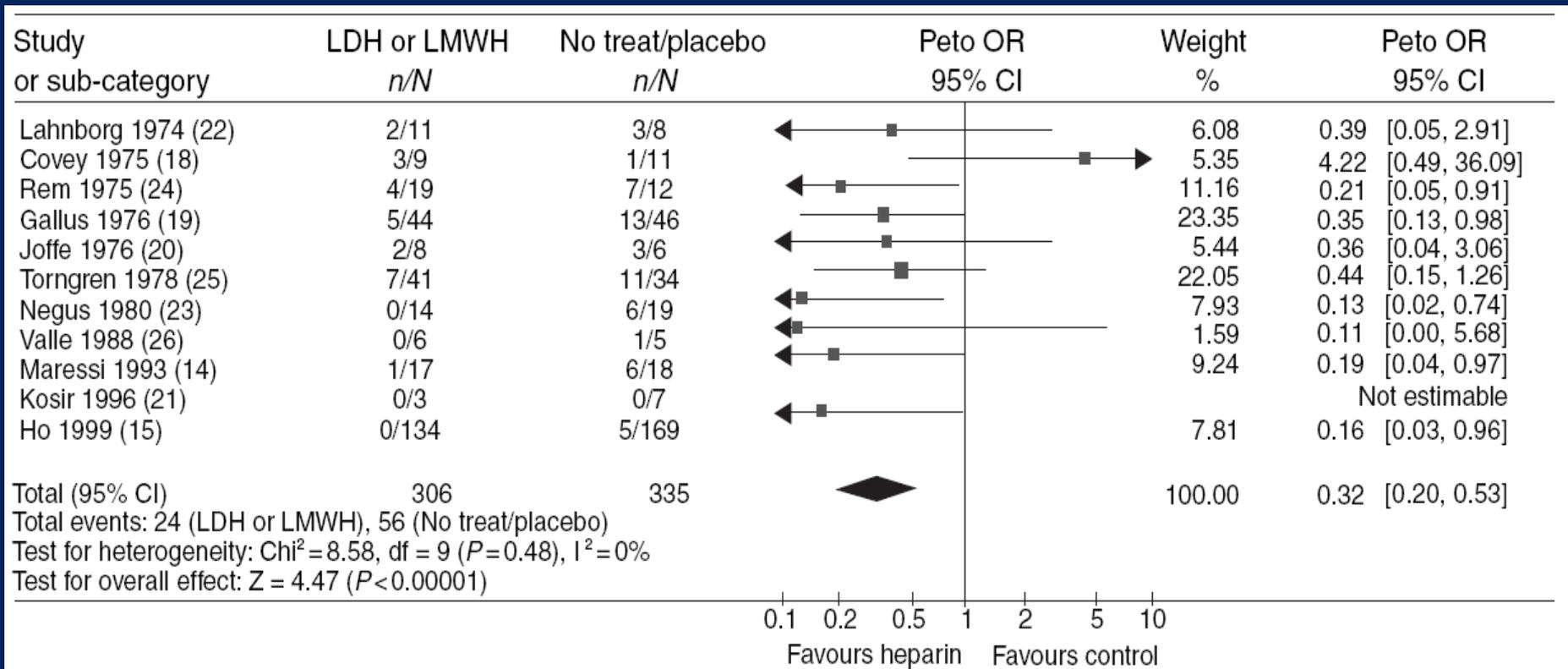
- 9 studies
- 19,958 medical patients
- Anticoagulant prophylaxis vs no treatment
- Results
  - 57% reduction in RR for symptomatic PE
  - 62% reduction in RR for fatal PE
  - 53% reduction in DVT
  - No significant increase in major bleeding

## Medical Inpatients – Some growing controversy

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- Lederle meta-analyses in recent Annals used same studies, but varied technique
- Findings: Reduced PE, no reduction in DVT, no increase in major bleeds, increase in minor bleeding.
  - Some flaws in Lederle paper, in my opinion
  - Calculated symptomatic DVT rates from screened / treated population.
  - Symptomatic DVT < Symptomatic PE?
- Large RCT in Asian Medical inpatients just published in NEJM- No benefit of LMWH on top of GCS on mortality.
- No increase in major bleed, symptomatic VTE not reported.

# Pharmacologic Prophylaxis in Colorectal Surgery



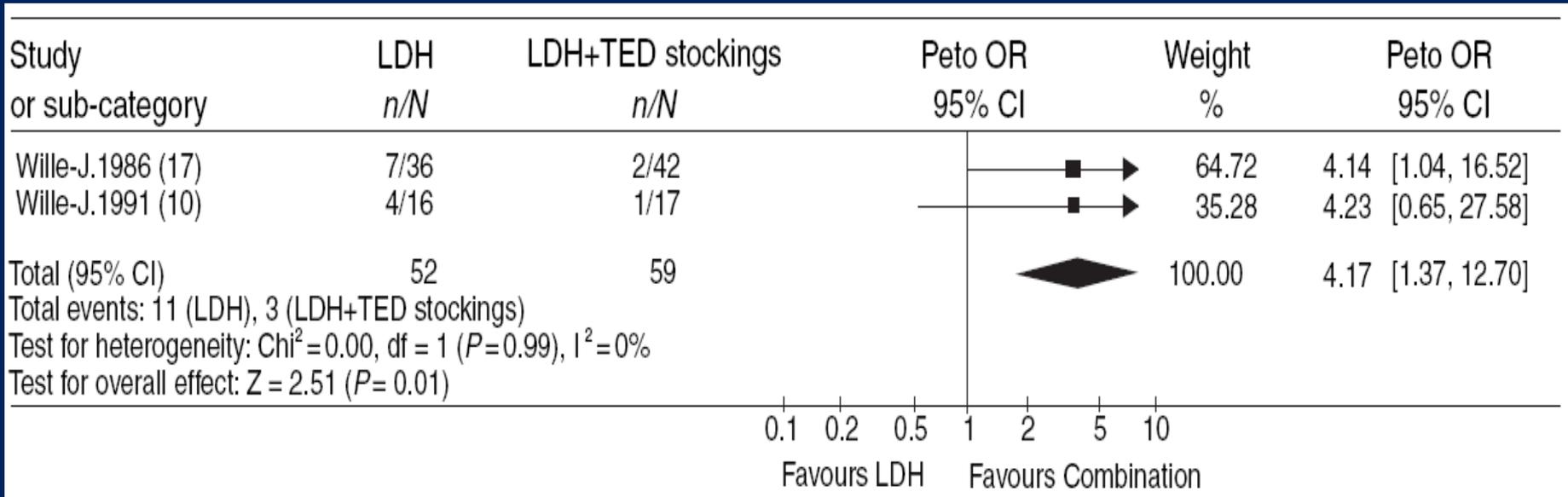
- Heparin is superior to placebo
- UFH and LMWH are equally effective

# UFH vs LMWH

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- Equal in efficacy for VTEP in some settings
- LMWH with slight edge in others
- Better adherence / reliability with LMWH
- Lower HIT incidence with LMWH and heparin avoidance procedures.
- Cost difference now negligible
  - (or favors LMWH in some countries)

# Pharmacologic and Mechanical Prophylaxis in Colorectal Surgery



- Pharmacologic plus mechanical prophylaxis is superior to LDH

# ACCP VTE Prophylaxis Guidelines 8<sup>th</sup> Edition

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1. Every hospital should develop formal strategy to prevent VTE
2. Do not use aspirin alone for prophylaxis
3. Use mechanical prophylaxis primarily for patients at high bleeding risk or as an adjunct to pharmacologic prophylaxis
4. Give thromboprophylaxis for
  - Major trauma
  - Spinal cord injury
  - **Acute medical illness**
  - Most ICU patients
  - Moderate and high risk surgery

# Endorse Results

- Out of ~70,000 patients in 358 hospitals, appropriate prophylaxis was administered in:
  - 58.5% of surgical patients
  - 39.5% of medical patients

Cohen, Tapson, Bergmann, et al. Venous thromboembolism risk and prophylaxis in the acute hospital care setting (ENDORSE study): a multinational cross-sectional study. *Lancet* 2008; 371: 387–94.

# Why don't we do better?

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- Competing Priorities
- National Policies / Incentives / Initiatives / Accreditation not all in place
- Lack of awareness or buy in of guidelines, lack of perfect evidence
- Underestimation of clot risk, overestimation of bleeding risk
- Lack of validated risk assessment model (until recently)
- Measurement Issues
- Translating complicated guidelines into everyday practice is difficult
- Medical training failures (QI and systems re-design)
- Failure to use a good QI framework

# Methods and Approach - UC San Diego

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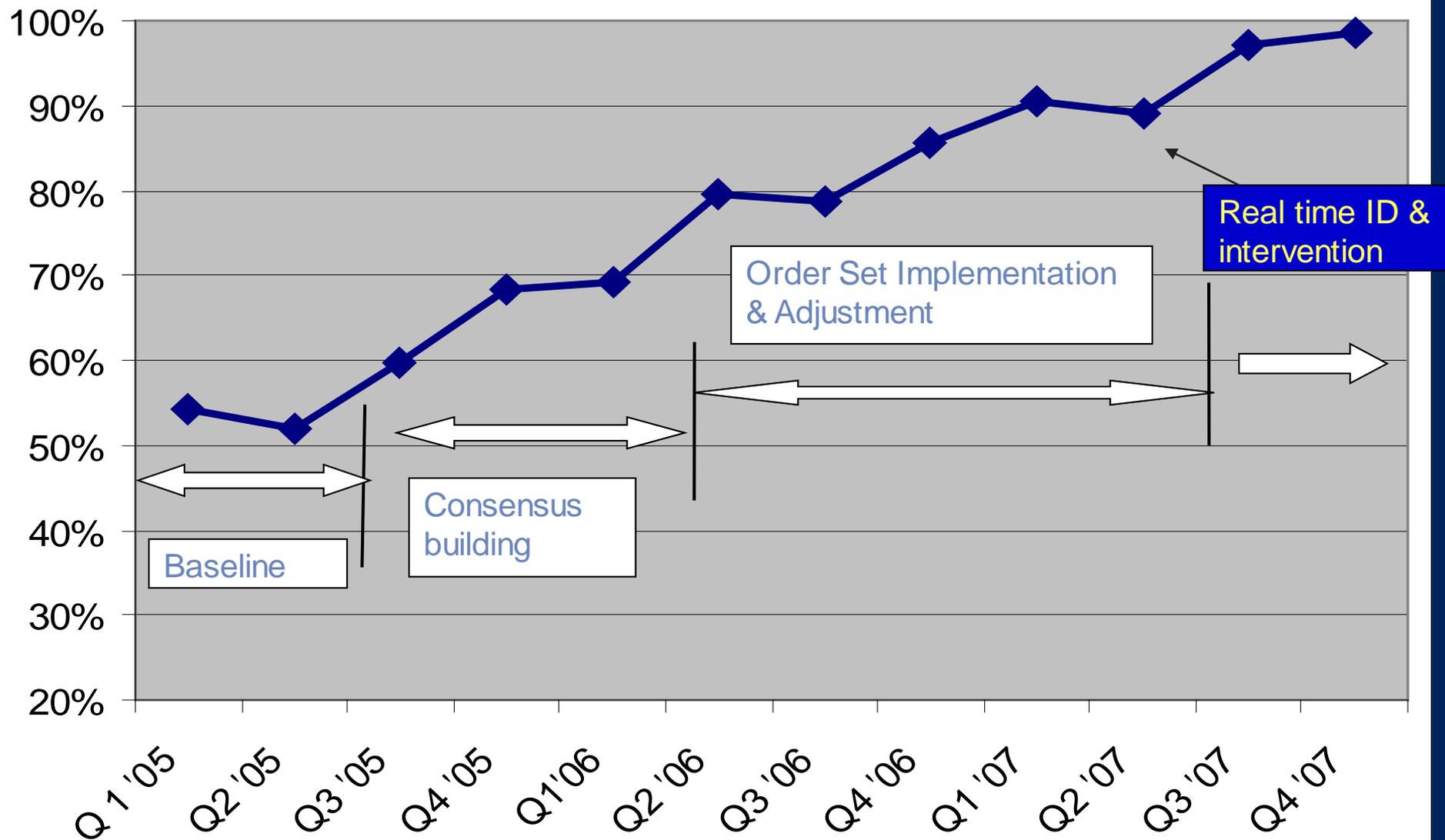
- Multi-disciplinary team
- Targeted population: All adult medical / surgical inpatients
- VTE Risk Assessment Model
  - 3 levels of VTE Risk (Low / Moderate / High)
  - Each level linked to appropriate options for prophylaxis
  - Contraindications and “leeway times” standardized
- Interobserver agreement assessed, model refined
- VTE Risk Assessment integrated into order sets
- Adequacy of VTE Prophylaxis and HA – VTE tracked over time

# Percent of Randomly Sampled Inpatients with Adequate VTE Prophylaxis

J Hosp Med 2010 Jan;5(1):10-18.

N = 2,944

mean 82 audits / month

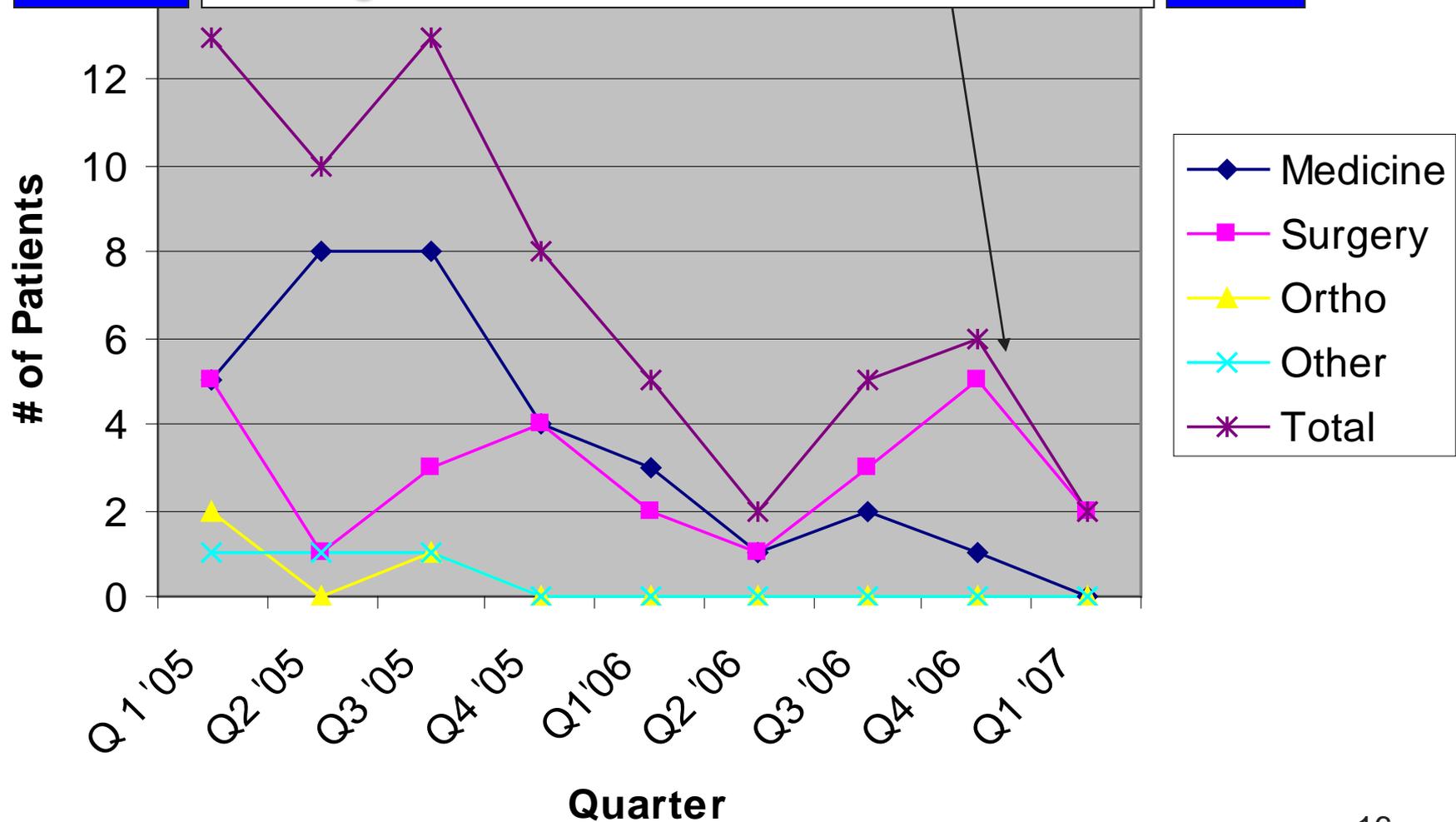


# UCSD - Decrease in Patients with Preventable HA VTE

Level 5

Oversights identified and addressed in real time

95+%



## Hospital Acquired VTE by Year

	2005	2006	2007	2008
Patients at Risk	9,720	9,923	11,207	
Cases w/ any VTE	131	138	92	80
Risk for HA VTE	1 in 76	1 in 73	1 in 122	
Odds Ratio	1.0	1.03	0.61#	
(95% CI)		(0.81, 1.32)	(0.46, 0.80)	
Cases with PE	21	22	15	12
Risk for PE	1 in 463	1 in 451	1 in 747	
Odds Ratio	1.0	1.02	0.62	
(95% CI)		(0.54, 1.96)	(0.30, 1.26)	
Cases with DVT (and no PE)	110	116	77	68
Risk for DVT	1 in 88	1 in 85	1 in 146	
Odds Ratio	1.0	1.03	0.61*	
(95% CI)		(0.79, 1.96)	(0.45, 0.82)	
Cases w/ Preventable VTE	44	21	7	6
Risk for Preventable VTE	1 in 221	1 in 473	1 in 1,601	
Odds Ratio	1.0	0.47#	0.14*	
(95% CI)		(0.26, 0.80)	(0.05, 0.31)	

# p < 0.01 \*p < 0.001



# UCSD VTE Protocol Validated



- Easy to use, on direct observation – a few seconds
- Inter-observer agreement –
  - 150 patients, 5 observers- Kappa 0.8 and 0.9
- Predictive of VTE
- Implementation = high levels of VTE prophylaxis
  - From 50% to sustained 98% adequate prophylaxis
  - Rates determined by over 2,900 random sample audits
- Safe – no discernible increase in HIT or bleeding
- Effective – 40% reduction in HA VTE
  - 86% reduction in risk of preventable VTE

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# VTE Prevention Guides



## Preventing Hospital-Acquired Venous Thromboembolism

*A Guide for Effective Quality Improvement*

*Version 3.0*

Society of Hospital Medicine

Greg Maynard MD, MSc  
UCSD

Jason Stein, MD  
Emory University Hospitals

## Preventing Hospital-Acquired Venous Thromboembolism

A Guide for Effective Quality Improvement



AHRQ

Agency for Healthcare Research and Quality  
Advancing Excellence in Health Care • [www.ahrq.gov](http://www.ahrq.gov)

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# VTE Prevention Collaboratives Using UCSD Model

## Over 250 Hospitals

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- Society of Hospital Medicine (SHM)
- AHRQ and Quality Improvement Organizations
- Institute for Healthcare Improvement (IHI) Expedition
- American Society of Healthsystems Pharmacists (ASHP)
- BC Hospitalists
  
- Awards to UCSD, Emory, UNM, Washington DC VA, Blessing (Quincy IL) and British Columbia based on these strategies (all members of mentored implementation)
  
- Effective across wide variety of settings
  - Paper and Computerized / Electronic
  - Small and large institutions
  - Academic and community

# Big Picture Strategy –

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- Distill evidence into protocol
- Integrate protocol with risk assessment into all admit / transfer orders
- Ongoing monitoring of impact to tweak protocol
- Devise method to detect those without prophylaxis in real time and intervene using multiple methods.

# The Essential First Intervention

## VTE Protocol

- 1) a standardized VTE risk assessment, linked to...
- 2) a menu of appropriate prophylaxis options, plus...
- 3) a list of contraindications to pharmacologic VTE prophylaxis

### Challenges:

*Make it easy to use (“automatic”)*

*Make sure it captures almost all patients*

*Trade-off between guidance and ease of use / efficiency*

# Mistakes in VTE Prevention Orders

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- Too Complicated (Point Based models)
- No real guidance ( Prompt  $\neq$  Protocol )
- Failure to revise old order sets
- Too many categories of risk
- Allowing mechanical prophylaxis too much
- Failure to pilot, revise, monitor
- Linkage between risk level and prophylaxis choices are separated in time or space

# Too Complicated?

\*\*\*FAX TO PHARMACY\*\*\*

## Step 1: Contraindications to anticoagulants:

**Relative:** (check if applicable)

- Cerebral hemorrhage at any time
- GI, GU bleed or stroke in last 6 months
- Thrombocytopenia (<100,000)
- Coagulopathy
- Active intracranial lesions/neoplasms
- Proliferative retinopathy
- Vascular access/biopsy sites inaccessible to hemostatic control
- Low Molecular Weight Heparin in dialysis patients or those with Creatinine clearance <=30

**Absolute:** (check if applicable)

- Active hemorrhage from wounds, drains, lesions
- Unfractionated or Low Molecular weight Heparin use in Heparin Induced Thrombocytopenia
- Severe trauma to head, spinal cord, abdomen with spleen or liver laceration or hemorrhage in last 4 weeks
- Spinal or epidural anesthesia planned or performed, discuss with anesthesiologist
- Warfarin use in pregnancy

## Contraindication(s) to pharmacological prophylaxis with anticoagulants?

Yes: If yes explain

and choose non pharmacological method unless also contraindicated (Peripheral vascular disease or wounds)

## Step 2: Risk Factors Associated with Clinical Setting:

Choose one with the HIGHEST risk score for the patient

**Score 1 point**

- Minor Surgery
- Trauma
- Observation
- Bed rest >12 hours

**Score 2 points**

- Major surgery (>45 min)
- Laparoscopic surgery (>45 min)
- Patients confined to bed >24 hr
- Immobilizing plaster cast
- Central Venous Access

**Score 3 points**

- Major surgery with
  - myocardial infarction
  - congestive heart failure
  - severe sepsis/infection
- Medical patient with additional risk factors (MI, CHF, Sepsis, Immobile)

**Score 5 points**

- Elective lower extremity arthroplasty
- Hip, pelvis or leg fracture
- Stroke new onset
- Multiple trauma
- Acute spinal cord injury (paralysis)

**BASELINE RISK SCORE (IF SCORE =5, GO TO STEP4)→□**

## STEP 3: Risk Factors Associated with the Patient:

CLINICAL

(1 point each unless otherwise indicated)

- Age 41 to 60 years
- Age over 60 years (2 points)
- History of DVT/PE (3 points)
- Pregnancy or postpartum <1 month
- Varicose veins
- Inflammatory Bowel disease
- Active Malignancy (2 points)
- Stroke, history of (5 points)
- Obesity (BMI>30)
- Oral contraceptives or hormone replacement
- Hypercoagulable states (3 points)
- Current tobacco use

**TOTAL ADDITIONAL RISK POINTS→□**

**TOTAL ADDITIONAL RISK POINT SCORE (BASELINE + ADDITIONAL)→□**

## STEP 4: DVT/PE Prophylaxis Orders

**Score of 1 or less**

Low Risk

- Early ambulation

**Score of 2**

Moderate Risk

- Sequential compression device and/or Heparin 5000 units q 12 hrs Subcut

**Score of 3-4**

High Risk

- Sequential compression device and/or Heparin 5000 units q 8 hrs subcut

**Score of 5 or more**

Highest Risk

- Sequential compression device AND at least one of the following
  - Heparin 5000 units q 8 hrs subcut
  - Enoxaparin 40 mg subcut daily
  - Enoxaparin 30 mg subcut q 12 hrs
  - Warfarin daily with goal INR 2-3 (see warfarin orders) along with Heparin or Enoxaparin as above due to concerns for Hypercoagulable states and Warfarin Alone

PHYSICIAN SIGNATURE \_\_\_\_\_

Date/Time \_\_\_\_\_

# Too Little Guidance

## Prompt $\neq$ Protocol

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### DVT PROPHYLAXIS ORDERS

- Anti thromboembolism Stockings
- Sequential Compression Devices
- UFH 5000 units SubQ q 12 hours
- UFH 5000 units SubQ q 8 hours
- LMWH (Enoxaparin) 40 mg SubQ q day
- LMWH (Enoxaparin) 30 mg SubQ q 12 hours
- No Prophylaxis, Ambulate

# Questions and Answers

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Q. What is the best VTE risk assessment model?

A. Simple, text based model with only 2-3 layers of VTE Risk

Q. Who should do the VTE risk assessment?

A. Doctors (via admit transfer order sets), with back up risk assessment by front line nurses or pharmacists, focusing on those without prophylaxis.

**DVT/ PE RISK LEVEL & PROPHYLAXIS ORDERS** **Low Risk**

Observation patients, expected LOS <48 hrs: Minor/ Ambulatory surgery or Age < 50 and NO other risk factors , or Already on therapeutic anticoagulation

 Early ambulation, education Education **Moderate Risk****Most medical /surgical patients**

CHF, pneumonia, active inflammation, advanced age, dehydration, varicose veins, less than fully and independently ambulatory, many other factors. All patients not in the Low or Highest Risk Categories (see reverse for more risk factors)

**CHOOSE ONE PHARMACOLOGIC option** Enoxaparin 40 mg SC q 24 hrs Enoxaparin 30 mg SC q 24 hrs (renal insufficiency dosing) Heparin 5000 units SC q 8 hrs Heparin 5000 units SC every 12hrs (if weight <50kg or age > 75)**Also (OPTIONAL)** Sequential compression device **Highest Risk**

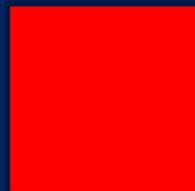
Elective hip or knee arthroplasty  
Acute spinal cord injury with paresis  
Multiple major trauma  
Abdominal or pelvic surgery for cancer

**CHOOSE ONE PHARMACOLOGIC option** Enoxaparin 40 mg SC q day Enoxaparin 30 mg SC q 24 hrs (for renal insufficiency) Heparin 5000 units SC q 8 hrs (End stage renal disease only) Enoxaparin 30 mg SC q 12 hrs (knee replacement) Fondaparinux 2.5 mg SC q day**AND** Sequential compression device**OR****The risk of adverse effects of pharmacologic prophylaxis outweighs the risk of DVT / PE****Contraindication to pharmacologic prophylaxis (see reverse):** \_\_\_\_\_ Mechanical prophylaxis with sequential compression device OR Contraindicated (peripheral vascular disease or wounds)\_\_\_\_\_  
SIGNATURE / PROVIDER ID\_\_\_\_\_  
DATE / TIME

# VTE Prophylaxis Audits

## *Assessing Prevalence of Adequate VTE Prophylaxis*

- Order set use
- Detailed audits based on your protocol
- Less detailed audits
  - (Red / Yellow / Green strategy)



# Recommended Strategy for Adequacy of VTE Prophylaxis in Multi-site Improvement Efforts

## Red / Yellow / Green Strategy

- Data collection relatively easy to do
- Amenable to automation
- Feasibility of including the entire population
- Can spur action (actionable) in real time
- More detail on selected patients on contraindications and VTE risk level can give good estimates of Appropriate / Adequate VTE prophylaxis rates.

# Measure-vention

Daily measurement drives concurrent intervention  
(*i.e. same as Level 5 in Hierarchy of Reliability*)

Identify patients not receiving VTE prophylaxis in real time

1. Suitable for reporting progress, tracking trends
2. Spurs intervention by the front line worker

Maynard G, Stein J. Designing and Implementing Effective VTE Prevention Protocols: Lessons from Collaboratives. J Thromb Thrombolysis 2010 Feb;29(2):159-166.

# Situational Awareness and Measure-vention: Getting to 95%

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- Identify patients on no anticoagulation
- Empower nurses to place mechanical prophylaxis.
- Contact MD if no anticoagulant in place and no obvious contraindication
  - Templated note, text page, etc
- Back up these interventions
  - Docs can not “shoot the messenger”

Maynard G, Stein J. Designing and Implementing Effective VTE Prevention Protocols: Lessons from Collaboratives. J Thromb Thrombolysis 2010 Feb;29(2):159-166.

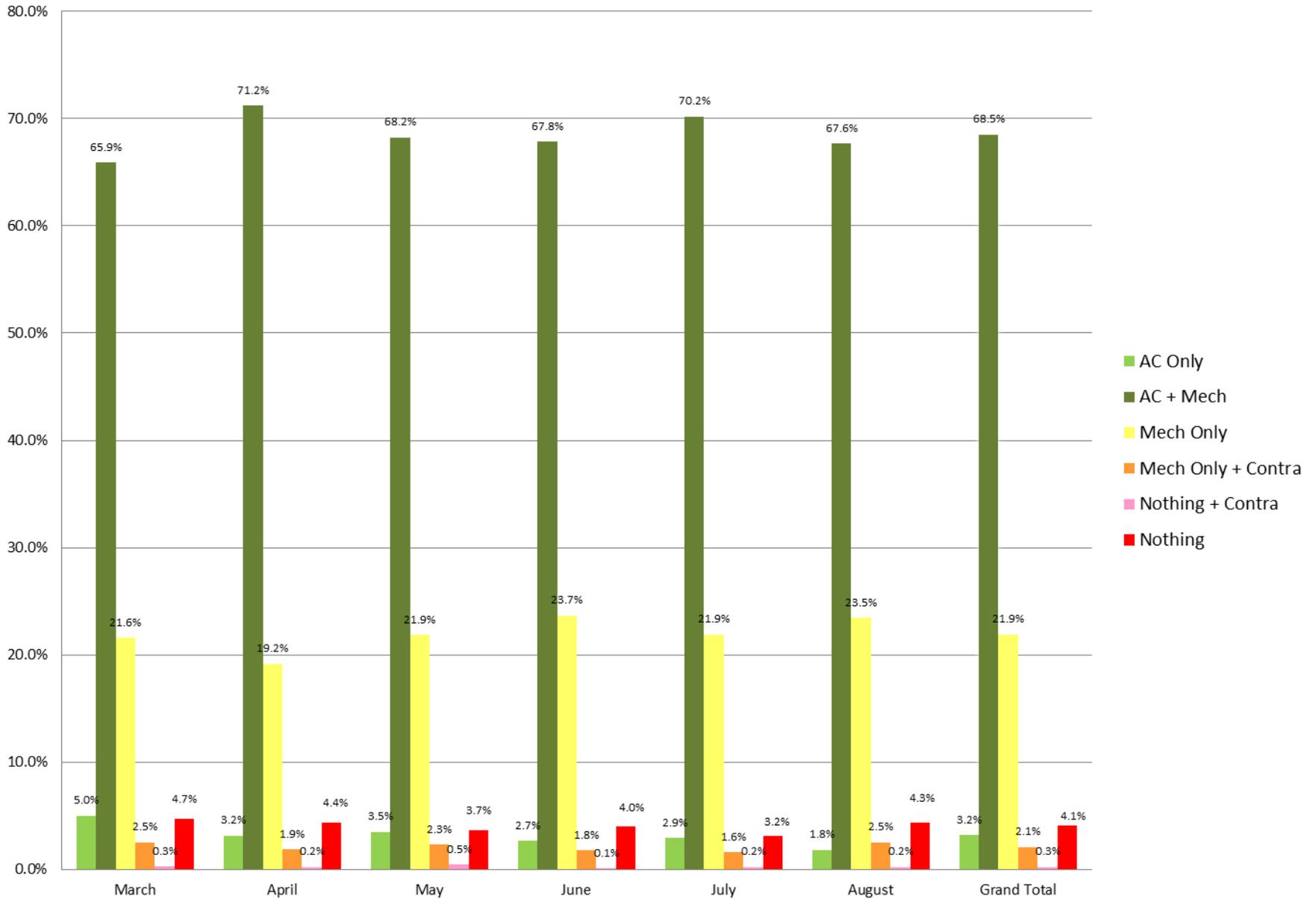
28 patients:                      20 on anticoagulation  
 4 on mechanical prophylaxis with lab contraindication  
 3 on Nothing (RED)                      1 mechanical

BED_LABEL	Service	VTE Risk Category	Medication	Dose	SCD	Lab Contra	Orders state contra	Orders state LOW VTE Risk
2250A	Medicine Thornton	LOW	warfarin (COUMADIN) tablet 3 mg	3 mg EVERY EVENING Oral	Y	N	N	Y
2250B	Medicine Thornton	MODERATE	enoxaparin (LOVENOX) injection 30 mg	30 mg DAILY Subcutaneous	Y	N	N	N
2251	Medicine Thornton	MODERATE	heparin injection 5,000 Units	5000 Units EVERY 12 HOURS Su	Y	N	N	N
2252	Cardiothoracic Surgery	MODERATE/HIGH	No Anticoag Med	No Anticoag Dose	Y	Y	N	Y
2253	Medicine Thornton	MODERATE	enoxaparin (LOVENOX) injection 40 mg	40 mg DAILY Subcutaneous	Y	Y	N	N
2254	Medicine Thornton	MODERATE	heparin injection 5,000 Units	5000 Units EVERY 8 HOURS Sub	Y	N	N	N
2255	Medicine Thornton	MODERATE	heparin injection 5,000 Units	5000 Units EVERY 12 HOURS Su	Y	N	N	N
2256A	Medicine Thornton	MODERATE	enoxaparin (LOVENOX) injection 40 mg	40 mg DAILY Subcutaneous	Y	N	N	N
2256B	Pulmonary Vascular Medicine	MODERATE/HIGH	enoxaparin (LOVENOX) injection 50 mg	50 mg EVERY 12 HOURS Subcut	Y	Y	N	N
2257A	Medicine Thornton	MODERATE	enoxaparin (LOVENOX) injection 40 mg	40 mg DAILY Subcutaneous	Y	N	N	N
2257B	Gynecology	MODERATE/HIGH	No Anticoag Med	No Anticoag Dose	Y	Y	N	N
2258	Medicine Thornton	MODERATE	enoxaparin (LOVENOX) injection 30 mg	30 mg DAILY Subcutaneous	Y	N	N	Y
2259	Medicine Thornton	MODERATE	No Anticoag Med	No Anticoag Dose	Y	N	N	N
2260	Pulmonary/Critical Care	LOW	No Anticoag Med	No Anticoag Dose	N	N	N	Y
2261	Medicine Thornton	MODERATE/HIGH	No Anticoag Med	No Anticoag Dose	Y	Y	N	N
2262A	Medicine Thornton	LOW	enoxaparin (LOVENOX) injection 40 mg	40 mg DAILY Subcutaneous	Y	N	N	Y
2262B	Medicine Thornton	MODERATE	enoxaparin (LOVENOX) injection 40 mg	40 mg DAILY Subcutaneous	Y	N	N	N
2263	Medicine Thornton	MODERATE/HIGH	No Anticoag Med	No Anticoag Dose	Y	Y	N	N
2264	Pulmonary Vascular Medicine	MODERATE	warfarin (COUMADIN) tablet 5 mg	5 mg EVERY EVENING Oral	Y	Y	N	Y
2265	Pulmonary Vascular Medicine	LOW	heparin injection 5,000 Units	5000 Units EVERY 8 HOURS Sub	Y	N	N	Y
2265	Pulmonary Vascular Medicine	LOW	warfarin (COUMADIN) tablet 10 mg	10 mg EVERY EVENING Oral	Y	N	N	Y
2266	Medicine Thornton	MODERATE	heparin injection 5,000 Units	5000 Units EVERY 8 HOURS Sub	Y	N	N	N
2267	Pulmonary Vascular Medicine	HIGH	enoxaparin (LOVENOX) injection 100 mg	100 mg EVERY 12 HOURS Subcu	Y	Y	N	Y
2268	Cardiothoracic Surgery	LOW	enoxaparin (LOVENOX) injection 40 mg	40 mg DAILY Subcutaneous	Y	N	N	Y
2269	Cardiothoracic Surgery	No Risk Category	No Anticoag Med	No Anticoag Dose	N	N	N	N
2270	Cardiothoracic Surgery	No Risk Category	No Anticoag Med	No Anticoag Dose	N	N	N	N
2271	Medicine Thornton	MODERATE	heparin injection 5,000 Units	5000 Units EVERY 12 HOURS Su	Y	N	N	N
2272	Pulmonary Vascular Medicine	HIGH	fondaparinux (ARIXTRA) injection 7.5 mg	7.5 mg DAILY Subcutaneous	Y	Y	N	Y

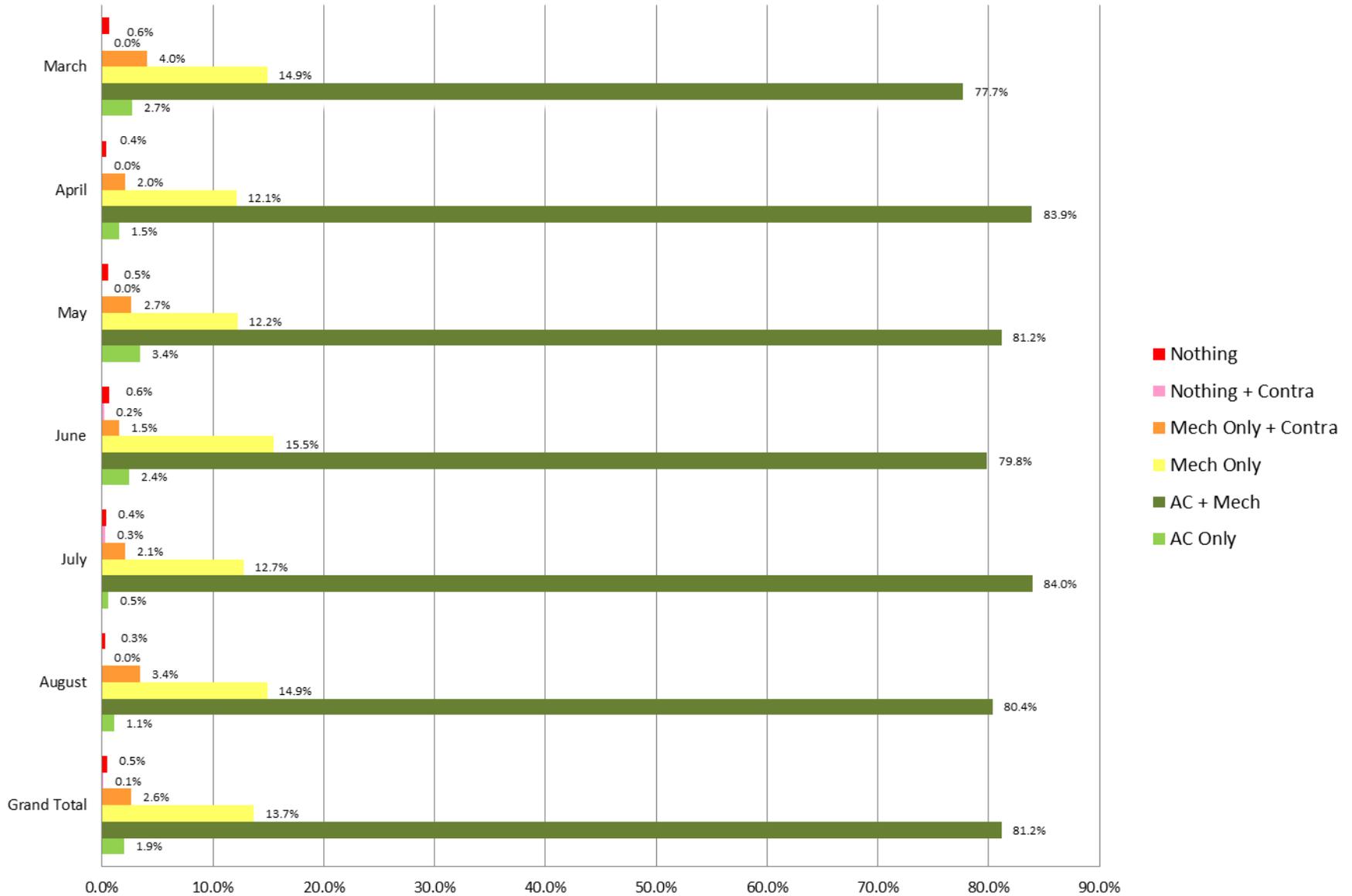
## Summary Report from one day

AC + Mech	186
AC + Mech %	54.2%
AC Only	2
AC Only %	0.6%
Mech Only + Contra	30
Mech Only + Contra %	8.7%
Mech Only	113
Mech Only %	32.9%
Nothing + Contra	0
Nothing + Contra %	0.0%
Nothing	12
Nothing %	3.5%
Contra	30
Contra %	8.7%
Non-Compliant + INR $\geq$ 2.0	12
Non-Compliant + INR $\geq$ 2.0 %	7.7%
Non-Compliant + Plt Count < 50,000	18
Non-Compliant + Plt Count < 50,000 %	11.6%
Non-Compliant + HgB < 8.0	2
Non-Compliant + HgB < 8.0 %	1.3%
Low	53
Low %	15.5%
Moderate	275
Moderate %	80.2%
High	11
High %	3.2%
No Risk Category	4
No Risk Category %	1.2%
Denominator	343

## UCSD VTE Prophylaxis Adherence - All Service Lines 3/1/2011 - 8/31/2011



## UCSD VTE Prophylaxis Adherence - Medicine Service Lines 3/1/2011 - 8/31/2011



# Digging Deeper on “Yellow” Patients



## Is patient low risk?

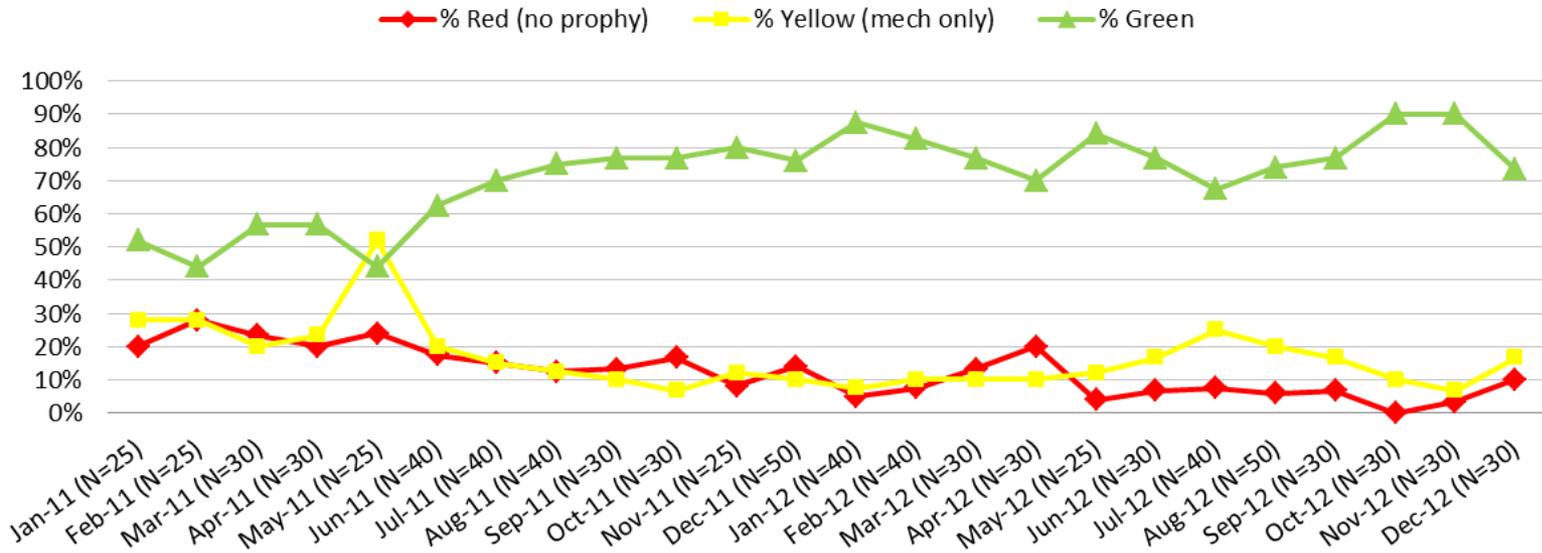
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- Ambulating Independently with 0-1 VTE Risk Factors
  - Expected LOS <48 hours
  - Minor Surgery with NO VTE Risk Factors
- ✓ *If yes, prophylaxis adequate, if no.....*

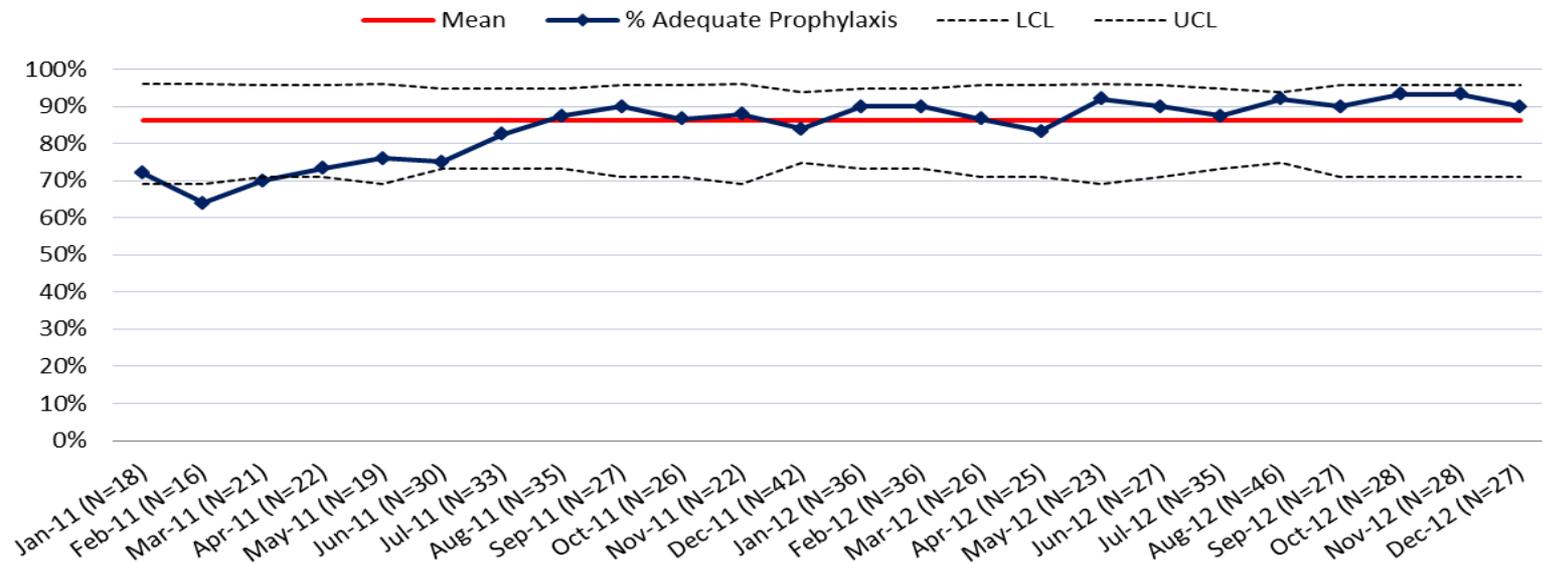
## Obvious contraindication to pharmacologic prophylaxis?

- Active hemorrhage now or within last 3 days
  - Post operative bleeding concerns
  - Platelet count < 50,000 Units
  - INR > 1.8
  - Known bleeding disorder, post op bleeding high risk
  - Hgb < 8.0 g/dL
  - Concern over CNS bleeding (brain or spinal cord surgery in last week, recent intracranial hemorrhage, proximity in time to epidural insertion or removal, for example)
  - Hypertensive urgency / emergency
  - Comfort care only patient
- ✓ *If yes, mechanical prophylaxis alone adequate, if no, prophylaxis inadequate*

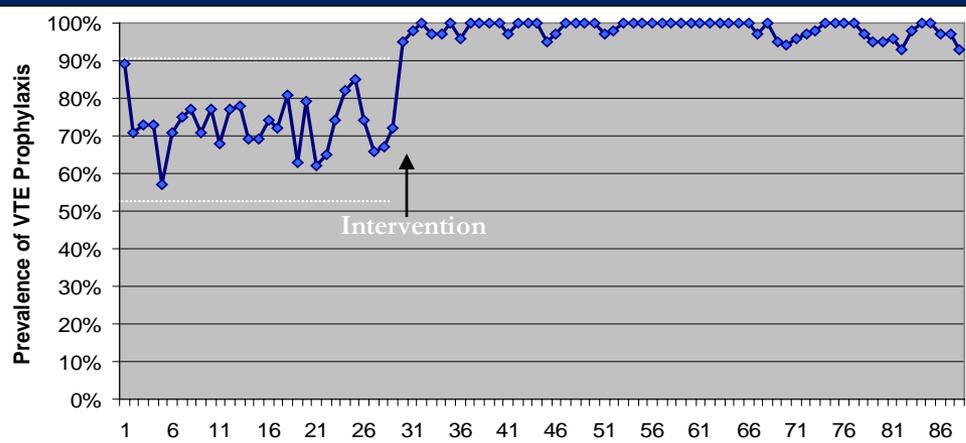
### % Patients by Category



### % Patients with Adequate Prophylaxis

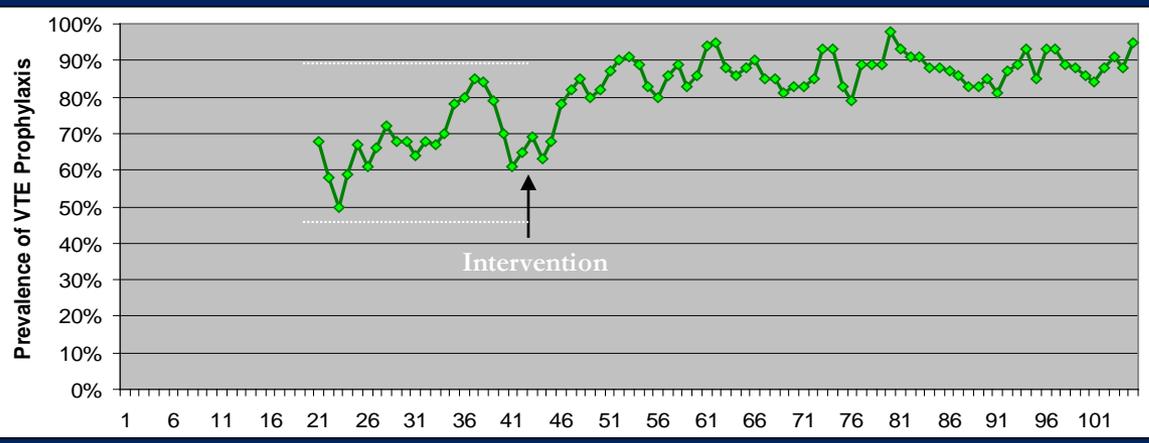


# Effect of Situational Awareness on Prevalence of VTE Prophylaxis by Nursing Unit



## Hospital A, 1<sup>st</sup> Nursing Unit

	<u>Baseline</u>	<u>Post-Intervention</u>
UCL:	93%	104%
Mean:	73%	99% (p < 0.01)
LCL:	53%	93%



## Hospital A, 2<sup>nd</sup> Nursing Unit

	<u>Baseline</u>	<u>Post-Intervention</u>
UCL:	90%	102%
Mean:	68%	87% (p < 0.01)
LCL:	46%	72%



## Hospital B, 1<sup>st</sup> Nursing Unit

	<u>Baseline</u>	<u>Post-Intervention</u>
UCL:	89%	108%
Mean:	71%	98% (p < 0.01)
LCL:	53%	88%

UCL = Upper Control Limit  
LCL = Lower Control Limit

# Key Points - Recommendations

- VTE protocols embedded in order sets
- Simple risk stratification schema, based on VTE-risk groups (2-3 levels of risk should do it)
- Institution-wide if possible (a few carve outs ok)
- Local modification is OK
  - Details in gray areas not that important
- Simple measures for adequate VTE prophylaxis
  - More detail on selected patients
- Use measure-vention to accelerate improvement
- Join a collaborative effort

Maynard G, Stein J. Designing and Implementing Effective VTE Prevention Protocols: Lessons from Collaboratives. J Thromb Thrombolysis 2010 Feb;29(2):159-166



# Preventing VTE: Implementation and Auditing Strategies

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# Key Steps in VTE Implementation

## **1) Define the problem**

- 2) Assemble a team
- 3) Identify key stakeholders
- 4) Set goals and timeline
- 5) Define the standard of care – regional policy

## **6) QI intervention - VTE protocol**

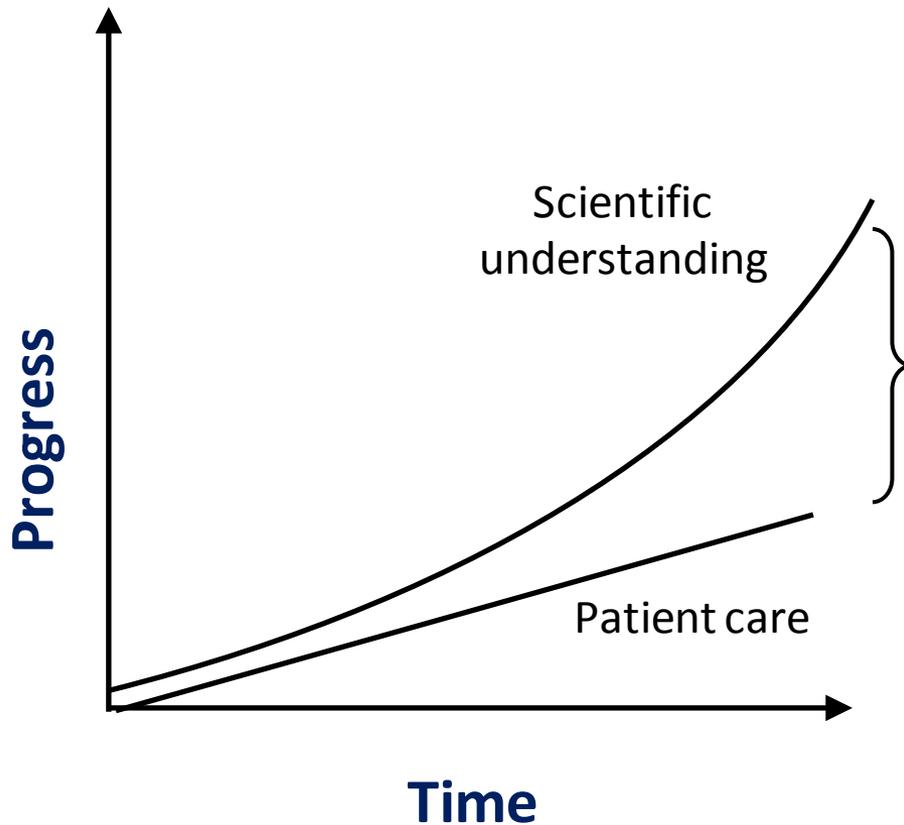
## **7) Performance tracking**

## **8) Continue to improve**



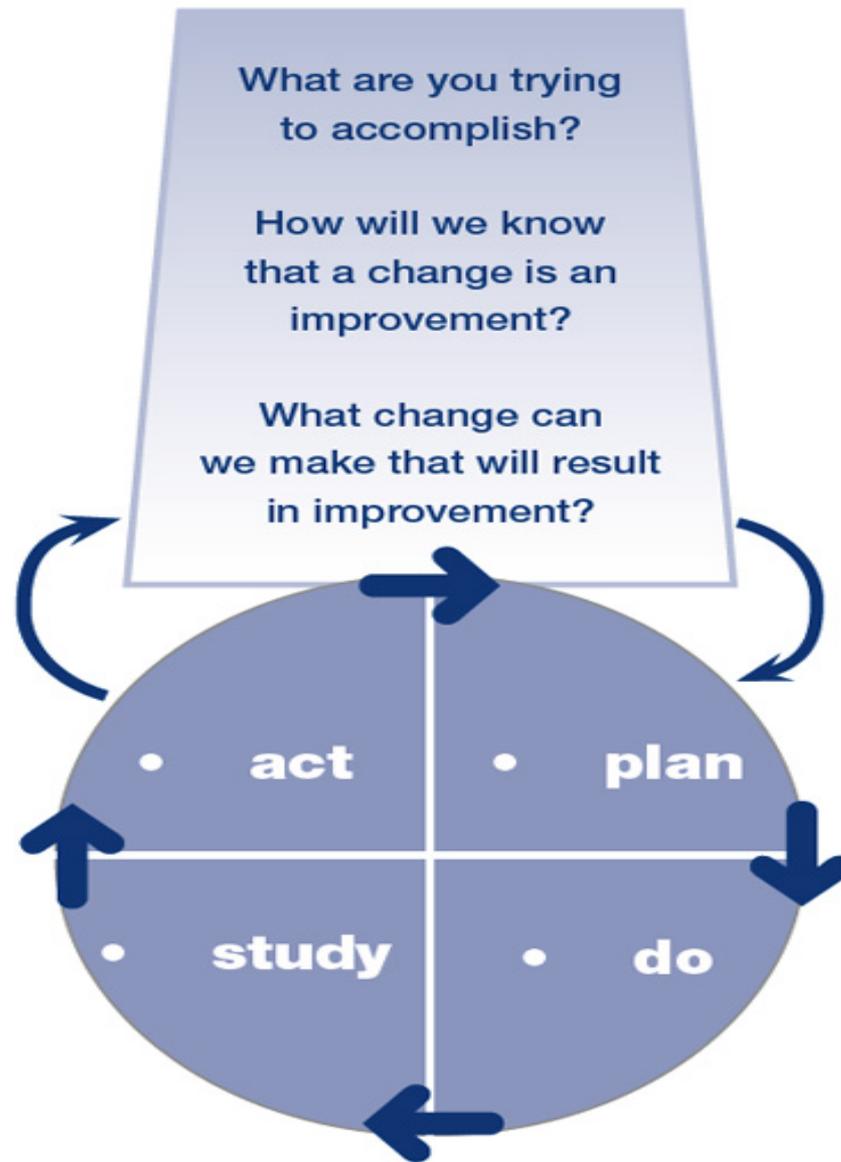
## Define the problem

- Hospital Acquired VTE is relatively common (2700/yr BC)
- The clinical consequence of HA VTE is severe
- Safe and cost effective means to prevent HA VTE exist
- Despite this, there is a significant gap between clinical and best practice



**Implementation  
Gap**

**Quality Improvement Initiatives help close the implementation gap.**



IHI Model For Improvement



## 6) QI intervention - VTE Protocol in PPO's

- Decision support at the point of care
- Standardized VTE risk assessment
- Linked menu of appropriate prophylaxis options
- Contraindications to pharmacologic prophylaxis
  - Listed with check box for ease of auditing
- Embedded (preferred) in work flow or Stand Alone PPO



Patient Weight: \_\_\_\_\_ kg Platelet count: \_\_\_\_\_ x 10<sup>9</sup>/L on (Date): \_\_\_\_\_

**Refer to VTE Risk Assessment and Thromboprophylaxis Recommendations on reverse**

**RISK ASSESSMENT:**

- Low risk: Early ambulation; no anticoagulant or mechanical prophylaxis
- Moderate or High risk: Order anticoagulant prophylaxis unless contraindicated

**CONTRAINDICATION(S) TO ANTICOAGULANT PROPHYLAXIS (check all that apply):**

- Active bleeding of clinical significance requiring intervention
- High risk of serious bleeding or bleeding into a critical site (e.g. intracranial, intraspinal, pericardial, intraocular, retroperitoneal, intra-articular)
- Known major bleeding disorder or acquired coagulopathy (consider Hematology consult)
- Platelet count less than 50 x 10<sup>9</sup>/L (consider Hematology consult)
- History of heparin-induced thrombocytopenia (HIT) see Footnotes and Precaution 7 on reverse
- Patient already receiving therapeutic anticoagulation

Other contraindication (specify): \_\_\_\_\_

Reassess daily to start anticoagulant prophylaxis when contraindication resolves

**ANTICOAGULANT PROPHYLAXIS:** see Footnotes and Precautions 6 to 9 on reverse

- dalteparin 5000 units subcutaneous daily at 18:00 until discharge \*OR\*
- for patients with severe renal impairment, heparin 5000 units subcutaneous Q12H until discharge \*OR\*

Other: \_\_\_\_\_

Reason: \_\_\_\_\_

**MECHANICAL PROPHYLAXIS:** (only when anticoagulant prophylaxis contraindicated)

- Calf-length graduated compression stockings (GCS)
- Sequential compression device (SCD)
- Mechanical prophylaxis contraindicated (see back for list of contraindications)

Apply to lower limb(s) continuously until anticoagulant prophylaxis starts or discharge

Interrupt for skin care, assessments, toileting and ambulation only



VTE RISK ASSESSMENT AND THROMBOPROPHYLAXIS RECOMMENDATION	
Patient Risk Groups (satisfaction of any one or more of the listed criteria)	Thromboprophylaxis Recommended
<b>Low Risk Group</b> <ul style="list-style-type: none"> <li>Day surgery<sup>1</sup> without any VTE risk factors (see below)</li> <li>No reduction in mobility compared to usual state</li> <li>Surgical procedure with a total anesthetic and surgical time of less than 60 minutes with no risk factors for VTE (see below)</li> </ul>	Early ambulation
<b>Moderate or High Risk Group</b> <ul style="list-style-type: none"> <li>Any medical or surgical patient having had or are expected to have significantly reduced mobility for 3 days or more<sup>2,3</sup></li> <li>Medical patients with ongoing reduced mobility (compared to their usual state) <u>AND</u> have one or more risk factors for VTE (see below)<sup>2,3</sup></li> <li>Surgical procedure with a total anesthetic and surgical time of 60 minutes or longer<sup>3-6</sup></li> <li>Acute surgical admission with an inflammatory or intra-abdominal condition<sup>3-6</sup></li> <li>Surgical patients with one or more risk factors for VTE (see below)<sup>3-6</sup></li> </ul>	LMWH (heparin if eGFR less than 10 mL/min) <sup>4-9</sup>
<b>Obstetrical Patients with Increased Risk</b> <ul style="list-style-type: none"> <li>Having one or more risk factors for VTE (see below)</li> <li>Pregnancy-related risk factors:               <ul style="list-style-type: none"> <li>Ovarian hyperstimulation</li> <li>Hyperemesis gravidarum</li> <li>Multiple pregnancy</li> <li>Preeclampsia</li> <li>Emergency caesarean section</li> </ul> </li> </ul>	Consider LMWH (heparin if eGFR less than 10 mL/min) <sup>4-9</sup>

RISK FACTORS FOR VTE	
<ul style="list-style-type: none"> <li>Age 60 years or over</li> <li>Active cancer and cancer treatment</li> <li>Previous VTE</li> <li>Critical Care admission</li> <li>Obesity (BMI over 30 kg/m<sup>2</sup>)</li> <li>Known thrombophilia</li> <li>First degree relative with VTE</li> <li>Varicose veins with phlebitis</li> <li>Estrogen-containing oral contraception</li> <li>Hormone replacement therapy</li> </ul>	One or more significant medical conditions: <ul style="list-style-type: none"> <li>Sepsis or severe acute infection</li> <li>Heart disease</li> <li>Respiratory pathology</li> <li>Inflammatory condition</li> <li>Rheumatological disease</li> <li>Nephrotic syndrome</li> <li>Antiphospholipid syndrome</li> </ul>

CONTRAINDICATIONS FOR MECHANICAL PROPHYLAXIS	
<ul style="list-style-type: none"> <li>Acute stroke with immobility (unable to walk independently to the toilet)</li> <li>Peripheral vascular disease with absent pedal pulses</li> <li>Severe peripheral neuropathy</li> <li>Skin breakdown, ulcers, gangrene, cellulitis, or dermatitis</li> </ul>	<ul style="list-style-type: none"> <li>Skin grafting within last 3 months</li> <li>Allergy to stocking or compression cuff materials</li> <li>Unable to size or apply properly due to deformity, recent surgery or trauma</li> </ul>



<p><input type="checkbox"/> <b>Low Risk</b>  <b>(Must be independently ambulatory outside of room 3 times daily)</b>          Observation patients, expected LOS less than 48 hrs: Minor/Ambulatory surgery or Age less than 50 and <b>NO other risk factors</b>, or already on therapeutic anticoagulation</p>	<p><input type="checkbox"/> Early ambulation, education</p>
<p><input type="checkbox"/> <b>Moderate to High Risk</b>          Most medical or surgical patients          CHF, pneumonia, active inflammation, advanced age, dehydration, varicose veins, less than fully and independently ambulatory, and other risk factors. All patients not in the Low or Highest Risk Categories</p>	<p><b>CHOOSE ONE</b> pharmacologic option:  <input type="checkbox"/> <b>DALTEPARIN</b> 5000 units SC q24h until discharge  <b>*OR*</b>          If weight less than 40 kg (except patients with active cancer or previous thromboembolic event):  <input type="checkbox"/> <b>DALTEPARIN</b> 2500 units SC q24h)until discharge  <input type="checkbox"/> <b>*OR*</b>  <b>If GFR Less than 10ml/min</b>  <input type="checkbox"/> <b>HEPARIN</b> 5000 units subcutaneous q12h until discharge</p>
<p><input type="checkbox"/> <b>Contraindication to Pharmacologic Prophylaxis</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Active bleeding of clinical significance</li> <li><input type="checkbox"/> High risk of serious bleeding into a critical site (intracranial, spinal, pericardial, intraocular, retroperitoneal, intra-articular)</li> <li><input type="checkbox"/> Known major bleeding disorder or a coagulopathy</li> <li><input type="checkbox"/> Platelet count less than 50 X 10<sup>9</sup>/L</li> <li><input type="checkbox"/> History of Heparin Induced Thrombocytopenia</li> <li><input type="checkbox"/> Already on Therapeutic Anticoagulation</li> <li><input type="checkbox"/> Other(specify)_____</li> </ul>	<p><input type="checkbox"/> Mechanical prophylaxis with sequential compression device. Interrupt for skin care, assessments, toileting and ambulation only  <b>*OR*</b>  <input type="checkbox"/> Contraindicated (peripheral vascular disease or wounds)          Reassess daily to start pharmacologic prophylaxis when contraindication resolves  <b>*OR*</b>  <input type="checkbox"/> No further intervention indicated.</p> <p>Reassess daily to start pharmacologic prophylaxis when contraindication resolves</p>



## Protocol Implementation

- Engage physician services, program by program
- Ideally protocol is embedded in MD service PPO
- In some cases a regional stand alone PPO can be helpful
- Start with high volume and high risk populations
  
- PPO can streamline their work and improve the quality of care they provide.



## 7) Performance tracking



“You need to know where you are in order to know where you are going”



## Why Audit ?

- Identify gaps between evidence and practice
- Provide data to analyze and improve care process
- Provide feedback to front line care providers
- **Drive change in practice**



## Typical VTE Measures

- Process
  - PPO Use
  - Mechanical prophylaxis use
  - **Appropriate VTE Prophylaxis**
- Outcome
  - Hospital Acquired VTE
  - Potentially Preventable VTE
  - Mortality
- Balance
  - Clinically relevant bleeding



# CCM process measure

## % of adult patients receiving appropriate VTE prophylaxis

- ‘Appropriate’ as defined by 2008 ACCP Guidelines
- Process measure that is the sum result of multiple care processes
- Improvement linked to better patient outcomes



# Audit Methodology – CCM report

Prospective chart review (patient still on unit)

- Advantages:
  - Snapshot in time capturing composite of all care processes
  - Ability to see rapid results for QI efforts – PDSA cycles
  - Engages and motivates staff
  - Allows for rapid patient intervention (measurevention)
  - Associated with increasing prophylaxis rates to 98%<sup>1</sup>

1. Maynard GA, Morris TA, Jenkins IH, Stone S, et al. Optimizing prevention of hospital-acquired venous thromboembolism (VTE): Prospective validation of a VTE risk assessment model. J Hosp Med 2010;5:10-18.

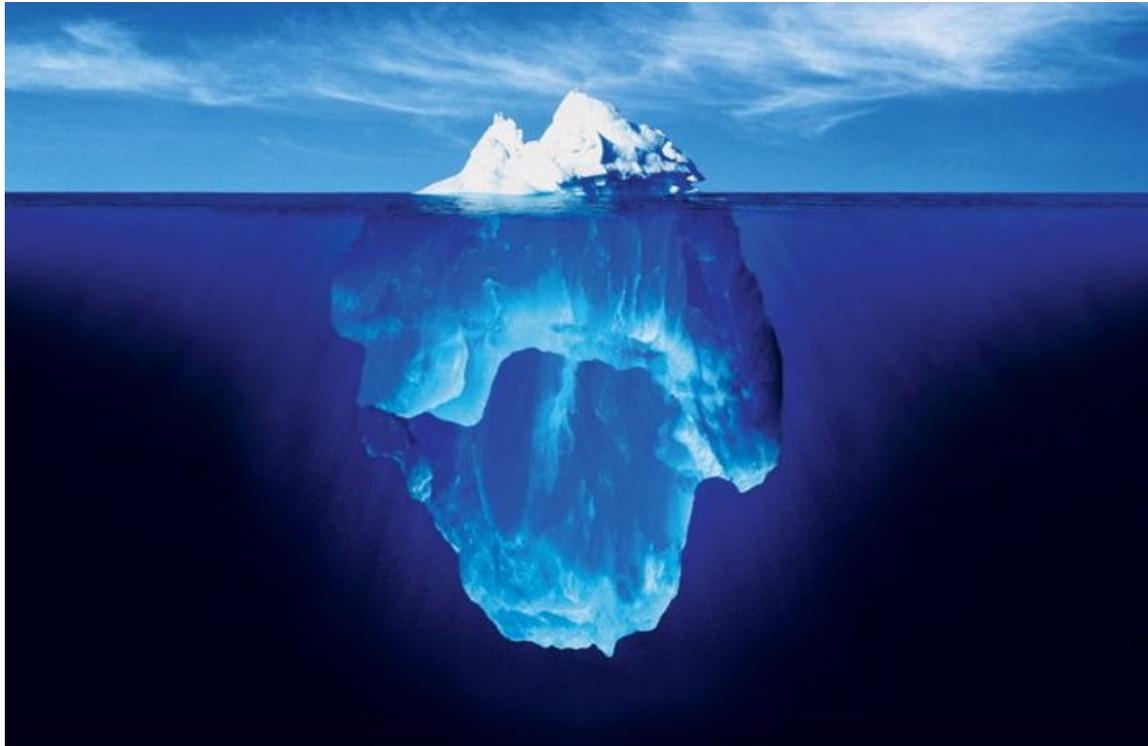


## Sampling strategy – ccm report

- Less than 100 bed hospitals – 100%/period
- Greater than 100 bed hospitals – 100 charts/period
- Stratified by
  - Medical, surgical, critical care patients
  - proportionate distribution – try to remain consistent period to period
- Exclusions:
  - < 17 years, length of stay < 2 days, patients on ‘comfort care’, obstetrical, long-term care beds



## The CCM report is only a small part of a successful improvement strategy





## Who can do the audit ?

- Nurses, pharmacists, pharmacy students, physicians, medical students, research or QI personnel, other health workers
- **Engage front line it can be instructive, motivational and sustainable**



## Audit tool

- Mirror VTE protocol
- Provides decision support
- Consistent with regional policy or evidence based guidelines



© Andy Nortnik \* [www.ClipartOf.com/16046](http://www.ClipartOf.com/16046)



## Audit Outline

- Does the patient meet exclusion criteria?
- Is the patient low risk for VTE?
- Does the patient have a contraindication to pharmacologic prophylaxis?
- Does the patient meet exclusion criteria for mechanical prophylaxis ?
- Is the patient on appropriate pharmacologic prophylaxis or is mechanical prophylaxis being used properly ?



<input type="checkbox"/> <b>Low Risk</b> (Must be independently ambulatory outside of room 3 times daily) Observation patients, expected LOS less than 48 hrs: Minor/Ambulatory surgery or Age less than 50 and <b>NO other risk factors</b> , or already on therapeutic anticoagulation	<input type="checkbox"/> Early ambulation, education
<input type="checkbox"/> <b>Moderate to High Risk</b> Most medical or surgical patients CHF, pneumonia, active inflammation, advanced age, dehydration, varicose veins, less than fully and independently ambulatory, and other risk factors. All patients not in the Low or Highest Risk Categories <input type="checkbox"/> Add Serial Compression Device for Highest Risk Patients (Elective hip or knee arthroplasty, Multiple Trauma, Abdominal or Pelvic surgery for cancer, Acute spinal cord injury)	CHOOSE ONE pharmacologic option: <input type="checkbox"/> LMH (DALTEPARIN 5000 units OR ENOXAPARIN 40MG SC q24h) until discharge <b>*OR*</b> If weight less than 40 kg (except patients with active cancer or previous thromboembolic event): <input type="checkbox"/> LMWH (DALTEPARIN 2500 units SC OR ENOXAPARIN 30 mg q24h) until discharge <input type="checkbox"/> <b>*OR*</b> <b>If GFR Less than 10ml/min</b> <input type="checkbox"/> HEPARIN 5000 units subcutaneous q12h until discharge
<input type="checkbox"/> <b>Contraindication to Pharmacologic Prophylaxis</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Active bleeding of clinical significance</li> <li><input type="checkbox"/> High risk of serious bleeding into a critical site (intracranial, intraspinal, pericardial, intraocular, retroperitoneal, intra-articular)</li> <li><input type="checkbox"/> Known major bleeding disorder or a coagulopathy</li> <li><input type="checkbox"/> Platelet count less than 50 X 10<sup>9</sup>/L</li> <li><input type="checkbox"/> History of Heparin Induced Thrombocytopenia</li> <li><input type="checkbox"/> Already on Therapeutic Anticoagulation</li> <li><input type="checkbox"/> Other (specify) _____</li> </ul>	<input type="checkbox"/> Mechanical prophylaxis with sequential compression device. Interrupt for skin care, assessments, toileting and ambulation only Reassess daily to start pharmacologic prophylaxis when contraindication resolves <b>*OR*</b> <input type="checkbox"/> Contraindicated (peripheral vascular disease or wounds) Reassess daily to start pharmacologic prophylaxis when contraindication resolves <b>*OR*</b> <input type="checkbox"/> No further intervention indicated

Pre-printed Admission Order Set Used

Y N

Pharmacologic Prophylaxis Currently Ordered

Y N

Mechanical Prophylaxis Ordered

Y N

Mechanical Prophylaxis in Use at Time of Audit

Y N

**Current Prophylaxis is Appropriate (as per risk assessment tool)**

Y N





**VTE Prophylaxis Audit Data Collection Form**

Site: \_\_\_\_\_  
 Unit: \_\_\_\_\_  
 Unit Description: \_\_\_\_\_  
 Primary Unit: \_\_\_\_\_  
 Month/Year of Audit: \_\_\_\_\_

*We recommend **NOT** using actual Patient ID numbers. Please review explanations and definitions on reverse of form*

*Please answer 1 and 2 if no Mechanical prophylaxis;  
 Please answer 1-3 if no Pharmacologic or Mechanical prophylaxis*

Patient ID	Pharmacologic Prophylaxis?	Mechanical Prophylaxis?	1. Low Risk?	2. Pharmacologic Contraindication?	3. Mechanical Contraindication?	Category	Adequate Prophylaxis?
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							



## Definitions & Explanations

### Categories:

Green = on pharmacologic alone or with mechanical

Yellow = on Mechanical only

Red = on nothing

### Low risk:

Is the patient low risk?

- Ambulating Independently with 0-1 Risk Factors
- Expected LOS <48 hours
- Minor Surgery with NO Risk Factors

### Pharmacologic Contraindicated:

Does patient have any obvious contraindication to pharmacologic prophylaxis?

- Does patient have any obvious contraindication to pharmacologic prophylaxis?

Active hemorrhage now or within last 3 days

Post operative bleeding concerns (within 24 hours for most surgeries; within 48 hours of transplant surgery or major trauma)

Platelet count under 50,000: INR > 1.8 : Known bleeding disorder: Hgb < 8.0

Concern over CNS bleeding (brain or spinal cord surgery in last week, recent intracranial hemorrhage, proximity in time to epidural insertion or removal, for example)

Hypertensive urgency / emergency

Comfort care only patient

### Mechanical Contraindicated:

Does patient have any obvious contraindication to mechanical prophylaxis?

Does patient have any obvious contraindication to mechanical prophylaxis?

Documented refusal

Peripheral arterial disease / ischemia of the lower extremities

Open wounds / ulcerations of both lower extremities

Other

### Adequate Prophylaxis:

A patient has "adequate VTE Prophylaxis" if they are:  
Green

OR Yellow AND Question 1 response is "yes" OR if Question 1 reply is "no" AND Question 2 is "yes"

OR Red AND Question 1 response is "yes" OR if Question 1 reply is "no" AND BOTH Question 2 and 3 are "yes"

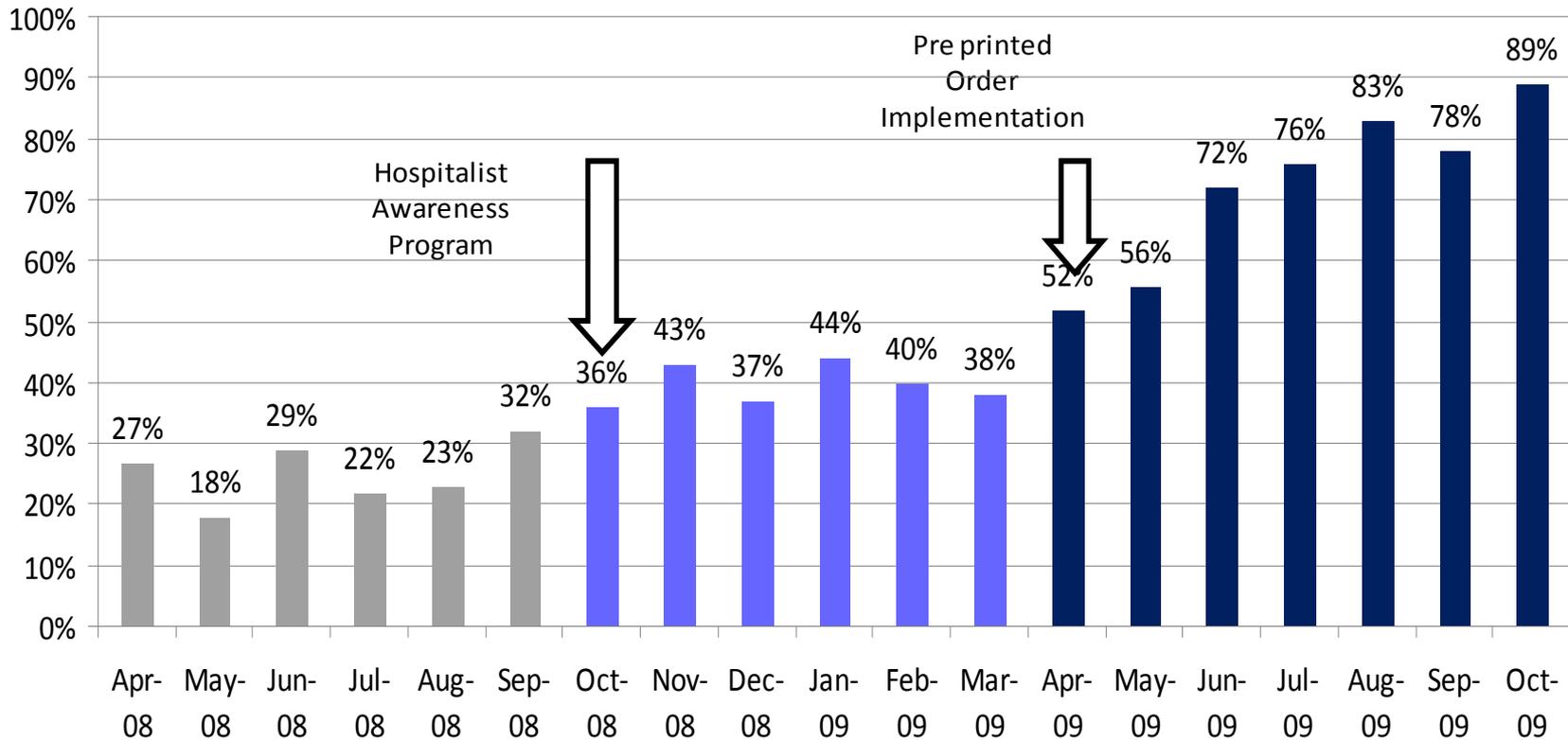


## Dissemination

- For audit results to drive change they must be shared with stakeholders
  - Break data down by hospital, service, ward
  - Discuss results with medical directors, front line nursing, hospital administration...draw conclusions and target your message.
  - Consider posting results on the wards, web site, newsletter
  - Use run charts to show historical performance and incremental improvement



## VTE Prophylaxis Compliance %



**Compliance rate increased from a baseline of 27% to 89%**



**.....but timely mentoring can make the real life experience go a lot more smoothly.**

# VTE Virtual Learning Series:

Dec 1 10-11am:

**Preventing VTE: Evidence and Execution**

Jan 17 2-3pm:

**Preventing VTE: Implementation and Auditing Strategies**

Feb 14 1:30-2:30pm:

**ROPs for VTE: Educating Nurses and Caregivers**

# Quality Improvement Resources:

<http://www.impactbc.ca/>



collaboration  
innovation

community teamwork  
patient centered  
quality improvement knowledge sharing



+1 2 Tweet 1 Like 2 Send

Clinical Care Management (CCM)

Care of Critically Ill Patients

Hand Hygiene

Heart Failure

Medication Reconciliation

Sepsis

Stroke & TIA

Surgical Checklist

Surgical Site Infections

Venous Thromboembolism (VTE)

Contacts



## venous thromboembolism - VTE

measurements guidelines meetings/events resources

### Our Challenge

Venous thromboembolism (VTE) is a disorder that includes deep vein thrombosis and pulmonary embolism, and is one of the most common preventable complications from hospitalization. Patients who develop deep vein thrombosis can experience pain, swelling, and extreme discomfort. Pulmonary embolism can lead to shortness of breath, chest pain, and death. The majority of hospitalized patients are at risk for developing VTE.

VTE is **preventable**. Establishing methods to provide appropriate thromboprophylaxis to patients based on standardized risk assessments is a safe, cost-effective and efficacious way to prevent VTE in nearly all patient groups.

Providing appropriate thromboprophylaxis for all patients may prevent the pain and discomfort of a thrombus, prevent complications that can extend hospital stays, and even save a life. Our aim is to provide every hospitalized patient in BC with appropriate thromboprophylaxis to help eliminate the incidence of preventable VTE.

Join with us in achieving this goal within your own region, hospital, or unit.

