

Venous Thromboembolism

A Nurse's Guide to Prevention and Management

Ellen Welch

Contents

Contributors	vii
Preface	ix
Acknowledgements	xi
Chapter 1 What is VTE?	1
An Introduction	1
The Scale of the Problem	4
A Timeline of Our Understanding	8
Chapter 2 Pathophysiology	21
Anatomy of the Lower Limb Veins	21
Virchow's Triad	25
Venous Thrombus Formation	27
The Coagulation Pathway	32
Chapter 3 Risk Factors	41
Introduction	41
Risk Assessment	42
Risk Factors	44
Chapter 4 Prophylaxis	69
Evidence for Prevention	69
Methods of Prophylaxis	74
Consensus Guideline Recommendations	77
Chapter 5 Deep Vein Thrombosis	89
Signs and Symptoms	90
Differential Diagnosis	95
Investigations	99
Treatment	108
Upper Extremity DVT	111
Thrombosis in Children	115

Chapter 6	Pulmonary Embolism	125
	Signs and Symptoms	126
	Investigations	128
	Treatment	139
Chapter 7	Pharmacological Management of VTE	151
	Introduction	151
	Vitamin K Antagonists	152
	Unfractionated Heparin	175
	Low Molecular Weight Heparin	180
	Newer Anticoagulants	185
Chapter 8	Nursing Interventions	195
	<i>Written by Lynda Bonner</i>	
	Practical Thromboprophylaxis	196
	Implementation	207
	Informing the Patient	224
Appendices		229
Glossary		241
Index		251