



UW Medicine

## 预防血栓

在住院期间

在华大医学院 UW Medicine、我们尽最大的努力防止患者患血栓。这份讲义为您解释医疗服务提供者是采取那些措施来防止血液凝块。

### 什么是深静脉血栓（DVT）？

深静脉血栓(DVT)是一种血液凝块、形成于身体的某一条静脉。大多数深静脉血栓(DVT)是在腿上即膝盖上形成。

#### 与 DVT 相关的健康问题

包括肺栓塞(肺部血液凝块)及静脉血栓栓塞(血块的医学术语)。

### 导致深静脉血栓（DVT）的原因？

深静脉血栓(DVT)可能是因为：

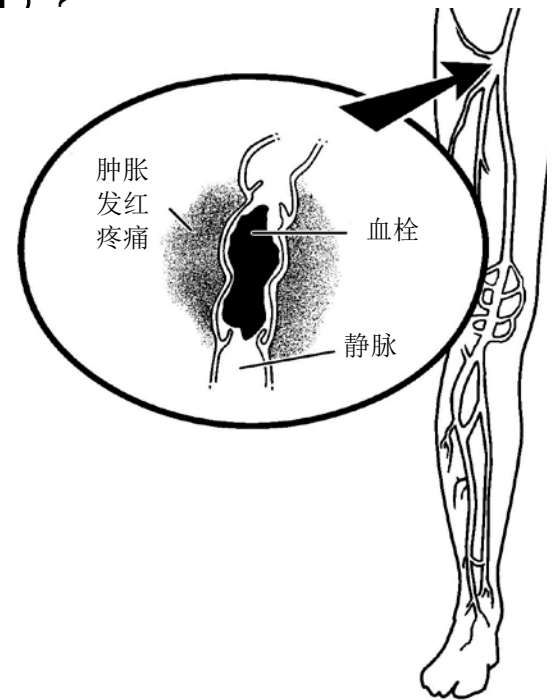
- 手术或受伤后因为在医院或在家卧床长久不活动
- 在长途乘车或飞机旅行后

某些疾病或服用会增加血液凝块风险的药物都可以增加导致深静脉血栓(DVT)的风险。但深静脉血栓(DVT)也可能在没有明确原因的情况下产生。

### 深静脉血栓（DVT）有何症状？

深静脉血栓(DVT)经常是发生在腿部或手臂。一般最常见的症状是：

- 肿胀
- 疼痛或触痛
- 发红或您的肤色有异色



此绘图显示一个在腿部的血栓。

## 为什么防止血栓很重要？

我们很重视预防深静脉血栓(DVT)。因为：

- 深静脉血栓 (DVT) 常见于接受过手术或住院不常移动的患者。
- 深静脉血栓 (DVT) 可导致疼痛、并可能增加将来再次出现血栓的风险。
- 深静脉血栓 (DVT)形成时、就需要额外的治疗、可延长您住院的时间。
- 如不即刻治疗、在腿部的深静脉血栓 (DVT)可能会分裂而移动到身体的其他部位。转移到肺部的血凝块称为肺栓塞 (PE)。这种类型的凝块可能会危及生命、因为它会切断肺部的血液供应。

## 医护人员如何预防血凝块？

如您在医院住了很长的时间、或者您在手术后住院、您的医护人员将使用一种或多种方法来防止血凝块。这些措施包括：

### 稀释血液的药物

可能给您服用预防血栓的药物。这种药可能是：

- 在皮肤下注射 - 常见的注射药物有肝素 (*heparin*) 及依诺肝素 (*enoxaparin*, 商标为 Lovenox)。
- 以药片的形式、每天服用 1 至 2 次 - 常见类型有华法林(*warfarin*, Coumadin)、阿哌沙班 (*apixaban*, Eliquis)及里瓦罗沙班(*rivaroxaban*, Xarello)。

### 压缩套

压缩套 (SCDs)是套在您腿上的套子。有时您会感到压缩套 (SCD) 充气、然后放气。它模仿了行走时的动作、有助于防止血液凝块。

如您在华大医疗中心做手术、就会将它套在您的腿上并在您进入手术室之前开启。



压缩套 (SCDs)是一个腿套、不时会充气、放气。

## 步行

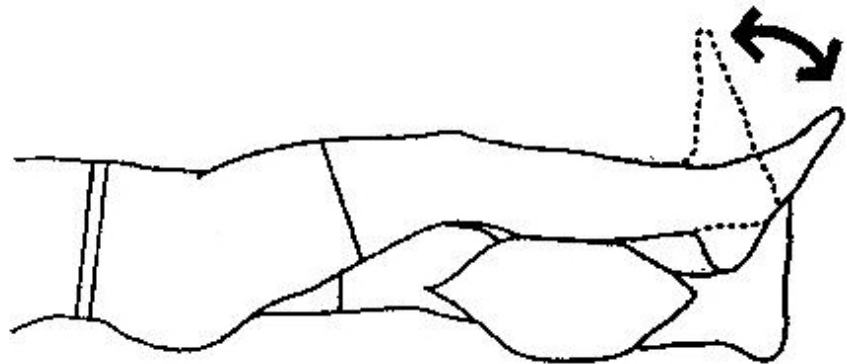
手术后不久就行走可以帮助预防血栓。但是、当您在医院期间、单靠行走还是不足以防止血栓。最好是您可以行走、同时也使用其他方法来预防血栓、如穿着压缩套 (SCDs) 或服用血液稀释药物。

请咨询您的医生或护士、您是使用何种方法来预防血栓。

## 您可以做些什么来预防血栓？

您是护理团队的重要成员。以下是您可以采取的措施、以帮助预防血栓：

- 如您有任何深静脉血栓 (DVT-请参看第 1 页) 的症状、请即刻告诉您的护士或医生。
- 服用医生为您开的血液稀释药物。
- 无论何时在床上或坐在椅子上、都要套压缩套 (SCDs)。
- 尽快起床、尽快在走廊上走走。
- 在您起床之前、先请人帮您取下压缩套 (SCDs)。
- 如为您设定了 *患者跌倒预防 (fall precautions)* 措施、在起床前先请帮助。
- 在您醒着的时候、每小时做 10 次简单的锻炼 (见下图)：
  - 将您的脚趾指向床尾
  - 再将您的脚趾指向您的头抬



在床上时做这简单的锻炼有助于预防深静脉血栓 (DVT) 形成。

## 您有疑问吗？

我们很重视您的提问。有疑问或顾虑时、请联系您的医生、或医护人员。

## Preventing Blood Clots

*While you are in the hospital*

At UW Medicine, we do our best to keep patients from getting blood clots. This handout explains what your healthcare providers will do to keep you from getting a blood clot.

### What is a DVT?

A deep vein thrombosis (DVT) is a blood clot that forms in one of the veins of the body. Most DVTs form in the legs, either above or below the knee.

**Health problems linked** with DVTs include *pulmonary embolisms* (blood clots in the lungs) and *venous thromboembolism* (a medical term for blood clots).

### What causes a DVT?

DVTs can occur:

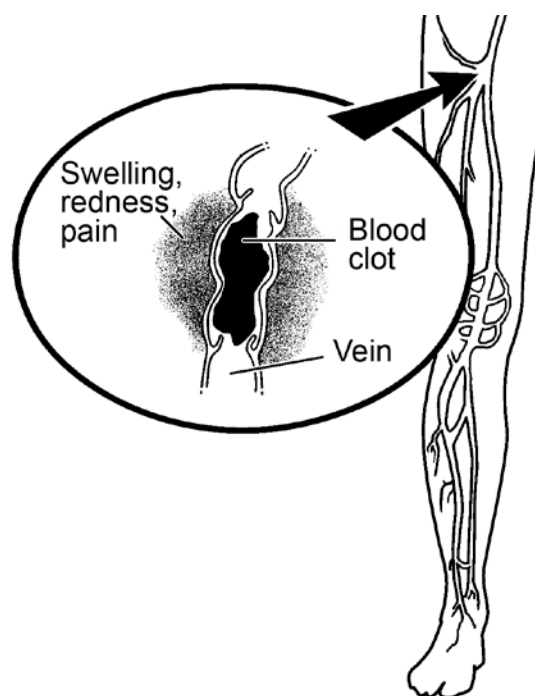
- After surgery or an injury
- From being inactive for a long time when in the hospital or bedridden
- After long trips in a car or plane

The risk of getting a DVT can be increased by some diseases or by taking medicines that increase the risk of blood clotting. DVTs may also occur without a clear cause.

### What are the signs of DVT?

DVT most often occurs in a leg or arm. The most common signs include:

- Swelling
- Pain or tenderness
- Redness or odd coloring in your skin



*This drawing shows a DVT in a leg vein.*

## Why is it important to prevent blood clots?

We take preventing DVTs very seriously. This is because:

- DVTs are common in patients who have had surgery or are in the hospital and cannot move very much.
- DVTs can cause pain and can increase the risk of getting another blood clot in the future.
- When DVTs occur, extra treatment is needed, which can make your stay in the hospital longer.
- If a DVT is not treated right away, clots in the legs can break apart and travel to other parts of the body. A blood clot that travels to the lungs is called a *pulmonary embolism* (PE). This type of clot can be life-threatening because it cuts off the blood supply to the lungs.

## How do healthcare providers help prevent blood clots?

If you are in the hospital for a long time, or if you are admitted to the hospital after surgery, your healthcare providers will use one or more methods to prevent blood clots. These include:

### Blood-thinning Medicines

You may receive medicine to prevent blood clots. This medicine may be:

- Given as an injection under your skin – common injectable medicines are *heparin* and *enoxaparin* (brand name Lovenox)
- Taken as a pill 1 to 2 times a day – common types are warfarin (Coumadin), apixaban (Eliquis), and rivaroxaban (Xarelto)

### Sequential Compression Devices

*Sequential compression devices* (SCDs) are wraps that are put around your legs. From time to time, you will feel the SCDs inflate with air, then deflate. This imitates the action of walking and helps prevent blood clots.

If you are having surgery at UWMC, these wraps will be put on your legs and turned on before you go into the operating room.



SCDs are leg wraps that inflate with air from time to time.

## Walking

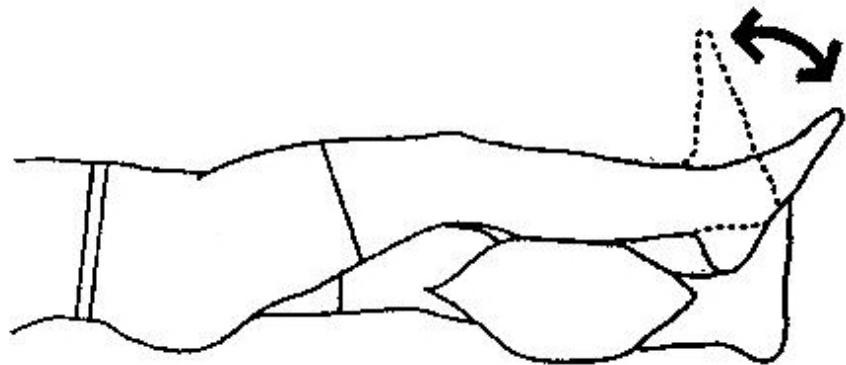
Walking soon after surgery can help prevent blood clots. But, walking by itself is not enough to prevent a blood clot when you are in the hospital. It is best if you can walk while also using other ways of preventing blood clots, such as wearing SCDs or taking blood-thinning medicines.

**Ask your doctor or nurse what method to prevent blood clots is being used for you.**

## What can you do to prevent blood clots?

You are an important member of your care team. Here are things you can do to help prevent blood clots:

- **If you have any signs of DVT (see page 1), tell your nurse or doctor right away.**
- Take any blood-thinning medicine that has been ordered for you.
- Wear your SCDs any time you are in bed or up in a chair.
- Get out of bed and walk in the halls as soon and as much as you can.
- Before you get out of bed, ask for help removing your SCDs.
- If you are on *fall precautions*, ask for help before you get out of bed.
- Do this simple exercises 10 times every hour while you are awake (see drawing below):
  - Point your toes toward the end of the bed
  - Then point your toes up toward your head



*Do this simple exercise while you are in bed to help prevent DVTs.*

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.