

预防血栓

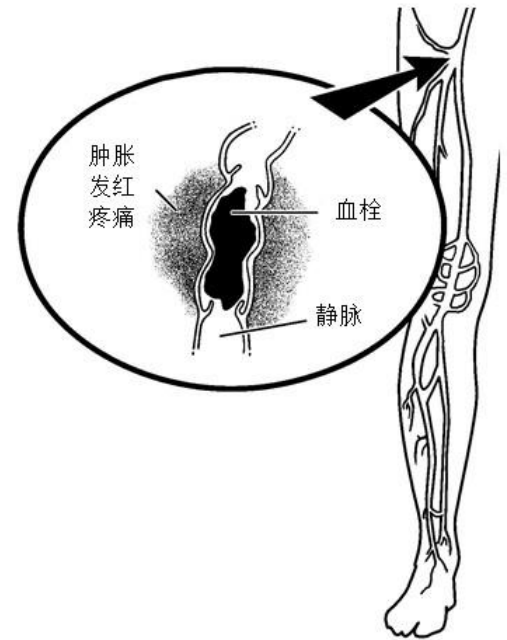
— 在住院期间

在华大医学 UW Medicine, 我们尽最大的努力防止患者得血栓。这份讲义为您解释医疗服务提供者采取哪些措施来防止产生血栓。

什么是深静脉血栓 (DVT) ?

深静脉血栓(DVT)是一种血液凝块(血栓), 形成于身体的某一条静脉里。大多数 DVT 是在腿上, 在膝盖的上部或下部形成。

与 DVT 相关的健康问题包括肺栓塞 *pulmonary embolisms* (血栓导致肺部血栓栓塞)及静脉血栓栓塞 *thromboembolism* (血栓的医学术语)。



此绘图显示一个在腿部的血栓

导致深静脉血栓 (DVT) 的原因?

深静脉血栓(DVT)的形成可能是因为:

- 经历手术或受伤后
- 在医院或在家长久卧床而不活动
- 长途乘车或飞机旅行

某些疾病或药物服用会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) 有何迹象?

深静脉血栓(DVT)经常发生在腿部或手臂。一般最常见的迹象是:

- 肿胀
- 疼痛
- 压痛, 触痛

为什么防止血栓很重要?

我们很重视防止深静脉血栓 (DVT)。因为:

- 深静脉血栓 (DVT) 常见于接受过手术或住院的、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) 如果出现了, 就需要额外的治疗, 这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) 可能会脱落而移动到身体的其他部位。移动到肺部的血凝块造成肺栓塞 *pulmonary embolism* (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。

医疗服务提供者如何帮助防止血栓？

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栓。这些方法包括：

- **稀释血液的药物：**您可能接受预防血栓的药物。这些药物可能是：
 - 皮下注射药：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）及利伐沙班（rivaroxaban, Xarello）。
- **间歇性运行压缩套 Sequential Compression Devices:** 这种压缩套 (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，有助于防止血栓产生。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。
- **步行：**手术后不久就行走可以帮助防止血栓。但是、当您在医院期间，单靠行走还是不足以防止血栓。最好方法是，您行走的同时也使用其他方法来防止血栓、如带着压缩套 (SCDs) 或服用血液稀释药物。
- 请咨询您的医生或护士，您使用何种方法来防止血栓。

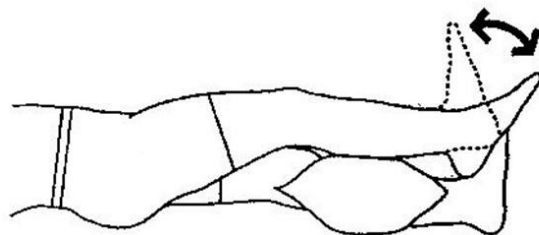


间歇性运行压缩套 (SCDs) 是一个腿套，不时会充气和放气。

您可以做些什么以防止血栓？

您是护理团队的重要成员，您可以采取以下措施防止血栓：

- 如您出现任何深静脉血栓(DVT) 的迹象（请参看第 1 页），请即刻告诉您的护士或医生。
- 服用医生为您开具的血液稀释药物。
- 在下床或离开椅子之前，先请人帮您解开您的压缩套 (SCDs)。
- 如果您被评估为“慎防跌倒患者 (fall precautions)”，起床时须请求帮助。
- 无论您是在床上还是坐在椅子上，请始终佩戴压缩套 (SCDs)。
- 尽早地、尽量多地起床在走廊上走走。
- 在您醒着的时候，做以下简单的锻炼，每小时做 10 次（见右图）：
 - 将脚趾指向床尾
 - 然后将脚趾指向您的头部



卧床时做这简单的锻炼，可防止深静脉血栓 (DVT) 形成。

有疑问吗？

您的提问至关重要。如有疑问或顾虑，请致电您的医生或医疗服务提供者。

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 DVTs?

DVTs can occur:

- After surgery or an injury
- From being inactive for a long time when in the hospital or stuck in bed
- 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 a DVT?

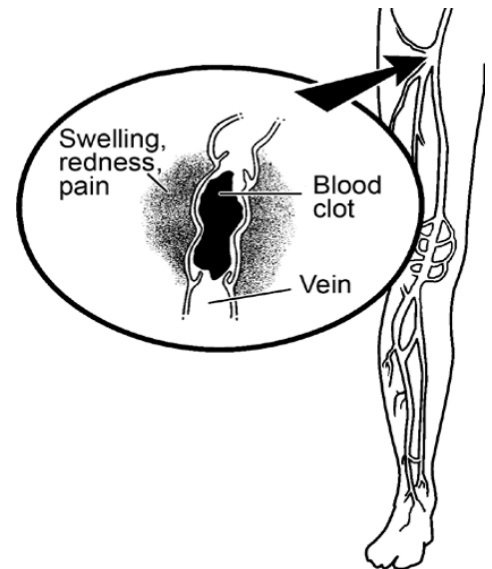
DVTs most often occurs in a leg or arm. The most common signs include:

- Swelling
- Pain
- Tenderness

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 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.



A DVT in a leg vein.



Scan for a
*digital copy of
this handout.*

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:



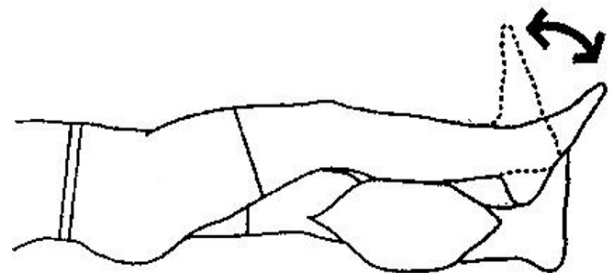
SCDs are leg wraps that inflate with air from time to time.

- **Blood-thinning Medicines:** You may receive medicine to prevent blood clots. This medicine may be:
 - Given as an injection. 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.
- **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 a DVT (see page 1), tell your nurse or doctor right away.
- Take any blood-thinning medicine that has been ordered for you.
- 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.
- 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.
- Do these simple exercises 10 times every hour while you are awake (see drawing to the right):
 - 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.