

# **Being Proactive in preventing VTE**

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# Declarations

I have received honoraria from BI, Roche Diagnostics, Bayer, BMS-Pfizer



# What this presentation covers

## VTE

- Background
- HAT
- E-thrombosis

# Elephant in the room

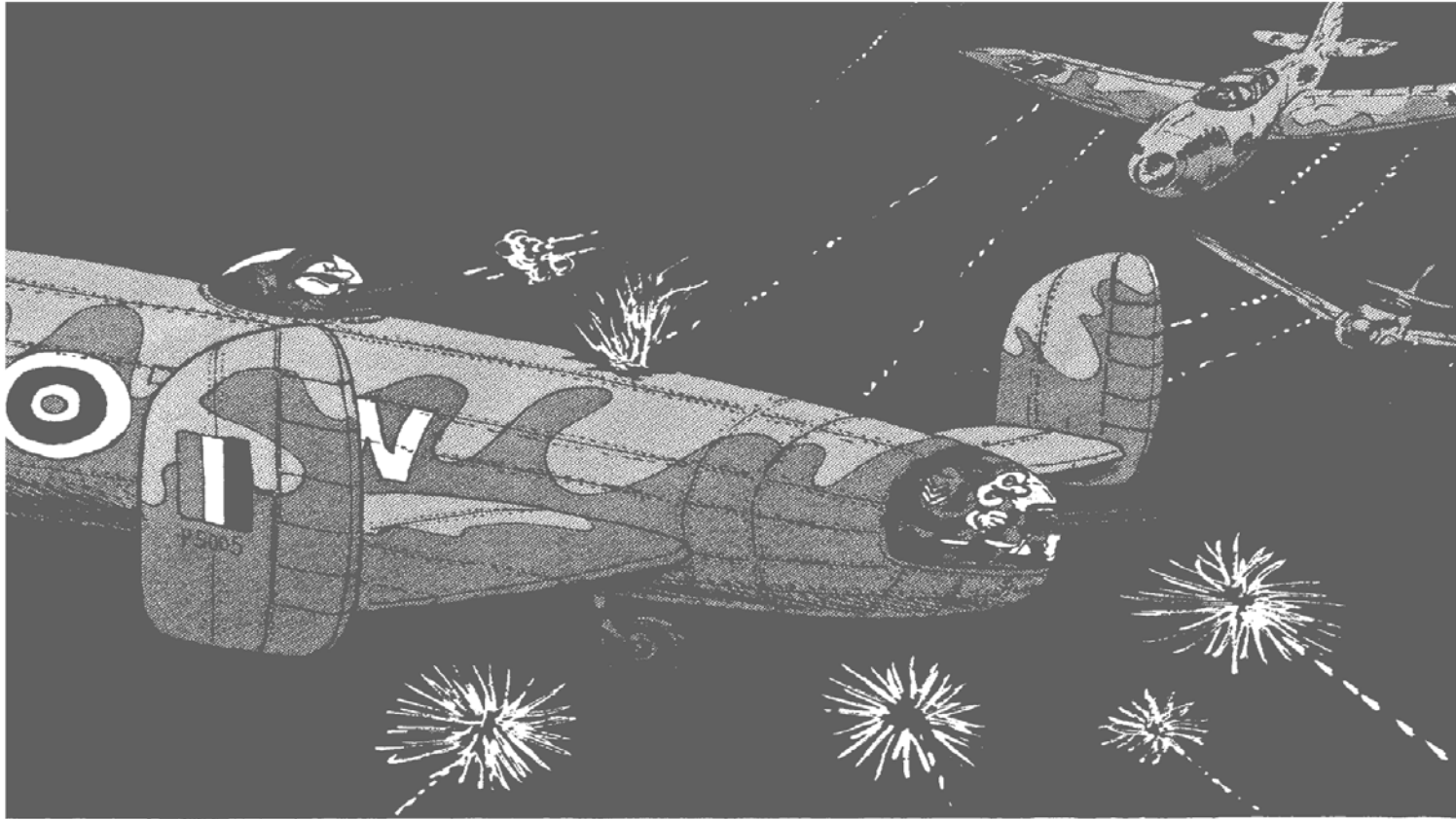


*"I'm right there in the room, and no one even acknowledges me."*

# VTE

- Comprises DVT and PE
- 3<sup>rd</sup> leading cause of cardiovascular mortality
- 25-60,000 deaths per year in UK
- 0.5 – 1 million deaths pa across Europe
- At least 50% due to hospital admission
- 1/20 lifetime incidence
- E-thrombosis

# VTE Risk

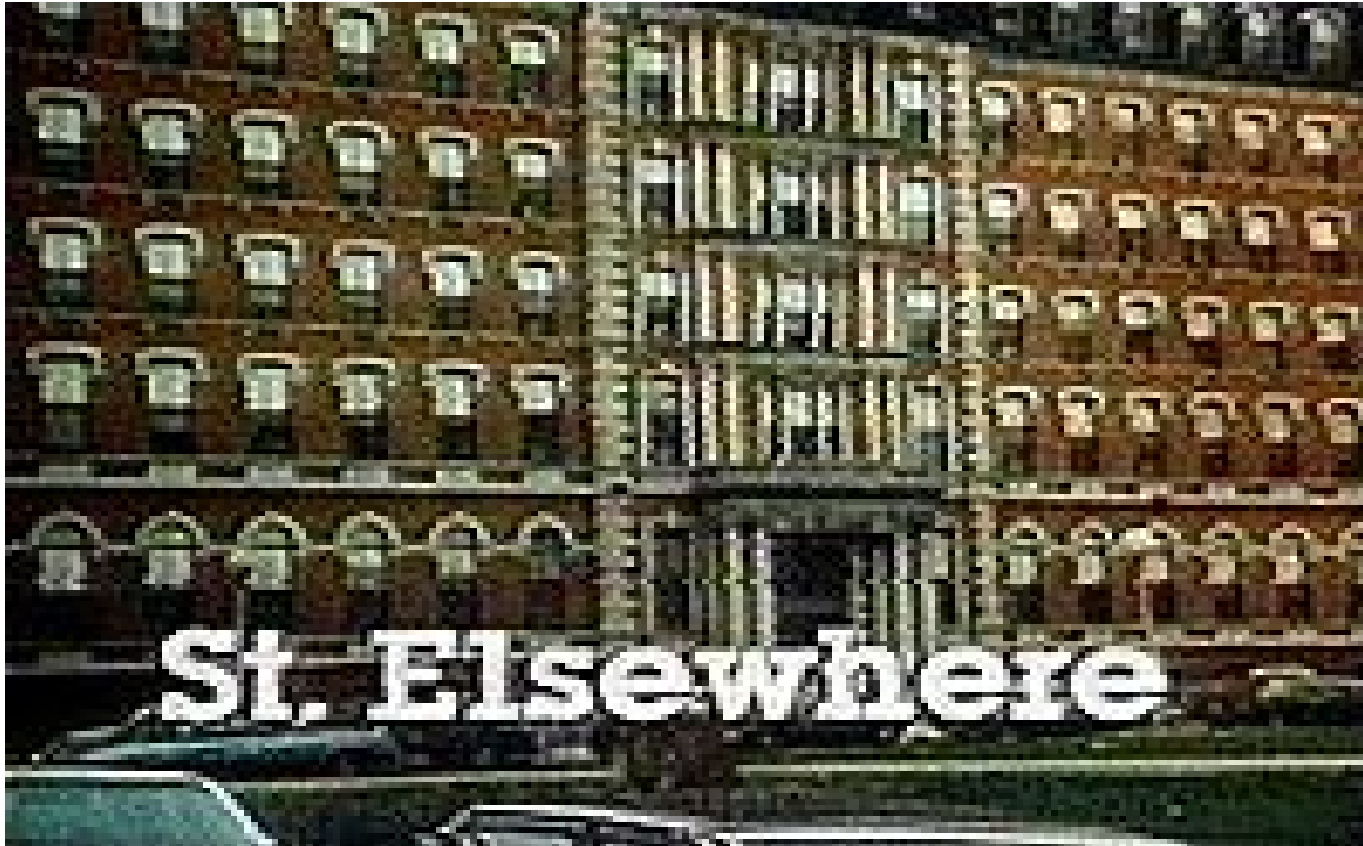


[www.thisislondon.com/b](http://www.thisislondon.com/b)

**“Of course what really scares me is the deep vein thrombosis risk”**



# VTE Risk

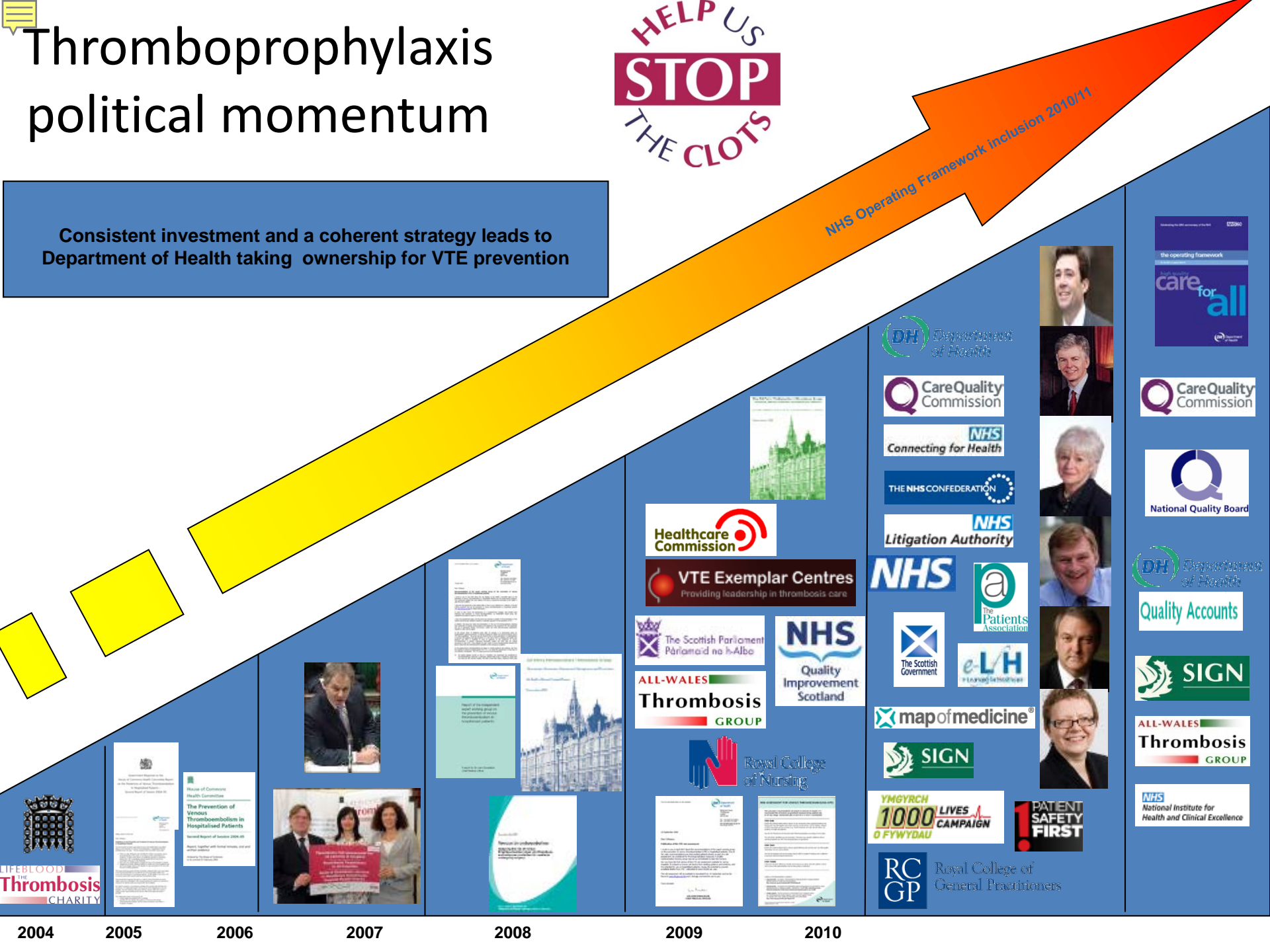


# Thromboprophylaxis political momentum

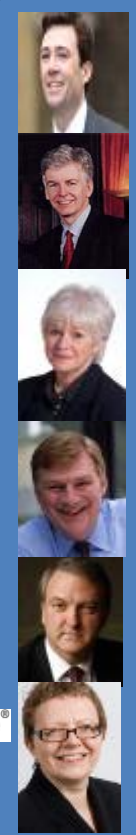
HELP US  
**STOP**  
THE CLOTS

Consistent investment and a coherent strategy leads to Department of Health taking ownership for VTE prevention

NHS Operating Framework inclusion 2010/11



2004      2005      2006      2007      2008      2009      2010





# Take home message

- Prevention is better than cure  
Role of primary care?  
Nursing/Care homes?

# E-thrombosis

- VTE and the Blitz
- Travellers Thrombosis
- E-thrombosis

# E-thrombosis

- Not New!
- First described 2003 – Beasley et al ERJ
  - 32 yo male
  - 4-6 week ho calf pain and SOB
  - DVT/PE
  - “sitting at his computer for 12 h per day and on occasions up to 18 h. He would typically sit for 1–2 h, and not infrequently as many as 6 h, without standing up from his workstation.”
- Reported in New Scientist

# E-thrombosis

- Gaming
  - [www.take-time-out.info](http://www.take-time-out.info)
  - 20 yo male died of a PE
  - Not inactive
  - Spent hours playing computer games
  - Worldwide

# E-thrombosis

- “Seated immobility syndrome”
- Humans designed to be mobile not sedentary
  - Restrained patients
  - Prayer
  - Size of the Problem?



# E-thrombosis

- Accumulating evidence
  - Nurse study- x2 increased risk of PE with immobility (2011)
  - Healy et al – x2.8 risk of VTE with immobility (2010)
  - How many people using computers/gaming?



# E-thrombosis - Prevention

- Take a break
  - “Take a break at least every 90 minutes, walk around and Hydrate!”
- Check position
  - Reduction in blood flow
  - Sat on legs, sat on one leg, lay with crossed ankles - X



# Best Gaming position?





# Conclusion

- **E-thrombosis definitely exists**
- **Scale not known**
- **Associated with immobility (PC/Gaming)**
- **Prevention is better than cure**
  - Take a Break
  - Check position
- **Future research?**
- [www.take-time-out.info](http://www.take-time-out.info)/[www.Thrombosisuk.org](http://www.Thrombosisuk.org)