

IMPROVING AWARENESS OF POST-THROMBOTIC SYNDROME

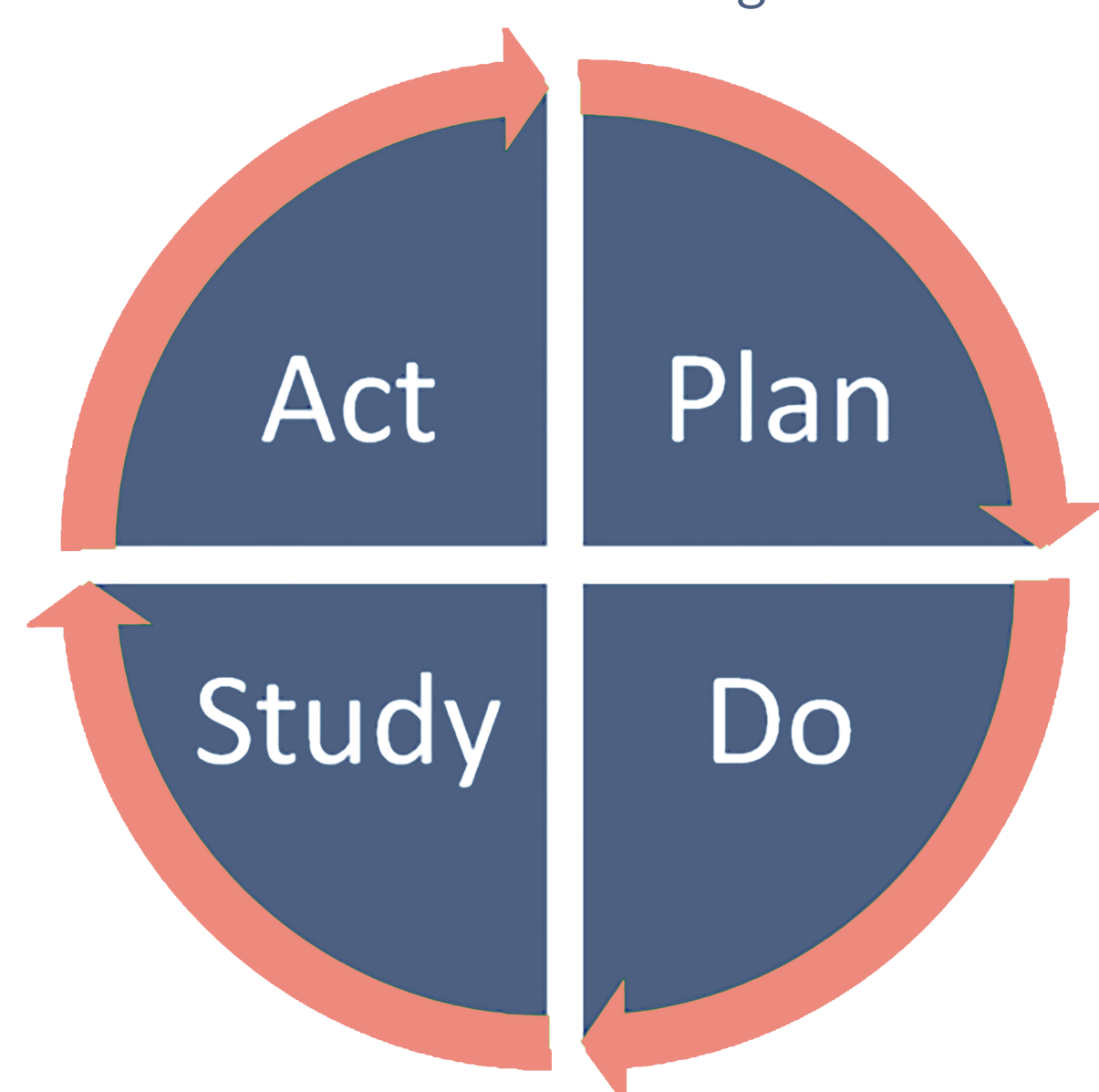
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BACKGROUND

Post-thrombotic syndrome (PTS) is the most frequent complication of deep vein thrombosis (DVT), occurring in 20-50% of cases (1). It results from persistent venous obstruction and leads to symptoms including pain, heaviness and swelling of the affected leg, skin changes, and, in severe cases, ulceration (2,3). Despite its prevalence, the presentation of PTS is often delayed, leading to debilitating symptoms and worse clinical outcomes. A potential lack of awareness of PTS amongst patients diagnosed with DVT had been recognised by the multi-disciplinary team at the OUH Haemophilia and Thrombosis Centre, and has informed the need for this QiP.

PLAN

The aim of this Quality Improvement Project is to improve awareness of PTS amongst patients diagnosed with DVT and doctors who manage their care.

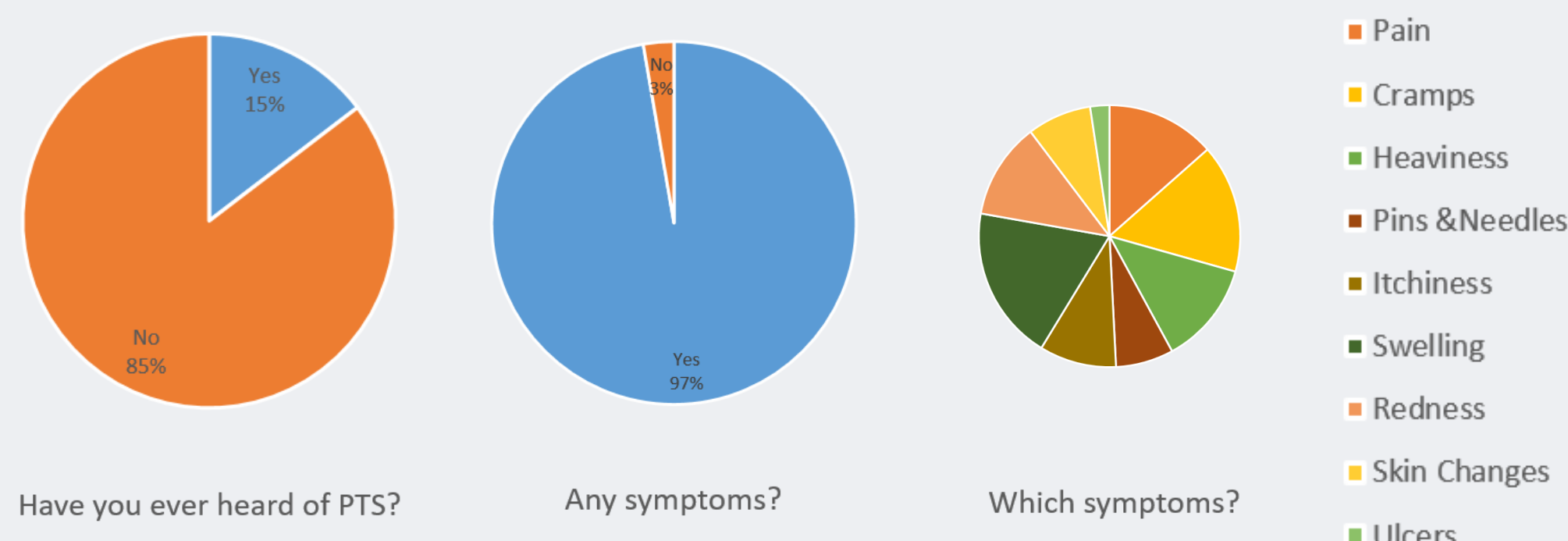


DO

To explore current patient awareness of PTS, we designed a questionnaire and distributed this to all patients at OUH with an ultrasound-confirmed DVT between August 2018 and January 2019, and patients attending the Haemophilia and Thrombosis Centre.

STUDY

We received responses to our questionnaire from 48 patients, across A&E (8 patients), AAU (6), inpatients (5), the Haemophilia and Thrombosis Centre (20), and other settings (9).



- 85% of patients questioned had never heard of PTS
- 97% of patients had had symptoms which could be attributed to PTS (commonest: swelling and cramps)
NB We note the overlap in symptoms between DVT and PTS, and that some of the reported symptoms may be due to DVT.

We questioned patients about their preferred form of receiving information about PTS. The most commonly selected option was a patient information leaflet.

ACT

Guided by patient preference, we elected to design a patient information leaflet to improve awareness of PTS. We worked with the Thrombosis MDT, including Specialist Nurse Practitioners and Consultants, to put together this leaflet, covering recognising the signs and symptoms of PTS and how to get help.

As well as the patient information leaflet, which will be published on the OUH website, we have created a brief paragraph of information to be added to the bottom of the Anticoagulation Medicines Information Leaflet, to refer doctors treating patients with DVT to the leaflet about PTS.

FUTURE DIRECTIONS

At the moment our QiP team is in the process of disseminating the patient information leaflets. Following this, we will re-assess the awareness of PTS in the same population group.

We will also arrange a teaching session on DVT and PTS for incoming Foundation Year 1 doctors at OUH, as part of their induction week.

REFERENCES

- (1) <http://www.bloodjournal.org/content/114/21/4624?sso-checked=true>
- (2) <https://www.thrombosisuk.org/admin/resources/downloads/thrombosisuk-pts-leaflet.pdf>
- (3) <https://www.nhs.uk/conditions/deep-vein-thrombosis-dvt/complications/>