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AN AUDIT INTO VENOUS THROMBOEMBOLISM (VTE) RISK ASSESSMENT. A POTENTIAL SILENT KILLER IN OLD AGE PSYCHIATRY.

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Introduction - It is estimated that 25,000 people in the UK die from preventable hospital-acquired venous thromboembolism (VTE) every year. Patients admitted to Old Age Psychiatric units clearly posses numerous risk factors relating to developing VTE.

Aim/Objective - The aim was to study inpatients admitted to the old age psychiatric unit and see if NICE and Department Of Health guidelines are being followed in relation to VTE (Venous thromboembolism) risk assessment and prophylaxis.

Methods – A prospective opportunistic sample of all the inpatients in the old age psychiatric unit during a 2 week period was audited. Standards were based on the NICE and Department Of Health guidelines.

Results – 13% of patients developed a deep vein thrombosis during the admission period audited. No patients had a VTE risk assessment completed on admission. Every patient had at least one risk factor for developing DVT (deep vein thromboembolism) due to being over 65 years old

93% had at least 2 risk factors and 63% had at least 3 risk factors. Despite this no patients were treated prophylactically with graded compression stockings or enoxaparin.

Conclusions – It was evident that VTE risk assessment and prophylaxis was not something that was being considered for patients admitted to the old age psychiatric inpatient unit. However due to the risk factors this group of patients possess it is something vitally important. As a consequence of presenting the audit across the trust a service change was recommended with a VTE risk assessment planned to be introduced across the trust.