Enhance Nurses’ knowledge of DVT

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Introduction
DVT is a major health concern in hospitalized patients and post-operative patients. DVT occurs in more than 20% of patients having major surgery. Existing literature has concentrated on pathophysiology, risk factors, signs and symptoms, assessment, diagnosis, investigations, preventions and nursing implications. However, no previous studies were identified locally in exploring nurses’ knowledge levels with regards to DVT.

Objectives
1. To enhance and share the knowledge of DVT for nurses in Surgical Department. 2. To promote the evidence-based practices so as to prevent DVT formation in post-operative patients. 3. To access knowledge through a variety of media.

Methodology
1. To conduct literature review on the topic of DVT including pathophysiology, risk factors, signs and symptoms, assessment, diagnosis, investigations, preventions and nursing implications. 2. Ten minutes sharing presentation was prepared in Nursing Journal Club in June 2013. Poster was displayed at an eye-catching area of each ward. Nurses within department were also invited via email or the nomination. It was held at noon on weekday. It was held in a conference room of a surgical ward. 3. A few risk factors were emphasized in the presentation. The risk factors include immobility, after major general surgery, Central venous catheter in-situ, intravenous drug use, especially if they inject into the femoral vein. These factors are closely related to post-operative patients. The clinical symptoms were also emphasized to participants. However, DVT will often show no signs or symptoms. Prevention of DVT in hospitalized patients is clinically important due to the risk of fatal pulmonary emboli and the long term implications of chronic venous insufficiency. Nurses take an active role in DVT prevention, nurses are reinforced to enrich the knowledge about the prevention. DVT prevention can be achieved mechanically and chemically. Nursing implications of thigh length stockings and below knee stockings were emphasized
such as the correct fitting and ongoing care of the elastic. 4. Surgical Nursing Journal Club Newsletter with total two pages was published in July 2014 and was distributed to all surgical wards. One page with the theme of “DVT” was reserved. Nurses were encouraged to update the relevant knowledge by reading the newsletter.

**Result**

Results 1. Department Operations Manager, act as a facilitator in the part of discussion after the presentation. Positive feedbacks were obtained verbally from both speaker and participants. 2. The Surgical Nursing Journal Club provides a platform for professional knowledge exchange. 3. By observation, nurses are more familiar with the preventive measures such as early post-operative ambulation, application of compression stockings. Conclusions In conclusions, enhancement of nurses’ knowledge in DVT is effective to prevent DVT in high risk patients.