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Deep Vein Thrombosis Prevention in Psychogeriatric Ward

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Introduction

Pulmonary thromboembolism induced by deep vein thrombosis (DVT) is one of causes of sudden death in patients in psychiatric hospital. Psychiatric patients, elderly in particular, bear multiple non-modifiable risk factors for DVT. DVT is not uncommon in psychiatric ward, and it is a preventable.

Therefore, prophylactic measures for high risk patients and early detection should be implemented. Frontline staff is the best person to detect early symptoms as they have direct care to patients daily. However, they may not have enough understanding of DVT to achieve early detection of this potentially lethal, but preventable disease.

Objectives

Promote the clinical importance and increase early detection of symptoms of DVT among frontline staff in psychogeriatric (PG) ward

Methodology

Questionnaire assessing the knowledge regarding DVT was administered to all the frontline staff, including patient care assistants (PCA) and nurses, before attending the training sessions for DVT. Causes, risk factors, symptoms of DVT and red flags that need to be reported were educated to HCA and nurses. Moreover, nursing interventions and wells criteria were promoted to nurses. Post-training test was given after the training sessions. Standard flowchart for DVT prevention was developed and promoted to all the clinical staff in psychogeriatric ward.

Result

All the PCA did not know any risk factors, symptoms or red flags for DVT. Only 20% of PCA staff understood that elderly patients are more prone to develop DVT and only 50% of them considered DVT can cause sudden death. Seventy percent of nursing staff can tell any risk factor or symptom of DVT. But only 44% of nursing staff knew the early symptoms of DVT.

All the frontline staff in PG ward completed the training session. All the PCA and nursing staff understand and answer all the questions about the risk factors,

symptoms and red flags of DVT after the training session. The training material was incorporated into the training kit for all the future PCA and nurses in PG ward. Regular refreshment training session is arranged for all the staff in PG team. Nursing interventions e.g. regular mobility training and restrain-avoiding practice is promoted. Physiotherapists provide preventive measures for DVT, encouraging mobility & physical activity, actively. Awareness of DVT prevention was promoted in PG ward. The frontline staff is capable to report early symptoms of DVT.