

»»» Your Call to Action ««« STEPS FOR EVERYONE TO PREVENT AND MANAGE THROMBOSIS

WORLD THROMBOSIS DAY
13 OCTOBER

»»» Patients, families and caregivers

- **Educate Yourself and Others:** Learn about the signs, symptoms, and risk factors of blood clots (deep vein thrombosis and pulmonary embolism) and share this knowledge with others in the community to raise awareness.
- **Engage with Healthcare Providers:** Encourage open dialogue with healthcare providers about risk factors for thrombosis, and specifically ask for a venous thromboembolism (VTE) risk assessment when at the hospital, especially before surgeries / during prolonged stays.
- **Advocate for Better Healthcare Practices:** Support and advocate for initiatives that promote better prevention, diagnosis, and treatment of thrombosis, both locally and globally, by participating in community events or engaging with local policymakers.
- **Promote Healthy Lifestyle Choices:** Engage in regular physical activity, maintain a healthy weight, and avoid prolonged immobility, which are key preventive measures to reduce the risk of thrombosis.
- **Use Social Media to Spread Awareness:** Participate in the World Thrombosis Day campaign on social media by sharing posts, using hashtags like #WorldThrombosisDay, and spreading awareness about thrombosis prevention and the importance of knowing the signs and symptoms.

»»» Healthcare teams

- **Prioritize VTE Risk Assessment:** Ensure that every patient undergoes a comprehensive VTE risk assessment upon admission, before surgery, and during prolonged hospital stays.
- **Provide Clear Prevention Information:** Educate patients and their families about the risk factors and preventive measures for thrombosis, including lifestyle changes, mobility exercises and the use of prophylactic medications when appropriate. Communicate clearly and consistently.
- **Enhance Diagnostic Accuracy:** Utilize the latest evidence-based guidelines and diagnostic tools to accurately identify and diagnose thrombosis early. Encourage interdisciplinary collaboration between departments to ensure timely and accurate diagnosis.
- **Improve Patient Education and Communication:** Engage in meaningful conversations with patients about their diagnosis, the importance of adhering to prescribed treatments, and the potential risks of non-compliance. Provide written materials and resources.
- **Focus on Treatment Follow-Up and Adherence:** Schedule regular follow-up appointments to monitor patients who have been treated for thrombosis. Work with patients to develop personalized care plans.

>>> Your Calls to Action <<<

MAKE A DIFFERENCE THIS WORLD THROMBOSIS DAY

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>>> Health systems / health management

- **Conduct Comprehensive System Reviews:** Regularly review and analyze system protocols related to thrombosis prevention, diagnosis, and treatment. Identify patterns in adverse events or near misses, and implement corrective actions to address gaps in care delivery, ensuring patient safety.
- **Standardize VTE Risk Assessment Protocols:** Develop and enforce standardized protocols for VTE risk assessment across the entire healthcare system. Ensure that these protocols are consistently applied in all areas of the hospital, from emergency departments to post-operative care, to reduce variability in patient care and improve outcomes.
- **Enhance Patient Safety Initiatives:** Integrate thrombosis prevention into broader patient safety initiatives. This includes making VTE prevention a core competency of patient safety rounds, staff training, and quality improvement projects.
- **Expand Educational Opportunities:** Offer workshops and programs on the latest thrombosis care practices, fostering interdisciplinary collaboration and excellence in VTE prevention and treatment.
- **Invest in Technology and Data Analytics:** Leverage technology to track VTE data, improve patient outcomes, and enhance prevention adherence through EHR prompts and decision support tools in clinical workflows.

>>> Policy makers

- **Integrate VTE Prevention into National Health Policies:** Mandate VTE risk assessments for all hospitalized patients, establishing national protocols to prioritize thrombosis care, leading to fewer complications and cost savings.
- **Invest in Public Health Campaigns and Education:** Launch nationwide campaigns and educational programs to increase awareness of thrombosis, reducing mortality rates and healthcare costs through earlier detection and treatment.
- **Support Research and Data Collection:** Fund research and establish national registries to track VTE cases, enabling informed policymaking and targeted interventions for better healthcare outcomes.
- **Promote Access to Quality Care and Medications:** Ensure access to diagnostic tools and affordable anticoagulants, particularly in low-resource settings, to reduce blood clots and healthcare costs by addressing care disparities.
- **Foster International Collaboration and Best Practices:** Partner with global health organizations to share resources and align national policies with international standards, enhancing the effectiveness of thrombosis prevention worldwide.