



## Case study: VTE

Venous Thromboembolism – or VTE – is when a blood clot forms in a vein and most commonly occurs in the deep veins of the legs, when it is known as deep venous thrombosis – or DVT.

The clot can be dislodged from the site of origin and travel through the body in the blood, such as to the lungs, where it can cause a pulmonary embolism. When this happens it can be fatal.

A significant proportion of VTE cases are related to hospital admissions and it is important to assess the risk of patients developing VTE and taking steps to avoid it happening, as well spotting it quickly and taking suitable action when it does arise. We aim to carry out risk assessments on 95% of patients and provide appropriate measures (known as thromboprophylaxis) to reduce the risk of developing VTE to at least 90% of patient and are consistently achieving these targets.

Over the last ten years we have done a great deal of work on VTE prevention, diagnosis and treatment, led by the North Bristol NHS Trust (NBT) Thrombosis Committee and in October 2017 we became the 26th trust nationally to be awarded VTE Exemplar status.

This followed a visit from Kings College London, which was the first VTE Exemplar Centre, where the team commended the work we have done at NBT. This included the active involvement of one of our patient panellists in the work.

We are now planning to build on this award and continue to improve our processes for identifying and preventing cases of VTE and keeping hospital-acquired thrombosis as low as possible.