



# Lessons learnt from cases of Venous thromboembolism in pregnancy and puerperium in a District General Hospital (DGH)

VBS. Rongali, S. Fatima, S. Nixon, D. Balachandran Nair

## Objective

- Venous thromboembolism (VTE) remains one of the leading causes of maternal mortality and morbidity.
- Hospital acquired thrombosis (HAT) is defined as any VTE within 90 days of hospital admission.
- Almost 50% of deaths from VTE are HAT events.
- We reviewed cases of VTE in pregnancy over a defined period to identify missed opportunities and describe our learning from these.

## Methodology

### Design

Retrospective review

### Period

14-months (April 2020 to May 2021)

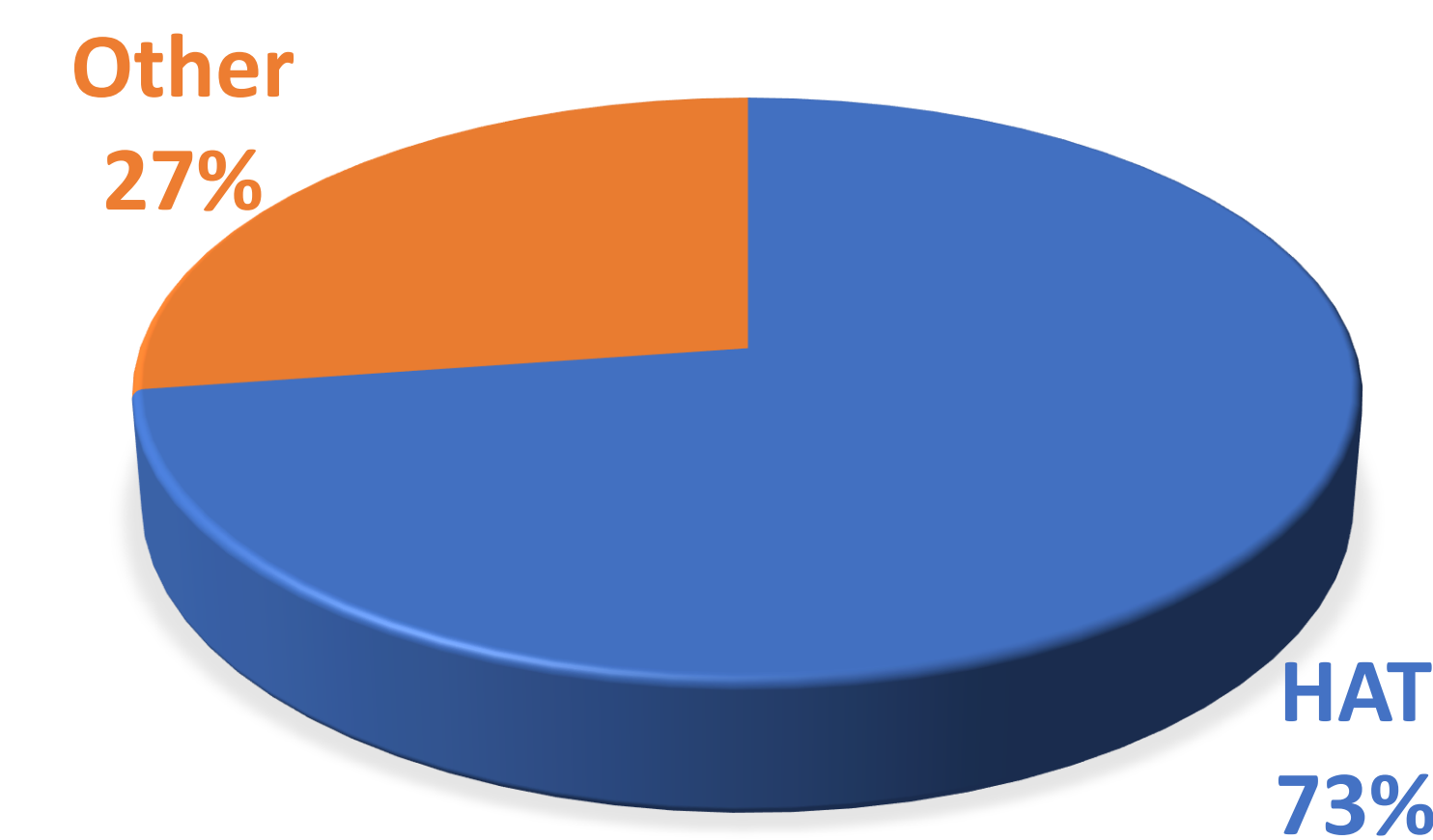
### Setting

Buckinghamshire healthcare NHS Trust (a DGH with an annual delivery rate of about 5500).

### Method

Data was obtained from the maternity dashboard and obstetric risk assessment database.

## Results



11 Cases of VTE were identified and reviewed.

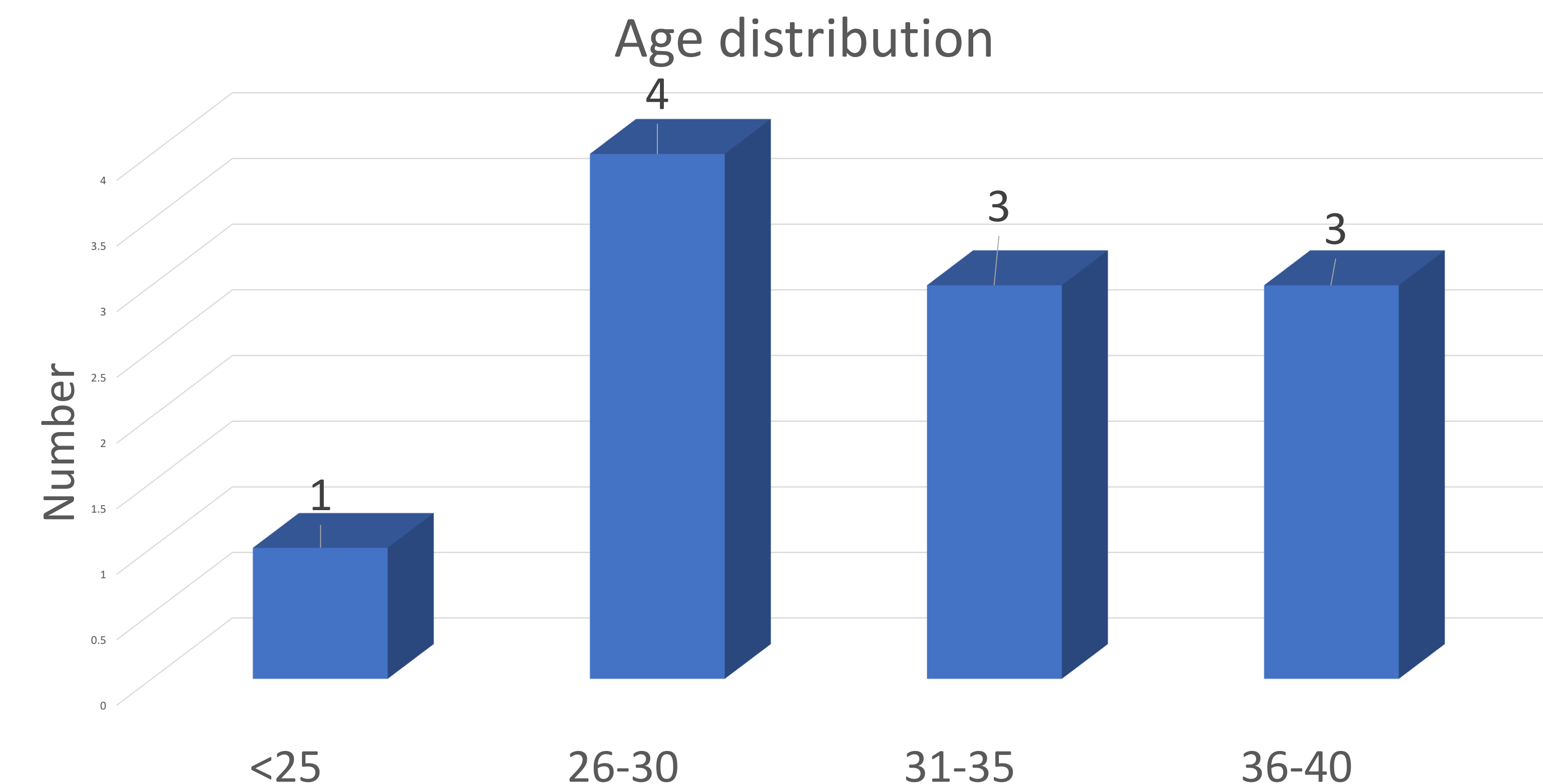
8/11 were HAT events, all of these were postnatal.

3 (27%) had BMI >30, 3 (27%) had a family history of thrombosis, 3 (27%) had smoking as a risk factor.

2/11 were COVID positive, both were postnatal.

90% presented as pulmonary embolism.

Over half of these cases (6/11) were deemed preventable.



## Key learning points identified

Incorrect VTE risk assessment (4/11) and delays in initiation of treatment

Suboptimal dose prescribed (2/11)

Patient non-compliance (2/11)

Covid a risk for VTE (2/11)

## Measures taken

- ✓ Intensified training of doctors and midwives (hospital and community).
- ✓ A short video was made elaborating on risk assessment and initiation of appropriate thromboprophylaxis.
- ✓ VTE champions were nominated at consultant, registrar and midwife levels.
- ✓ Patient education at booking.

## Conclusion

- Our review highlighted the crucial importance of accurate and repeated risk assessment throughout pregnancy.
- Lack of clarity on duration of smoking cessation for it to cease being a risk factor for VTE was identified (women who stopped smoking for a short duration prior to booking were not taken as being at risk).