

Understanding the often overlooked condition Thrombosis



Ann Marie O'Neill

Ann-Marie believed in making Thrombosis Ireland a vocal advocate and support mechanism for people suffering from health conditions surrounding Thrombosis.

A mere 5 years later and Thrombosis Ireland is fully voluntary, transparent, not-for-profit company limited by guarantee with charitable status and is in the enviable position with strong determined and dedicated Board of Directors.

She tells *Hospital Professional News*, "At Thrombosis Ireland the mission has been and continues to be, to promote awareness of thrombosis among patients, medical staff and promote general public knowledge of Thrombosis nationwide.

"We also provide support and advocacy for patients on anticoagulation therapy and keep their families informed about available treatments.

"Primarily the group want to save lives, in particular from hospital acquired VTE through a national campaign of awareness. Foremost Thrombosis Ireland wants to see the introduction and implementation of a compulsory VTE assessment on admission to

hospital. It believes passionately the added distribution of the Blood Clot Alert Card to all Patients attending our Hospitals as in or out patients will save many lives."

Blood clots do not discriminate between men & women, young or old. They can strike anyone at any age and at any time.

Blood clots rarely happen for one reason, therefore, in order to ascertain who is at risk and which patient needs preventative measures, health care professionals must do a VTE risk assessment on all patients who attend our hospitals.

A simple questionnaire could be the difference between life and death.

World Thrombosis Day

Recognised on 13 October, World Thrombosis Day (WTD) focuses attention on the often overlooked and misunderstood condition of thrombosis.

With thousands of educational events in countries around the world, WTD and its partners place a global spotlight on thrombosis as an urgent and growing health problem.

WTD takes place every year on 13 October, the birthday of Rudolf Virchow who was a pioneer in the pathophysiology of thrombosis. A German physician, pathologist, biologist and anthropologist, Virchow developed the concept

of "thrombosis" and advanced understanding of this condition.

Over a century ago, Rudolf Virchow described 3 factors that are critically important in the development of venous thrombosis: (1) venous stasis, (2) activation of blood coagulation, and (3) vein damage. These factors have come to be known as the Virchow triad.

Venous stasis can occur as a result of anything that slows or obstructs the flow of venous blood. This results in an increase in viscosity and the formation of microthrombi, which are not washed away by fluid movement; the thrombus that forms may then grow and propagate. To learn more, visit the Berlin Museum of Medical History, formerly the Rudolf Virchow's Pathological Museum.

For more information visit Thrombosis Ireland at www.thrombosisireland.ie

Thrombosis refers to abnormal, life-threatening blood clots that form in the artery or vein.

A clot in the vein (usually in the leg or pelvis) is known as a deep vein thrombosis (DVT) and a clot that breaks off and travels to the lungs is known as a pulmonary embolism (PE).

Together, DVT and PE make up venous thromboembolism (VTE).

One in 4 Irish people will die of causes related to thrombosis and it has now become the number one cause of preventable death in Irish hospitals.

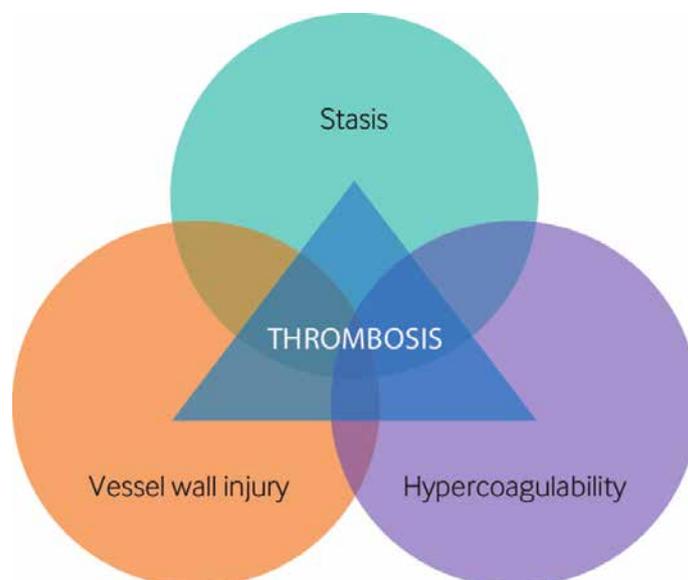
Sadly, it is the main cause of direct maternal death in Ireland's maternity hospitals, and 1 in 5 cancer patients will get a blood clot. It is also worth noting that 60% of all blood clots happen as a direct result of a hospital stay or in the 90 days after discharge from hospital.

With over 5,000 incidents of VTE in Ireland each year, it is time for a concerted preventative effort throughout the health system to save lives that might otherwise be lost.

Blood clots can be very serious however there are preventative measures that can be taken, there are effective treatments to deal with them if diagnosed quickly.

Establishing Representation

In 2016 thrombosis patient, Ann-Marie O'Neill concerned about the lack of information surrounding thrombosis founded Thrombosis Ireland. Ann-Marie saw a need for an organisation to directly represent the views and respond to the needs of people with Thrombosis.



How can you ascertain a Patients level of risk if you do not Risk Assess?

How can your patients protect themselves if they are not informed of

- Their Risk
- The signs to look out for
- The need to seek medical attention Fast

Please talk to your patients and arm them with the information to protect themselves, particularly in the 90 days after discharge from your care when they are at home and still at increased risk of getting a blood clot. It is your professional responsibility.

A Patient may be at higher risk of getting a blood clot if...

- They are admitted to hospital and for 90 days when you go home
- They have active cancer or receiving cancer treatment.
- They are pregnant or have had a baby less than 6 weeks ago.
- They are immobile (more than 3 days in bed/ travel non-stop for more than 6 hours/ in a leg cast)