

**DEEP VEIN THROMBOSIS (DVT) PROPHYLAXIS FOR ADULTS  
Physician Orders**

**INSTRUCTIONS:** Use the following risk categories to determine the appropriate prophylaxis for your patient. If not contraindicated, medical prophylaxis is preferred over mechanical prophylaxis (Reference: 2008 Naval Hospital Bremerton Standard of Practice DVT Prophylaxis). Check appropriate order (s) based on level of risk.

- **Lovenox contraindicated (see back page). Reason(s):**  
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1. • **LOW RISK:** Patients with isolated extremity injuries or < 40 years old with no additional risk factors undergoing minor general surgery, vascular surgery, brief ( $\leq$  30 min) gynecologic surgery for benign disease, low-risk urologic procedures, laparoscopy, arthroscopy, or elective spine surgery.

- **Ambulate  $\geq$  10 minutes three times daily**

2. • **MODERATE AND HIGHER RISK:** Appropriate category for most patients. Includes surgical patients  $\geq$  40 years of age or with additional risk factors, patients undergoing prolonged knee arthroscopy or a major surgical procedure, patients with multiple trauma or acute spinal cord injury, and both burn patients and medical patients with additional risk factors.

- **Lovenox 40 mg subcutaneous daily OR**
  - **Heparin 5000 Units subcutaneously q 8 hours OR**
- **Sequential Compression Devices  $\geq$  23 hrs/day**

3. • **HIGHEST RISK:** Surgical patients with multiple risk factors, THA or TKA, hip fracture surgery, neurosurgery patients at high risk of DVT, and critical patients requiring mechanical ventilation.

- **Lovenox 40 mg subcutaneous daily OR**
- **Heparin 5000 Units subcutaneously q 8 hours**  
**AND**
  - **Sequential Compression Devices  $\geq$  23 hrs/day**

4. • **PLATELET COUNT MONITORING:** Indicated for medical/obstetric patients who have received heparin within the past 100 days and who are only receiving Lovenox or medical patients who are receiving only heparin flushes..

- **LABS: Baseline platelet count if not already drawn Platelet count 24 hours after starting Lovenox Platelet count every other day for two weeks**

\* CONSULT INTERNAL MEDICINE IF PLATELETS DROP  $\geq$  50% from baseline

ADDRESSOGRAPH:      \_\_\_\_\_  
Provider Signature/Stamp      Date/time

\_\_\_\_\_  
RN Signature Date/time

**REASONS LOVENOX CONTRAINDICATED/NOT NEEDED**

Active bleeding High risk of hemorrhage Recent gastrointestinal bleed Recent cerebrovascular accident Intracranial neurosurgery Patient on warfarin or other Vitamin K agonist Patient on heparin drip Indwelling epidural catheter or within two hours of removal of catheter

**RISK FACTORS FOR DEEP VENOUS THROMBOSIS (DVT)**

Surgery Trauma (major or lower extremity) Extensive or lower extremity burns Immobility including paresis Malignancy Hormonal therapy for cancer Chemotherapy for cancer Radiation therapy for cancer Previous DVT Increasing age Pregnancy and the postpartum period Estrogen-containing oral contraception Hormone replacement therapy Selective estrogen receptor modulators Acute neurologic disease Acute medical illness Heart failure Severe respiratory disease Inflammatory bowel disease Nephrotic syndrome Myeloproliferative disorders Paroxysmal nocturnal hemoglobinuria Obesity Smoking Varicose veins Central venous catheterization Inherited and acquired thrombophilias