

# Are You at Risk for a DVT Blood Clot?

Find out if you or a loved one is at risk for Deep Vein Thrombosis (DVT)—a condition in which a blood clot can form in the deep veins of your legs.

Complete this form to help evaluate if you or a loved one is at risk for DVT. Only a doctor can decide if you or a loved one are at risk for DVT blood clots.\*

1. Check all statements that apply.
2. Add up the number of points shown for each of the checked statements to get the DVT risk factor score.
3. Share your completed form with your doctor or your loved one's doctor.

Name: \_\_\_\_\_

## Add 5 points for each of the following statements that apply:

- Recent elective hip or knee joint replacement surgery
- Broken hip, pelvis, or leg within the last month
- Serious trauma within the last month (for example, a fall, broken bone, or car accident)
- Spinal cord injury resulting in paralysis within the last month

## Add 3 points for each of the following statements that apply:

- Age 75 or over
- History of blood clots, either Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE)
- Family history of blood clots (thrombosis)<sup>†</sup>
- Family history of blood-clotting disorders

## Add 2 points for each of the following statements that apply:

- Age 60–74 years
- Cancer (current or previous)
- Recently had major surgery that lasted longer than 45 minutes
- Recent laparoscopic surgery that lasted longer than 45 minutes (surgery performed through a small incision with a lighted, tube-shaped instrument)
- Recently confined to bed rest for more than 72 hours
- Plaster cast that has kept you from moving your limb within the last month
- Tube in blood vessel in neck or chest that delivers blood or medicine directly to heart (also called central venous access)

## What does the DVT risk factor score mean?

**Low risk (0–1 point)** – you may not be at risk now, but it's a good idea to reassess your risk of DVT at regularly scheduled doctor visits or annual exams.

**Moderate risk (2 points)** – share your answers to this survey with your doctor at your next scheduled appointment so he or she can assess your risk of DVT.

**High risk (3+ points)** – because of your increased risk you should share your answers with your doctor so that he or she can assess your risk of DVT.

Date: \_\_\_\_\_

## For women only: Add 1 point for each of the following statements that apply:

- Use of birth control or Hormone Replacement Therapy (HRT)
- Pregnant or had a baby within the last month

## Add 1 point for each of the following statements that apply:

- Age 41–60 years
- Planning minor surgery in the near future
- Had major surgery within the last month
- Varicose veins
- A history of Inflammatory Bowel Disease (IBD) (for example, Crohn's disease or ulcerative colitis)
- Legs are currently swollen
- Overweight or obese
- Heart attack
- Congestive Heart Failure
- Serious infection (for example, pneumonia)
- Lung disease (for example, emphysema or COPD)
- Currently on bed rest or severely restricted mobility

**Total Risk Factor Score** \_\_\_\_\_

\*This is a partial list of risk factors. Ask your doctor about other risk factors or conditions that may predispose you to DVT blood clots.

<sup>†</sup>Most frequently missed risk factor.

Adapted with permission from Caprini JA. Thrombosis risk assessment as a guide to quality patient care. *Dis Mon*. 2005;51:70-78.