

Are You at Risk for DVT?



Complete this risk assessment tool to find out.

Male

Female

Today's Date _____

Name _____

Only your doctor can determine if you are at risk for Deep Vein Thrombosis (DVT), a blood clot that forms in one of the deep veins of your legs. A review of your personal history and current health may determine if you are at risk for developing this condition. Take a moment to complete this form for yourself (or complete it for a loved one). Then be sure to talk with your doctor about your risk for DVT and what you can do to help protect against it. Your doctor may want to keep a copy in your file for future reference.

Directions:

1. Check all statements that apply to you.
2. Enter the number of points for each of your checked statements in the space at right.
3. Add up all points to reach your total DVT Risk Score. Then, share your completed form with your doctor.

Add 1 point for each of the following statements that apply now or within the past month:

- Age 41–60 years _____
- Minor surgery (less than 45 minutes) is planned _____
- Past major surgery (more than 45 minutes) within the last month _____
- Visible **varicose veins** _____
- A history of Inflammatory Bowel Disease (IBD) (for example, Crohn's disease or ulcerative colitis) _____
- Swollen legs (current) _____
- Overweight or obese (Body Mass Index above 25) _____
- Heart attack _____
- Congestive heart failure _____
- Serious infection (for example, pneumonia) _____
- Lung disease (for example, emphysema or COPD) _____
- On bed rest or restricted mobility, including a removable leg brace for less than 72 hours _____
- Other risk factors (1 point each)*** _____

***Additional risk factors not tested in the validation studies but shown in the literature to be associated with thrombosis include BMI above 40, smoking, diabetes requiring insulin, chemotherapy, blood transfusions, and length of surgery over 2 hours.

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

- Current use of birth control or Hormone Replacement Therapy (HRT) _____
- Pregnant or had a baby within the last month _____
- History of unexplained stillborn infant, recurrent spontaneous abortion (more than 3), premature birth with toxemia or growth restricted infant. _____

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

- Age 61–74 years _____
- Current or past malignancies (excluding skin cancer, but not melanoma) _____
- Planned major surgery lasting longer than 45 minutes (including laparoscopic and arthroscopic) _____
- Non-removable plaster cast or mold that has kept you from moving your leg within the last month _____
- Tube in blood vessel in neck or chest that delivers blood or medicine directly to heart within the last month (also called central venous access, PICC line, or port) _____
- Confined to a bed for 72 hours or more _____

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) _____
- Personal or family history of positive blood test indicating an increased risk of blood clotting _____

Add 5 points for each of the following statements that apply now or within the past month:

- Elective hip or knee joint replacement surgery _____
- Broken hip, pelvis or leg _____
- Serious trauma (for example, multiple broken bones due to a fall or car accident) _____
- Spinal cord injury resulting in paralysis _____
- Experienced a stroke _____



Add up all your points to get your **DVT Risk Score**

What does your DVT Risk Score mean?

- Risk scores may indicate your odds of developing a DVT during major surgery or while being hospitalized for a serious illness.
- Airplane passengers who fly more than five hours may also be at risk for DVT.
- Studies have shown if you have 0-2 risk factors, your DVT risk is small. This risk increases with the presence of more risk factors.
- Please share this information with your doctor who can determine your DVT risk by evaluating all of these factors.