

Deep Vein Thrombosis

Objectives:

1. Teach client what a DVT is.
 2. Teach client what the symptoms of a DVT and PE are.
 3. Teach client how to prevent a DVT.
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- I. What is a Deep Vein Thrombosis
 - a. How often does a DVT occur each year
 - b. What happens when a DVT breaks loose
 - c. Can PE's be fatal
 - d. Can a DVT and PE be prevented
 - II. Symptoms of a DVT and PE
 - III. What should a patient do if a DVT or PE is suspected
 - IV. How can a DVT be prevented
 - a. Exercise
 - b. Weight
 - c. Sitting
 - d. Restrictive clothing
 - e. Hydration
 - f. Support stockings

References

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