



Prophylactic LMWH Regimen: Subcutaneous Enoxaparin prescribed Once Daily				
Weight (kg)	<50	50-100	>100	>150
Dose (mg)	20	40	80	Consider 0.5mg/kg
eGFR < 30ml/min/1.73m ²	20	20	40	Consider 0.25mg/kg



Northern Trust
Lower Limb Cast Immobilisation
OP VTE Risk Assessment - Prophylaxis

Emergency Department



Date: / / Time (24hr): : Signed: _____ Grade: _____

- Therapeutic Anticoagulation
- Maternity Hand-Held Record
- Low Risk VTE
- High Risk VTE Higher Risk Bleeding

**High Risk VTE
Low Risk Bleeding**

Weight	kg	Platelets	$\times 10^9/L$	eGFR	$mL/min/1.73m^2$
Drug	Dose (mg)	Route	Freq	Duration	Signature
Enoxaparin		S/C	OD	While in Cast	

Ambulatory Appointment for Pharmacy Education & Administration LMWH

At ED Presentation Next Day Mon with W/E TTO

Pharmacist

- Education; LMWH prophylaxis & administration
- Discharge prescription for 10 days LMWH
- Sharps bin provided
- GP contacted regarding further prescribing
- GP copy of all relevant information

Outcome of LMWH Prophylaxis Consultation

Declined by patient Self-administration D/N administration

Date: / / Signed: _____

Fracture Clinic*

* First Fracture Clinic review **must** be within 7 days of cast application

Date	Reassess LMWH Status	Signed	Notes
	N/A - Continue - Discontinue		
	N/A - Continue - Discontinue		
	N/A - Continue - Discontinue		
	N/A - Continue - Discontinue		
	N/A - Continue - Discontinue		

Advice Sheet

Venous Thromboembolism (VTE)

Info Sheet

Department of Emergency Medicine

Patients with immobilisation of their legs with a Plaster of Paris, or an Aircast Boot, are at a slightly increased risk of clots forming in the deep veins of the leg.

A risk assessment will be carried out in the Emergency Department to see if you are particularly high risk and might need blood thinning medications to reduce this risk. Be aware that not everyone is suitable for preventative medications, as these increase your bleeding risk.

You should be on the lookout for some common signs and symptoms of clots in the legs, particularly while your limb is immobilised.

These include:

- Redness of the skin
- Increased swelling
- Increased pain in the limb
- New/severe shortness of breath or chest pain

Ways you can help to prevent clots include:

- Not smoking
- Eating a healthy, balanced diet
- Taking regular exercise
- Maintaining a healthy weight or losing weight if you are obese
- Keeping well hydrated.

If you develop any problems that suggest VTE, it is important that you are seen by healthcare staff and evaluated.

This can be done at:

- Emergency Department
- General Practice
- Fracture Clinic (if you have already been seen at clinic)

