

# PROTOCOL FOR PREVENTING VTE IN PATIENTS WHO MAY REQUIRE A LOWER LIMB PLASTER CAST (AGE 16YRS +)

Ref No: 2445

**Lead Person** : Dr A Marsh, Consultant in Emergency Medicine  
**Care Group** : Unscheduled Care – Emergency  
**Implemented** : January 2017  
**Last updated** : January 2017  
**Last reviewed** : January 2017  
**Planned review** : January 2020  
**Keywords** :

(1) Does your patient have a risk of VTE i.e.

|   |  |
|---|--|
| Current hormone therapy (OCP, HRT, Tamoxifen)           |  |
| Personal or first degree relative VTE history           |  |
| Active smoker   |  |
| Hospital admission or major surgery within last 6 weeks |  |
| Pregnant or 6 weeks post partum                         |  |
| Significant PMH (e.g. DM/CHF/COPD/Renal failure/IBS)    |  |
| Extensive varicosities                                  |  |
| Active Cancer   |  |
| Obesity   |  |
| Known thrombophilia                                     |  |
| Age >60 years   |  |

No



Yes

(2) Do they really need an above or below knee plaster (seek senior advice / consider less rigid supports)

No



Yes

(3) Do they have a contraindication to LWMH i.e.

|   |  |
|---|--|
| Haemophilia or haemorrhagic disorder                          |  |
| Thrombocytopenia or previous heparin induced thrombocytopenia |  |
| Previous cerebral haemorrhage or very high BP                 |  |
| Active peptic ulcer or recent GI bleeding                     |  |
| Hypersensitivity to any form of heparin                       |  |
| Known estimated GFR <30ml/min                                 |  |
| On oral anti-coagulation (e.g. warfarin) etc.                 |  |
| Risk deemed to outweigh benefits by clinician                 |  |

Yes



No

|  |  |
|--|--|
| Explain to patient what you propose and why – are they able to self-administer tinzaparin? |  |
| Start tinzaparin at 4,500 units (3,500 units if weight less than 40kg)                     |  |
| First dose administered in the ED  |  |
| Prescription for tinzaparin until seen in fracture clinic or A&E clinic                    |  |
| Provide written information sheet  |  |

VTE prophylaxis not indicated