

# Are you at risk for DVT blood clots?

Take this quick survey, or give to a loved one, to determine your risk for developing Deep Vein Thrombosis (DVT) — blood clots that form in the deep veins of the legs. Remember, only a healthcare professional can accurately decide if you are at risk. *Adapted with permission from Caprini JA, Arcelus JI, et al.*

## Step 1: Complete the survey

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

### Add 5 Points for each true statement

- Recent hip or knee joint replacement surgery
- Broken hip, pelvis, or leg within the last month
- Stroke within the last month
- Serious trauma within the last month
- Spinal cord injury (paralysis) within last month
  
- \_\_\_ TOTAL

### Add 3 Points for each true statement

- Age 75 or over
- History of blood clots (DVT or Pulmonary Embolism)
- Family history of blood clots and related disorders
  
- \_\_\_ TOTAL

### Add 2 Points for each true statement

- Age 60-74 years
- Recent arthroscopic knee surgery
- Cancer (current or previous)
- Recent major surgery (>45 minutes)
- Recent laparoscopic surgery (>45 minutes)
- Recent bed rest (>72 hours)
- Plaster cast that has kept you from moving your limb in the last month
- Tube in blood vessel in neck or chest
  
- \_\_\_ TOTAL

### Add 1 Point for each true statement

- Age 41-59 years
- Planned minor surgery in near future
- Major surgery within last month
- Varicose veins
- History of Inflammatory Bowel Disease
- Legs are currently swollen
- Overweight or obese
- Heart attack within last month
- Congestive heart failure within last month
- Serious infection within last month
- Lung disease within last month
- Currently on bed rest or restricted mobility

#### Women Only

- Use of birth control or Hormone Replacement Therapy
- Pregnant or had a baby within last month
  
- \_\_\_ TOTAL

**Step 2: Total Your Points** \_\_\_\_\_

## Step 3: Determine Your Risk

**Low Risk**  
0 –1

Although you may not be at risk right now, it's a good idea to reassess your risk for DVT at regularly scheduled healthcare visits or annual exams.

**Moderate Risk**  
2

Share your answers to this survey with a healthcare professional at your next scheduled appointment so that he or she may address your risk.

**High Risk**  
3+

Your increased risk requires you to share your answers with a healthcare professional so that he or she may address your risk.



731-B Construction Ct. Zeeland, MI 49464  
(616) 931-9939 www.do-engineering.com