

Risk Assessment & Venous Thromboembolism (VTE) Prophylaxis Recommendations

Low Risk	
No reduction in mobility compared to usual state	RECOMMENDATION: Early Ambulation
Have reduced mobility but an expected length of stay of 2 days or less, and no risk factors (see Risk Factor Table)	
Same day surgery patients *	
Surgical procedure with a total anesthetic and surgical time of less than 60 minutes, and no risk factors (see Risk Factor Table)	
Moderate / High Risk	
Have had or are expected to have significantly reduced mobility for 3 days or more.	RECOMMENDATION: Unfractionated Heparin 5000unit subcut BID, OR Dalteparin 5000unit subcut daily <small>In situations where it is unsafe to receive anticoagulation thromboprophylaxi, consider Mechanical Prophylaxis – Antiembolic Stocking (AES)</small>
Are expected to have ongoing reduced mobility (compared to their usual state) AND have 1 or more risk factors (see Risk Factor Table)	
Surgical procedure with a total anesthetic and surgical time of 60 minutes or longer; or less than 60 minutes with one or more risk factors (see Risk Factor Table)	
Mechanical ventilation	
High Risk	
Surgical or non-surgical trauma patients including those with spinal cord injury/paralysis	RECOMMENDATION: Dalteparin 5000unit subcut daily, OR Rivoroxaban 10mg po daily (approved post knee and hip replacement) <small>In situations where it is unsafe to receive anticoagulation thromboprophylaxi, consider Mechanical Prophylaxis – Antiembolic Stocking (AES)</small>
Major surgery (orthopaedic, abdominal, cancer removal)	
Congenital and/or acquired coagulation disorder	
Risk Factors	
Age over 60 years	One or more significant medical conditions
Dehydration	♦ Sepsis or severe acute infection
Previous VTE	♦ Heart disease (CHF, MI, etc)
First-degree relative with a history of VTE	♦ Respiratory pathology
Obesity (body mass index over 30 kg/m ²)	♦ Inflammatory condition (eg. IBD, Crohn’s, Colitis)
Use of hormone replacement therapy	♦ Rheumatological disease
Use of estrogen-containing contraceptive therapy	♦ Nephrotic syndrome
Varicose veins with phlebitis	♦ Thrombophilic disease (ex. antiphospholipid syndrome)
ICU admission	♦ Cancer with or without active treatment
Trauma (elevate to High Risk)	♦ Myeloproliferative disorders (elevate to High Risk)