

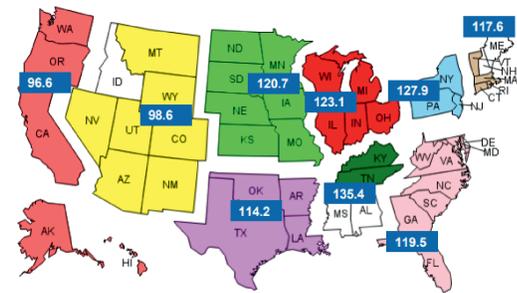
# WHAT SHOULD THE HOSPITALIZED PATIENTS BE MOST WORRIED ABOUT?

Rohan Pai, Roumika Patil, Meghana Malempati, The GTF Group  
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## ABSTRACT

Everybody gets hospitalized every now and then. We wanted to find out if hospitalization carries risks to the patient, especially thrombotic events, so we researched the risks hospitalized patients should be worried about. Approximately half of all blood clots occur during or within 3 months of a hospital stay or surgery. The highest rate of hospitalizations is in the states of Kentucky, Mississippi, Alabama, and Tennessee. Some reasons for hospitalization include cardiac arrhythmias, complications of diabetes, and congestive heart failure. The average length of stay in hospitals is the lowest in Turkey and the highest in Japan. Hospitalized patients should be most worried about getting VTE, infections, bleeding and development of blood clots. The prevention of hospital complications can be minimized by moving, taking your medications, being your own advocate, and staying informed. In summary, we suggest that the risk of hospital complications can and should be reduced by simple measures.

## HOSPITALIZATION

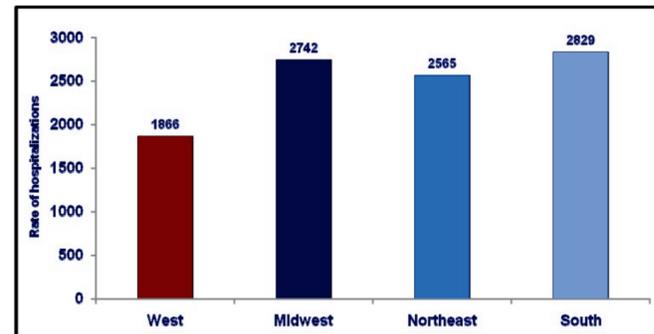


Source: Agency for Healthcare Research and Quality (AHRQ), Center for Delivery, Organization, and Markets, Healthcare Cost and Utilization Project (HCUP), National Inpatient Sample (NIS), 2012

Rate for inpatient stays per one thousand population in the US

## AWARENESS OF VTE IN DIFFERENT COUNTRIES

- A survey in 2014 by World Thrombosis Day and Ipsos-Reid about public awareness of VTE.
- Adults in U.S., U.K., Canada, Germany, Argentina, The Netherlands, Thailand, Australia and Japan have a high knowledge of VTE, extremely low in Japan.
- A longer stay in a hospital = longer immobilization and a higher chance of developing VTE.



Hospitalization Rates in the US by Region

## STEPS TO PREVENT BLOOD CLOTS

- Mobility is a major action to prevent a blood clot.
- Get out of bed and move as much as you are able to.
- Make hospitals aware of your condition and the medication you're taking.
- Anticoagulants for patients that are in the hospital.
- "We need patients to be persistent in taking their medications as prescribed." (John Fanikos, RPh, MBA, the Executive Director of Pharmacy Services at Brigham and Women's Hospital).

## KNOW THE SYMPTOMS OF BLOOD CLOTS

- Discomfort, heaviness, pain, aching, throbbing, itching, or warmth in the legs
- Skin changes in the leg (discoloration, thickening, or ulceration)
- Swelling of the legs, ankles, or feet

## INTRODUCTION

- When patients are hospitalized, they are not only in danger from the condition that has led them to the hospital, but also due to other factors.
- We have researched what a hospitalized patient should be most worried about.

## HOSPITAL STATISTICS

- In 2012: 36.5 million hospital stays in the U.S. (average length of stay 4.5 days and an average cost \$10,400 per stay).
- About half of all blood clots occur during or within 3 months of a hospital stay or surgery.
- Roughly 1 out of 10 hospital deaths related to blood clots in the lungs.

## REASONS FOR HOSPITALIZATION

- Congestive heart failure
- Coronary arterial disease, such as MI (heart attack)
- Complications of diabetes
- Pneumonia
- Stroke
- Blood clots due to immobility, physical trauma, and surgery



Length of hospital stay in different countries

## WHAT SHOULD THE HOSPITALIZED PATIENTS BE MOST WORRIED ABOUT?

- High risk of stress and anxiety
- Increased risk of complications like bleeding or infections
- Risks of human errors
- Medication errors (2006 report from the Institute of Medicine indicates 450,000 injuries annually)
- Infections
- VTE

## ACKNOWLEDGEMENTS

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## SUMMARY AND CONCLUSIONS

- Hospitalized patients have several important risks (bleeding, infection, wrong medication dosages).
- Take the necessary precautions.
- Keep on moving, take the proper medications, learn the symptoms of blood clots, speak up for yourself, avoid recreational drugs.

## REFERENCES

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