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MEDIA RELEASE

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World first program helps ‘Stop the Clot’ in hospitalised patients

The ***Stop the Clot*** campaign, launched today by the National Health and Medical Research Council through its National Institute of Clinical Studies, aims to reduce the risk of blood clots in hospitalised patients by working with hospital teams to close the gap between evidence and clinical practice.

The ***Stop the Clot*** guide is part of the Australia-wide Venous Thromboembolism Prevention Program conducted by NICS in collaboration with 40 hospital services. It is the first time a ‘whole of hospital’ approach has been applied to venous thromboembolism (VTE) prevention, and hospitals participating in the program have already seen a 30 per cent improvement in compliance with best practice preventive measures in high risk patients.

A venous thromboembolism is a blood clot that can form in a person’s veins either as a deep vein thrombosis (DVT) or pulmonary embolism (PE). Hospitalised patients are at a greatly increased risk of developing clots, estimated at 100 times greater than people in the community. This risk is 25 times greater than air travellers.

“VTE is one of the most common preventable causes of hospital death,” said NHMRC CEO Professor Warwick Anderson. “There is strong evidence that effective measures, such as anti-clotting medication, graduated compression stockings and early mobilisation can reduce the incidence of VTE. The ***Stop the Clot*** guide shows hospitals how they can incorporate these measures into routine hospital care.”

The ***Stop the Clot*** guide is an excellent example of successful collaboration between Australian hospitals and the application of best evidence into practice. It includes step-by-step guidance on how to ensure VTE prophylaxis is in line with best practice, what to do to overcome commonly encountered barriers to best practice, and provides practical resources for use in hospital settings such as clinical audits and risk assessment forms.

The education of consumers is also vital to preventing clots. The program partners have therefore developed posters and consumer information brochures which will be distributed through participating hospitals. These materials are available together with the ***Stop the Clot*** guide at:

www.nhmrc.gov.au/nics

Release ends.

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