

# Title: **Blood Clots, Pregnancy and You. How Much Do you Know ?** **A Quality Improvement Project**

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## Objectives

- To assess if there are any shortfalls in patient education regarding VTE and LMWH
- To improve the patients' knowledge by providing them with a QR code based, infographic leaflet which will educate them about VTE and improve their compliance to LMWH
- An eco-friendly and sustainable measure in the digital era

## Method

A questionnaire-based survey was conducted among 50 postnatal patients in a District General Hospital in the United Kingdom, at risk of VTE on prophylactic LMWH between 1 June 2024 to 1 August 2024.

## Conclusion

In this study, we have identified the shortfalls in patient awareness. With the introduction of the infographic leaflet, awareness will be improved which will be reflected as an improved compliance to LMWH and a lesser incidence of VTE. This can be assessed by future audits.

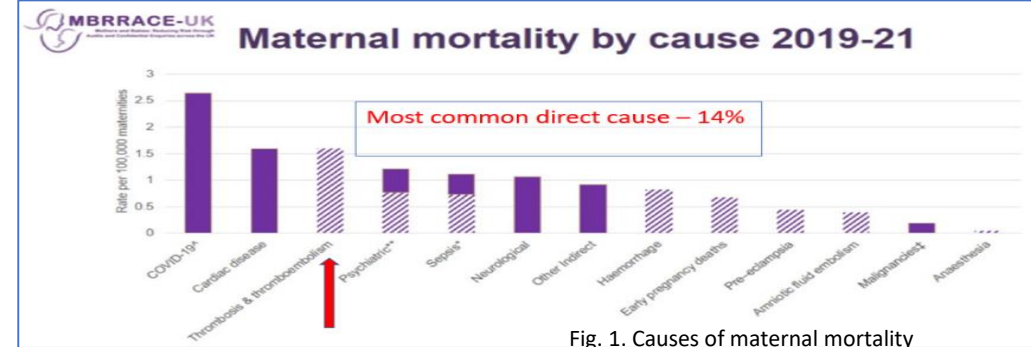


Fig. 1. Causes of maternal mortality

## Results

- 82% of patients aware about VTE
- 94% considered it as life threatening
- Most patients identified the serious risk factors and knew alternate measures to prevent VTE
- Most patients weren't aware of the commonly occurring risk factors
- 12% of patients did not know whether they needed LMWH
- 10% did not know how long they needed it
- 28% patients did not know if they can breast feed while on it
- 60 % did not know if they can use contraception
- 82% did not respond to what contraception they would want

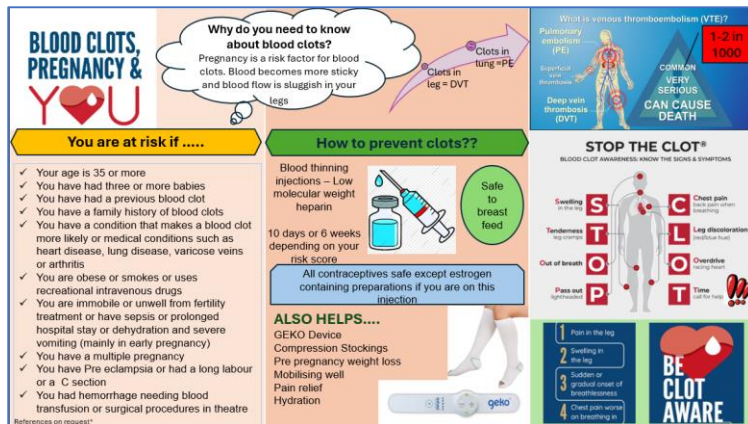


Fig.2. Infographic leaflet on blood clots