

# No Clots Allowed: Leveraging Collaboration to Prevent Venous Thromboembolism (VTE) in Hospitalized Patients

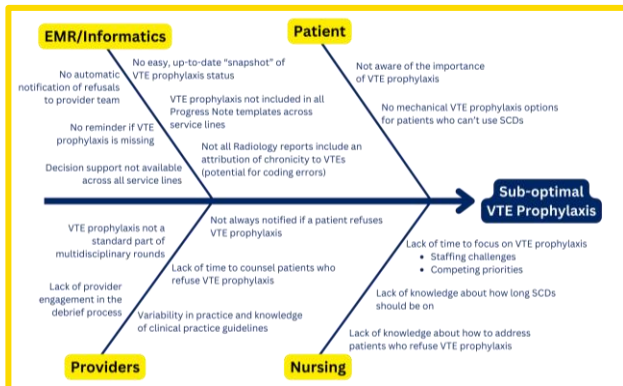
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## The Problem

Hospital-acquired VTE is a leading cause of preventable death and has significant impact on quality across hospital systems related to both patient care and financial/reputational programs (Center for Disease Control and Prevention). Compared to other academic medical centers, in addition to other entities within MedStar Health, MedStar Georgetown University Hospital had a significant opportunity to reduce hospital-acquired VTE events. Our team was challenged to **reduce the hospital-acquired comprehensive VTE rate by 30%**.

## Measurement

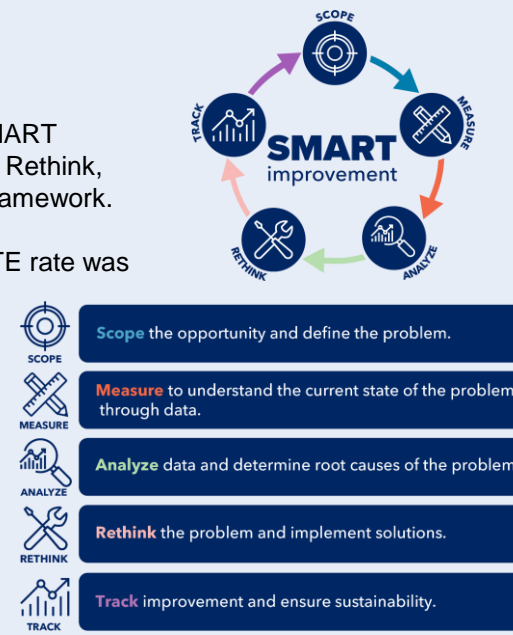
- ▶ A fishbone diagram was created to identify causes of the problem.
- ▶ A control chart was used to visualize the effect of our project interventions over time.



## Analysis

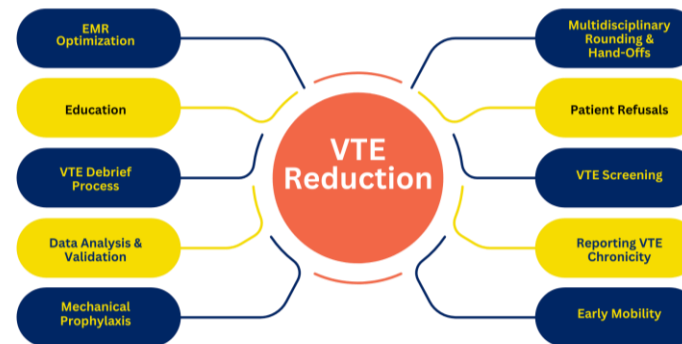
- ▶ Our team utilized the MedStar Health SMART Methodology (Scope, Measure, Analyze, Rethink, Track) as our continuous improvement framework.
- ▶ The comprehensive hospital-acquired VTE rate was tracked using data from Vizient™.

The **MedStar Health SMART Methodology** combines the most effective strategies into one system built for our unique needs as a healthcare high reliability organization (HRO).

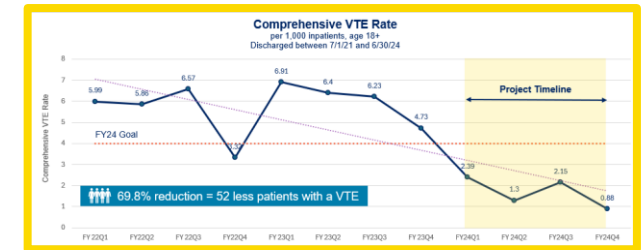


## Implementation

- ▶ A multidisciplinary project team created action items targeting 10 different areas of focus.
- ▶ VTE reduction was endorsed as the FY2024 President's Goal, signaling it as a high priority with executive support.



## Results/Discussion



By targeting VTE reduction from all angles, MedStar Georgetown achieved a **69.8% reduction** in our comprehensive VTE rate. The utilization of SMART methodology and project management principles were critical to our success.

Immense value was gained by maximizing the collaborative efforts of our multidisciplinary project team. This, along with strong executive support and prioritization, helped us to exceed our goal.

## References

Center for Disease Control and Prevention. Venous Thromboembolism (Blood Clots). <https://cdc.gov/blood-clots>

Clapham, R. E., Marrinan, E., & Roberts, L. N. (2023). VTE prevention in medical inpatients—current approach and controversies. *Thrombosis Update*, 100151.

Nicholson M, Chan N, Bhagirath V, Ginsberg J. Prevention of Venous Thromboembolism in 2020 and Beyond. *Journal of Clinical Medicine*. 2020; 9(8):2467. <https://doi.org/10.3390/jcm9082467>