

Risk Factors Evaluation of Deep Vein Thrombosis in Patients Admitted in a Tertiary Care Hospital

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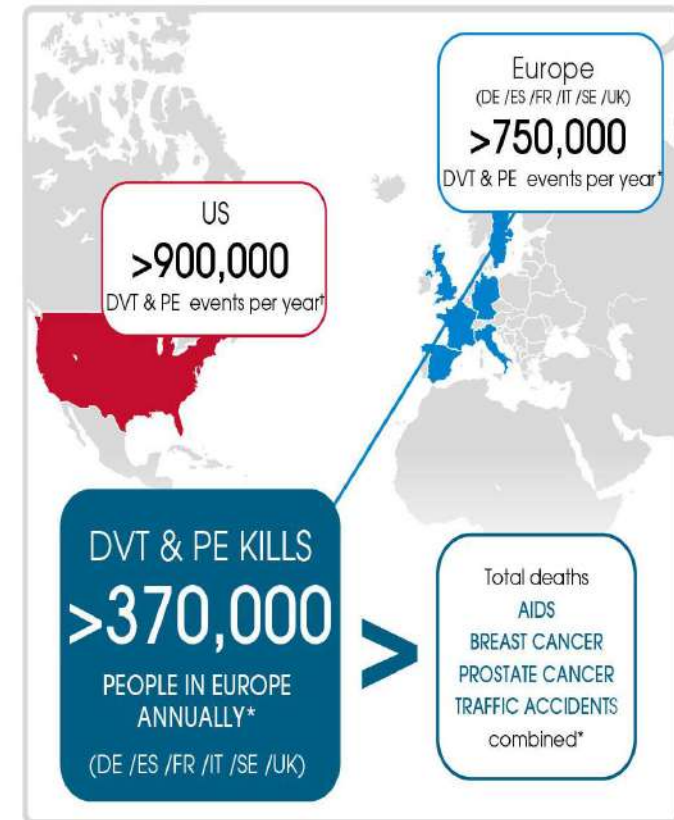
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DVT: Is it Common ?

- ❖ Age and sex adjusted annual incidence of-
 - ✓ VTE : 117 per 100,000 ;
 - ✓ DVT : 48 per 100,000;
 - ✓ PE : 69 per 100,000
- ❖ Higher age-adjusted rates among males than females (130 Vs. 110 per 100,000 respectively)
- ❖ Incidence rate increases exponentially with age



RATIONALE

Complication

- Pulmonary Embolism

Cause

- Wide Range of Risk Factors

Problem

- Fewer studies

Benefit

- Early Diagnosis
- Prompt Prophylaxis/Treatment
- Reduce Mortality

Objectives

- To evaluate the factors associated with DVT in patients admitted in a tertiary care hospital.
- To find out the socio-demographic characteristics of the study population.

Methods

- **Study design:** Cross Sectional Observational study.
- **Place of study:** Department of Medicine, Dhaka Medical College Hospital.
- **Study period:** May 2019 to October 2019
- **Study population:** Patient suffering from DVT and admitted in Department of Medicine
- **Sample size:** 50
- **Sampling method:** Purposive convenient sampling.



Methods contd...

Inclusion criteria:

- Age 18 years & above.
- Newly diagnosed cases of DVT.
- Both male and female patients.
- Patients who have given informed written consent.

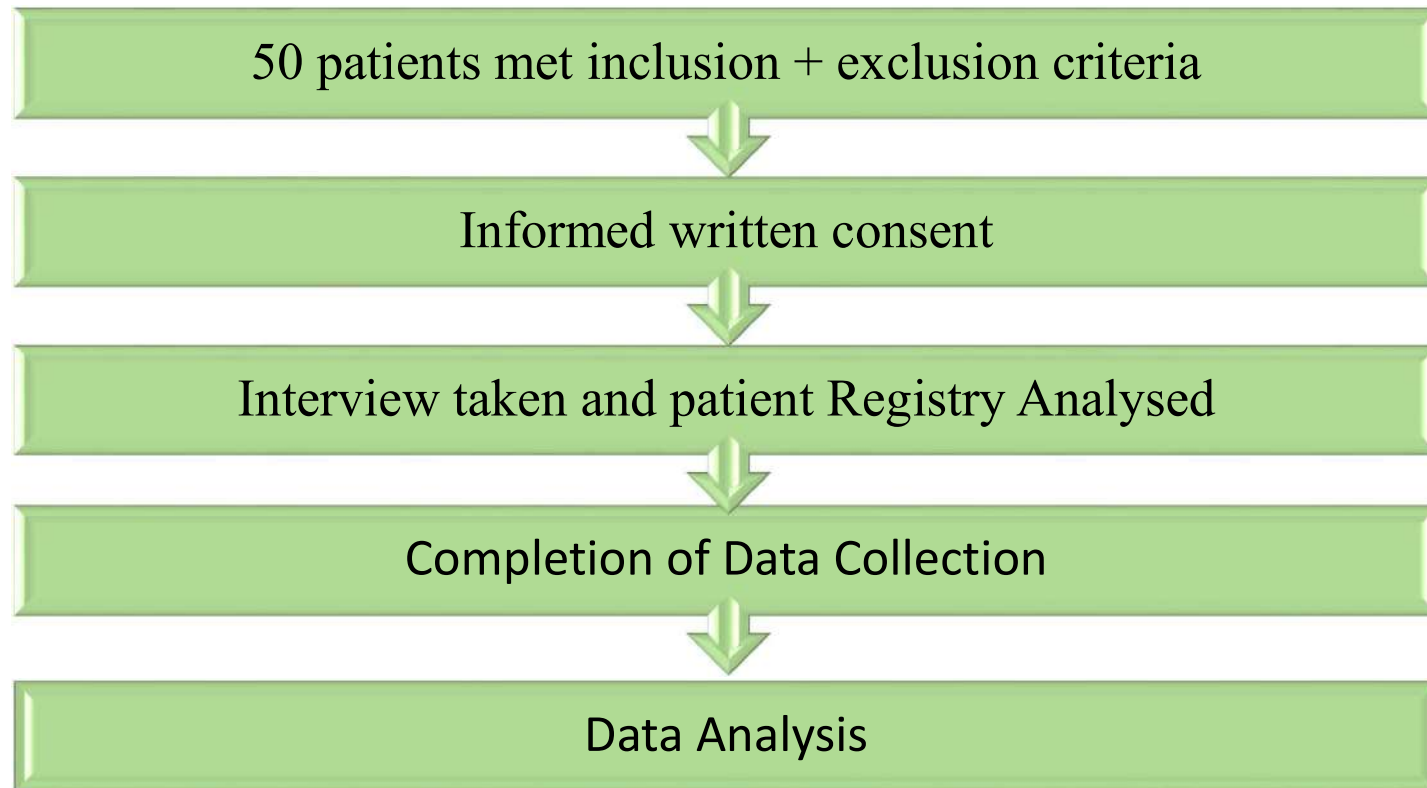
Exclusion criteria:

- Age <18 years
- Patients on anticoagulation therapy
- Pregnant women
- Severely ill
- Any surgical procedure in last 3 months
- Not willing to participate

Research Instruments:

- Informed written consent was obtained
- Face to face interview was conducted with a predesigned structured questionnaire
- Diagnosis, clinical sign and investigation profile was collected from patient registry file

STUDY PROCEDURE



DVT: Risk Factors

- Age
- Obesity
- Varicose veins
- Family history
- Estrogen containing oral pills
- IV drug use
- Myocardial infraction or heart failure
- Inflammatory bowel disease
- Malignancy
- Nephrotic syndrome
- Pneumonia
- Neurological conditions associated with immobility e.g. Stroke, paraplegia, GBS etc
- Others

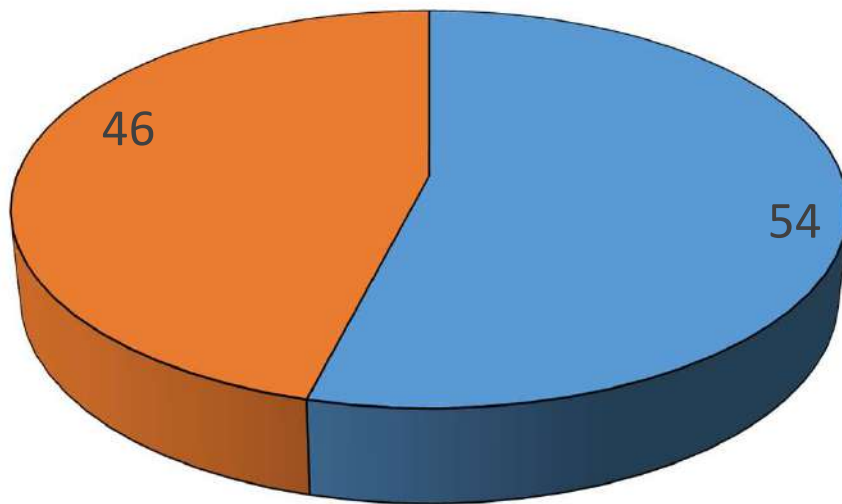
Findings : Age distribution of Study Patients

Age (in year)	Number of patients	Percentage
≤20	1	2.0
21-30	7	14.0
31-40	12	24.0
41-50	8	16.0
51-60	13	26.0
61-70	8	16.0
>70	1	2.0

Mean age: 47.5±14.8 years, with range from 18 to 77 years.

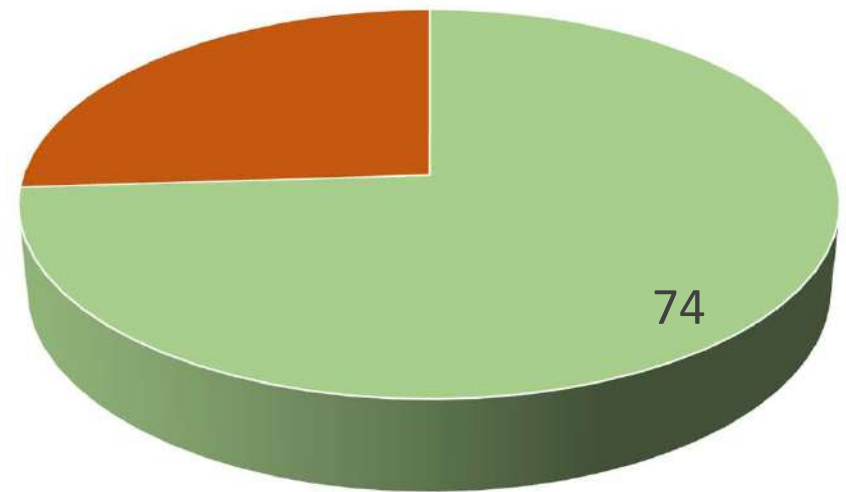
Findings cont...

Sex Distribution of Study Population



■ Male ■ Female

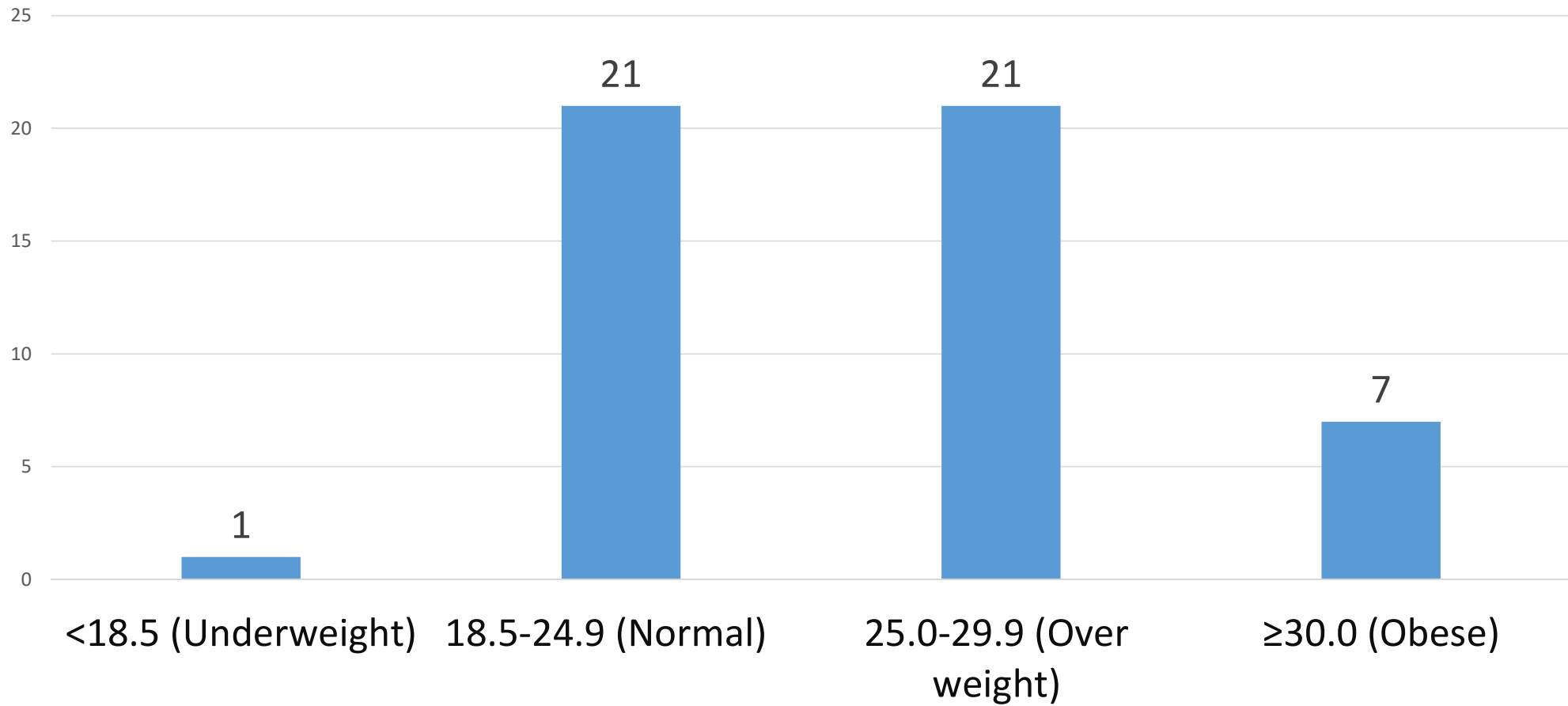
Residence of Study population



■ Urban ■ Rural

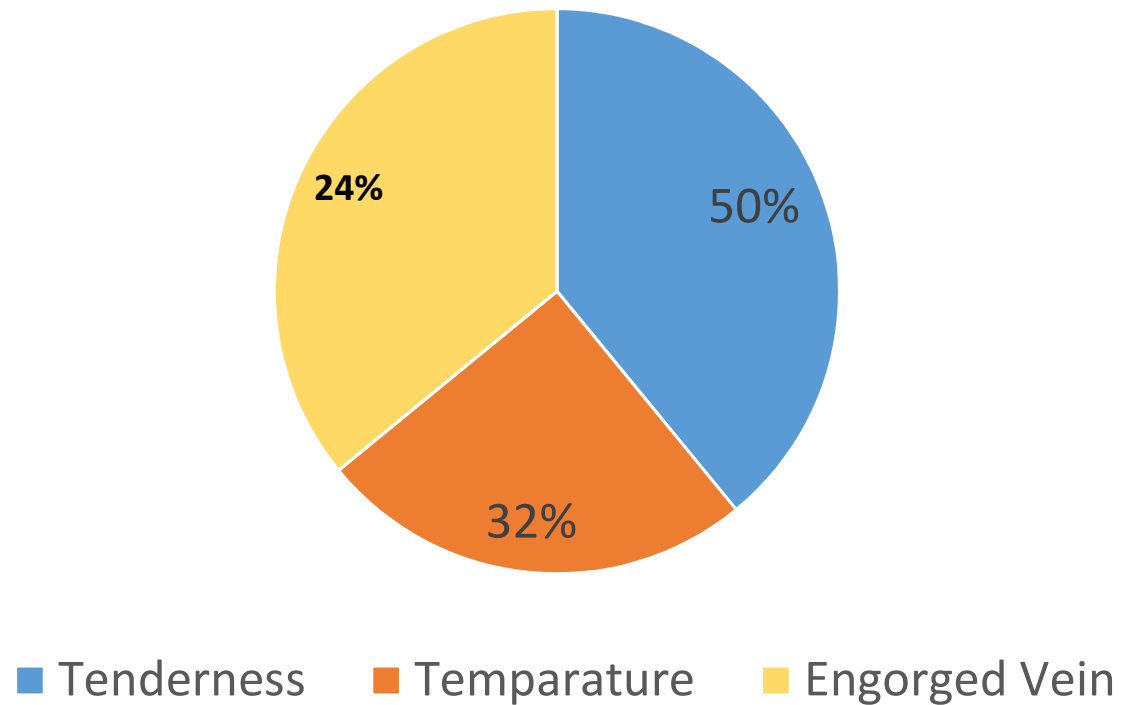
Findings cont.....

BMI Distribution of Study Population

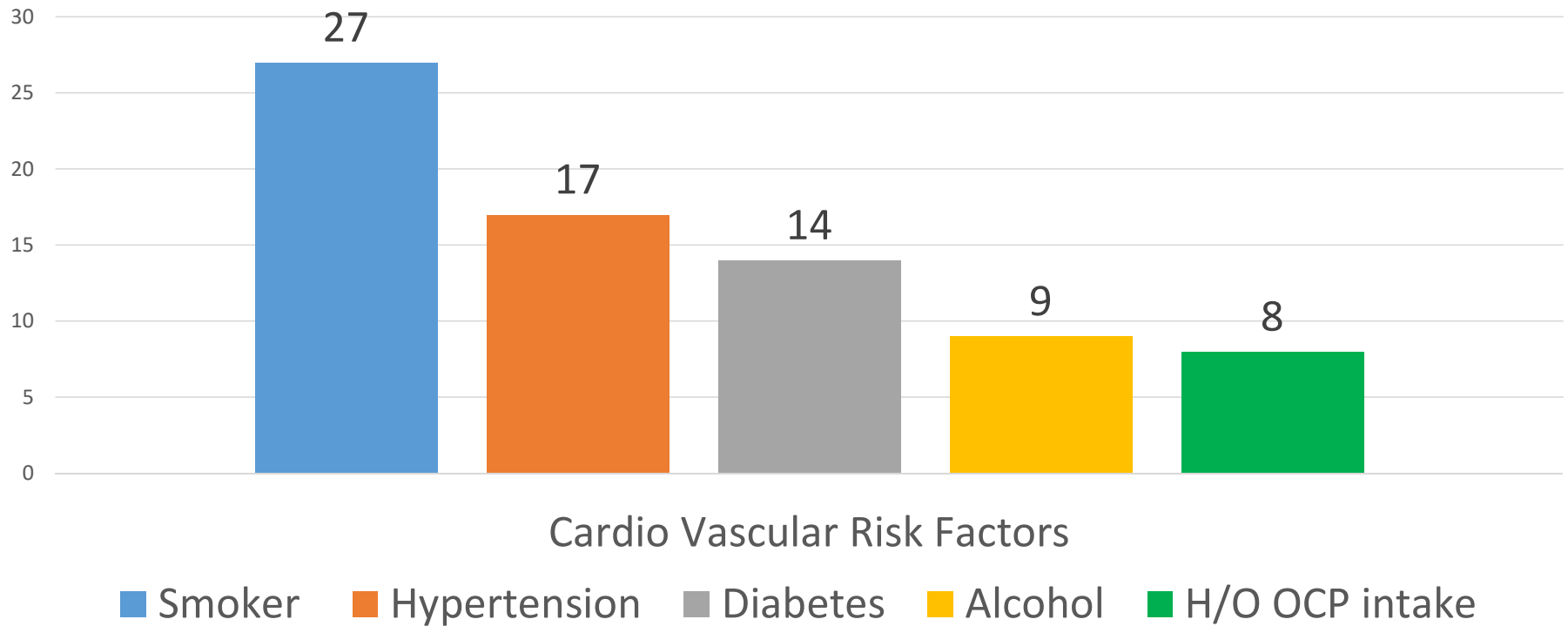


Findings cont.....

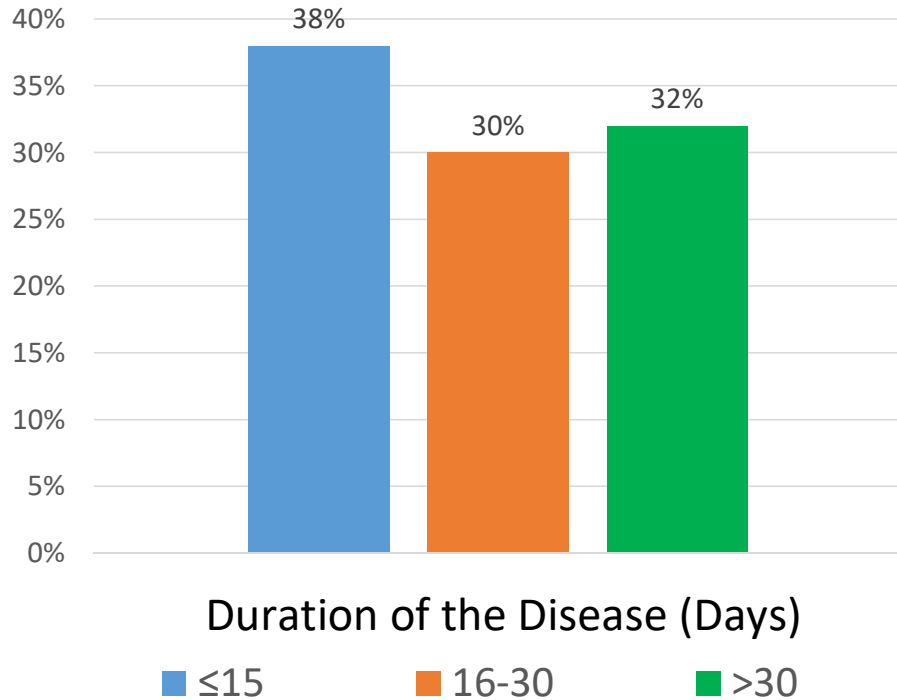
Pattern of clinical signs in the study patients



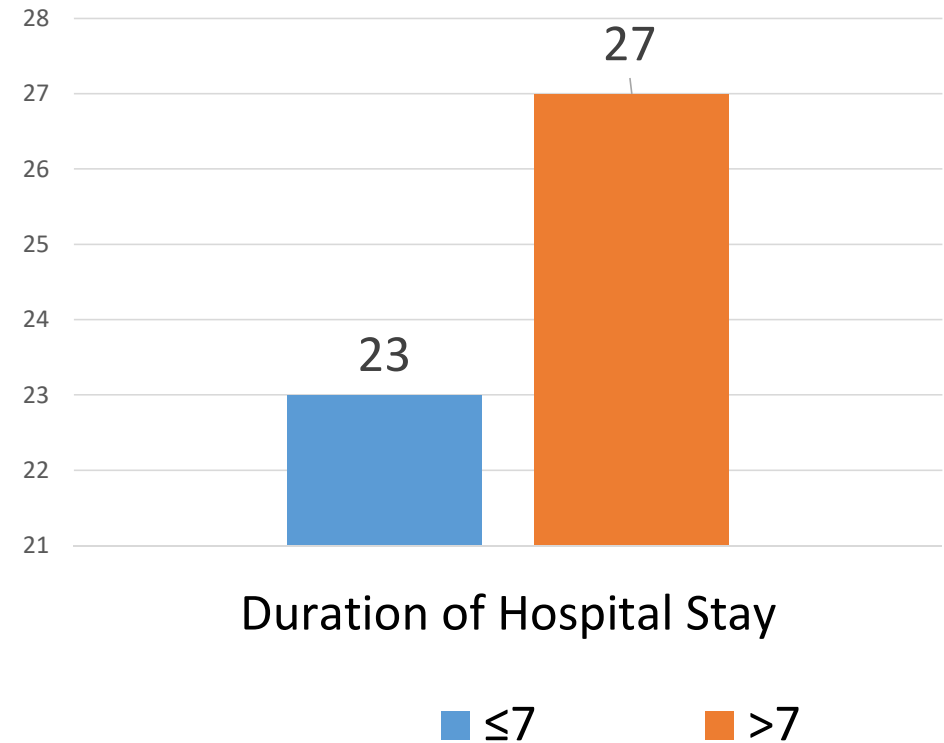
Cardio Vascular Risk Factors of the Study Patients



Findings cont...

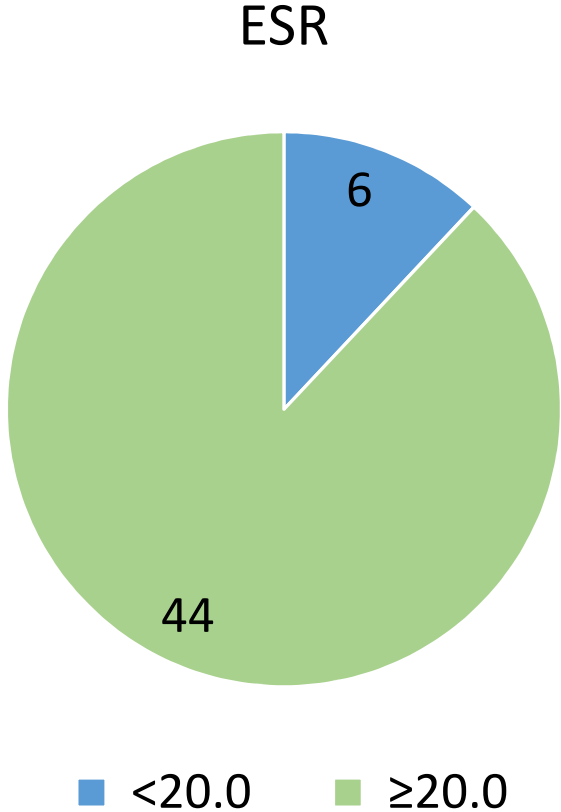
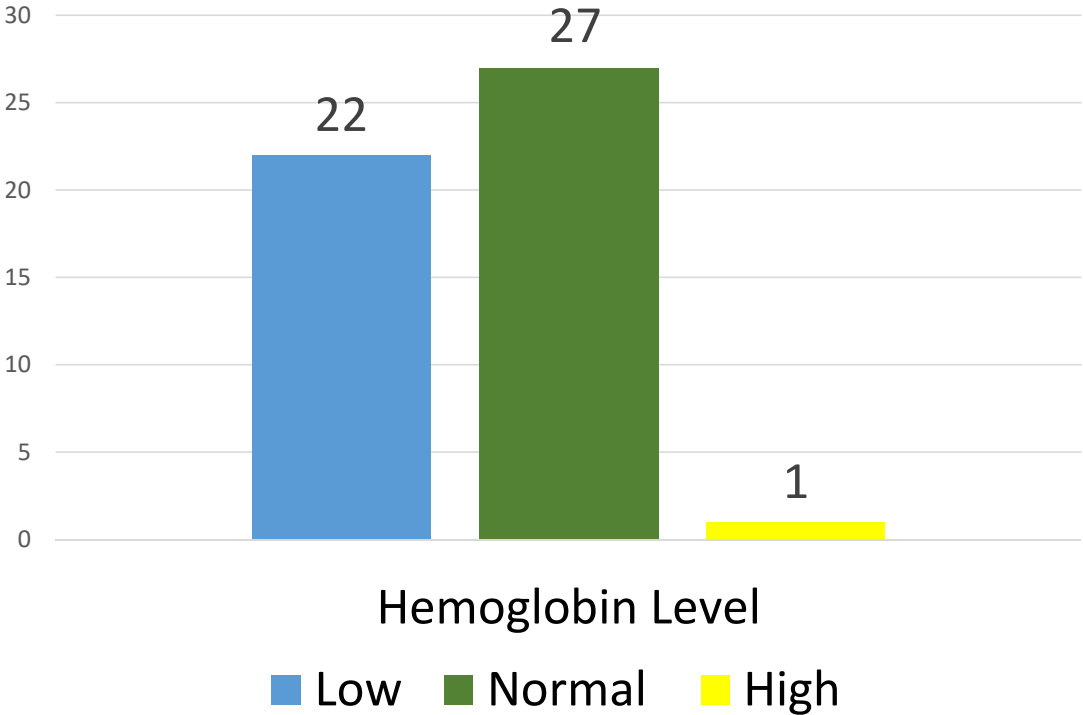


Distribution of the study patients according to duration of the disease

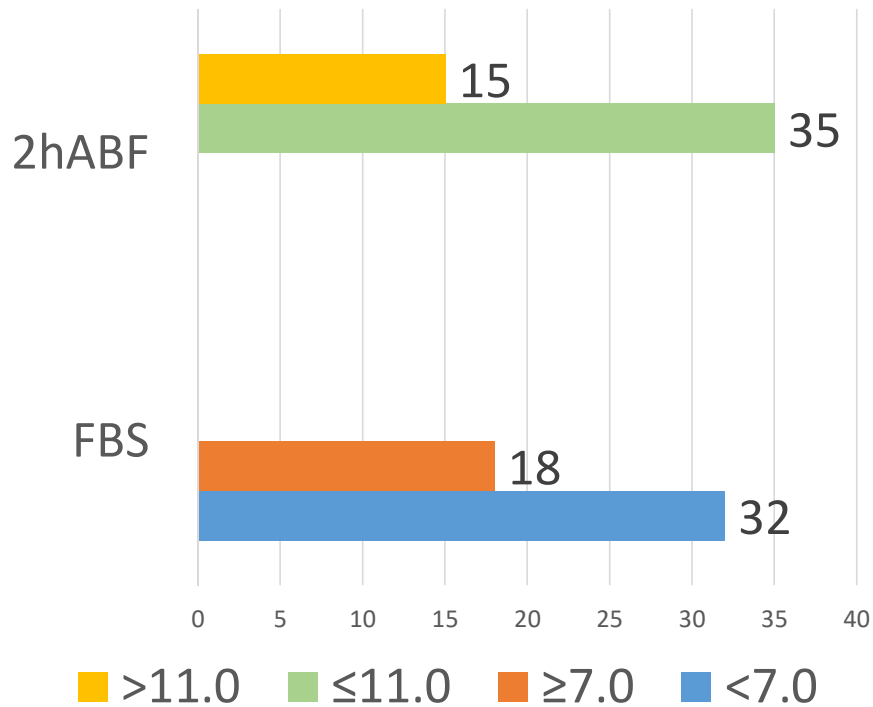


Distribution of the study patients according to duration of hospital stay

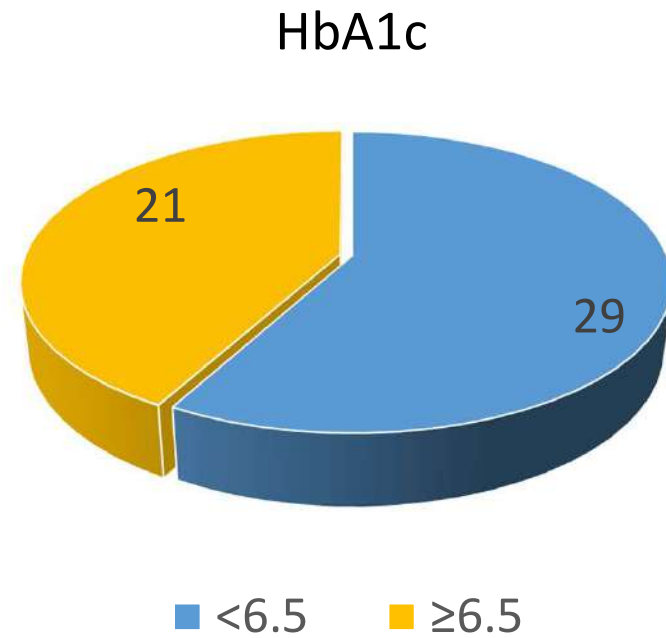
Distribution of the study patients according to Complete Blood Count



Findings cont.....

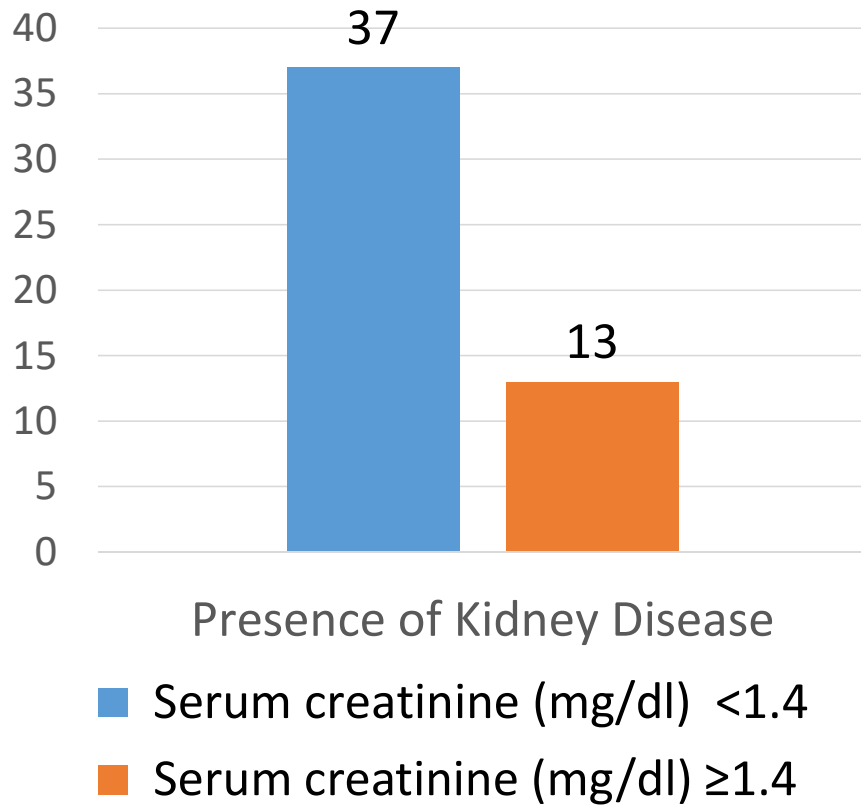


Distribution of the study patients according to blood sugar

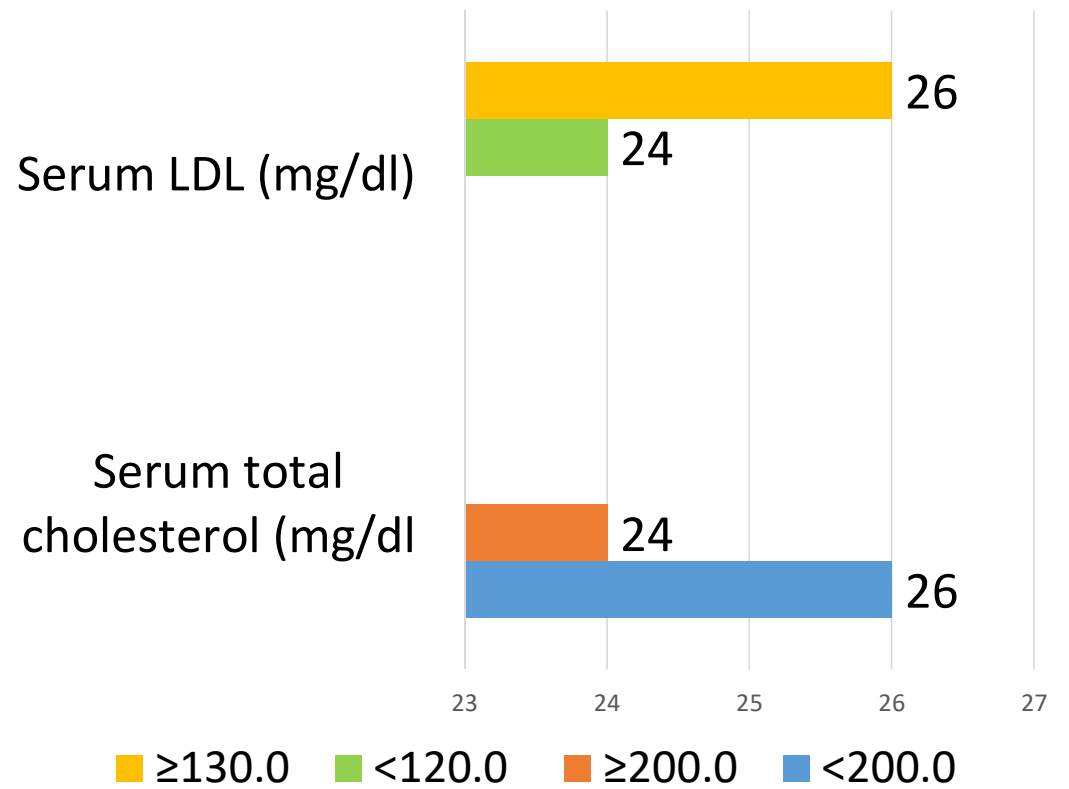


Distribution of the study patients according to HbA1c

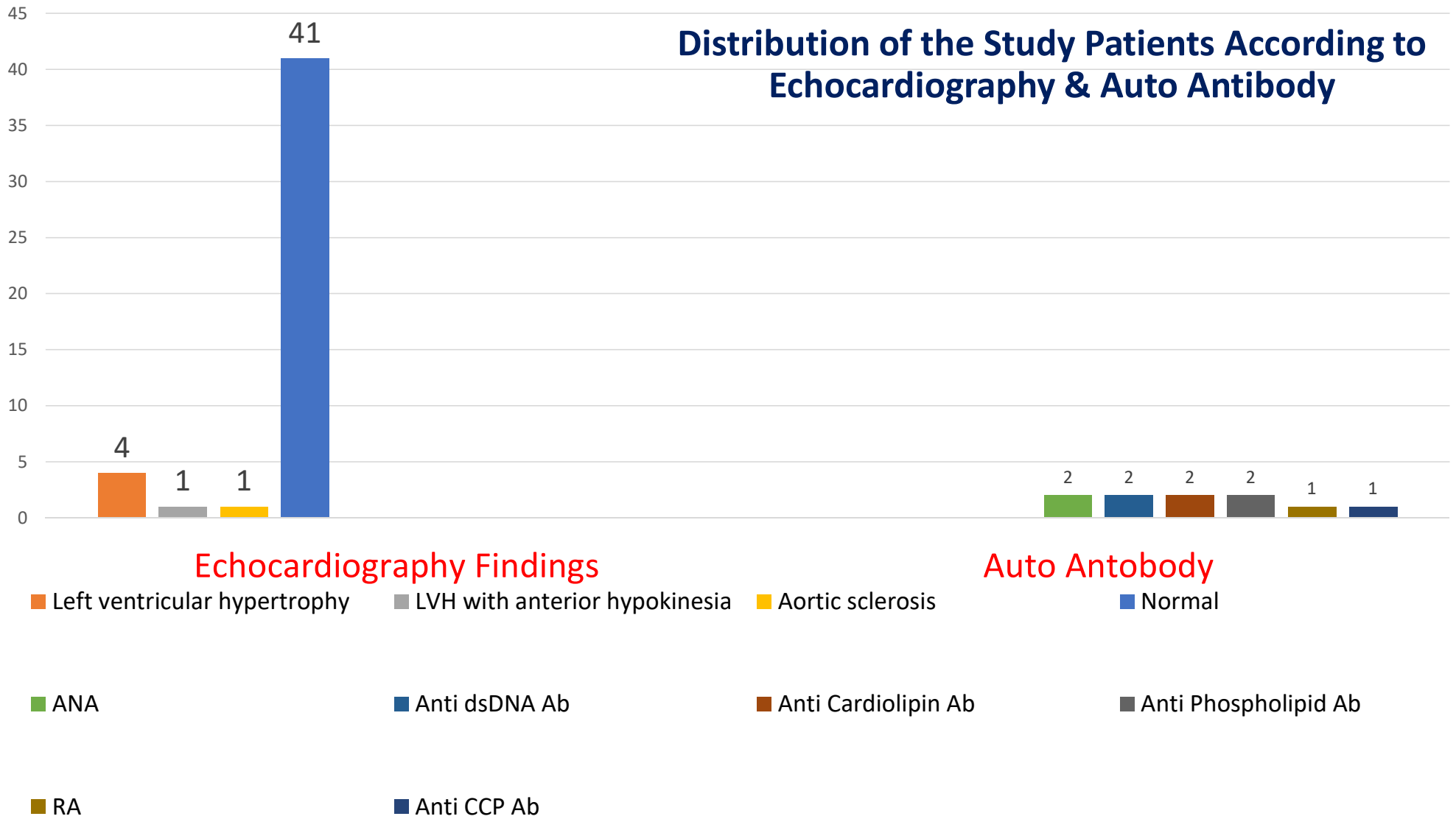
Presence of Kidney Disease in Study patients



Distribution of the Study Patients According to Lipid Profile



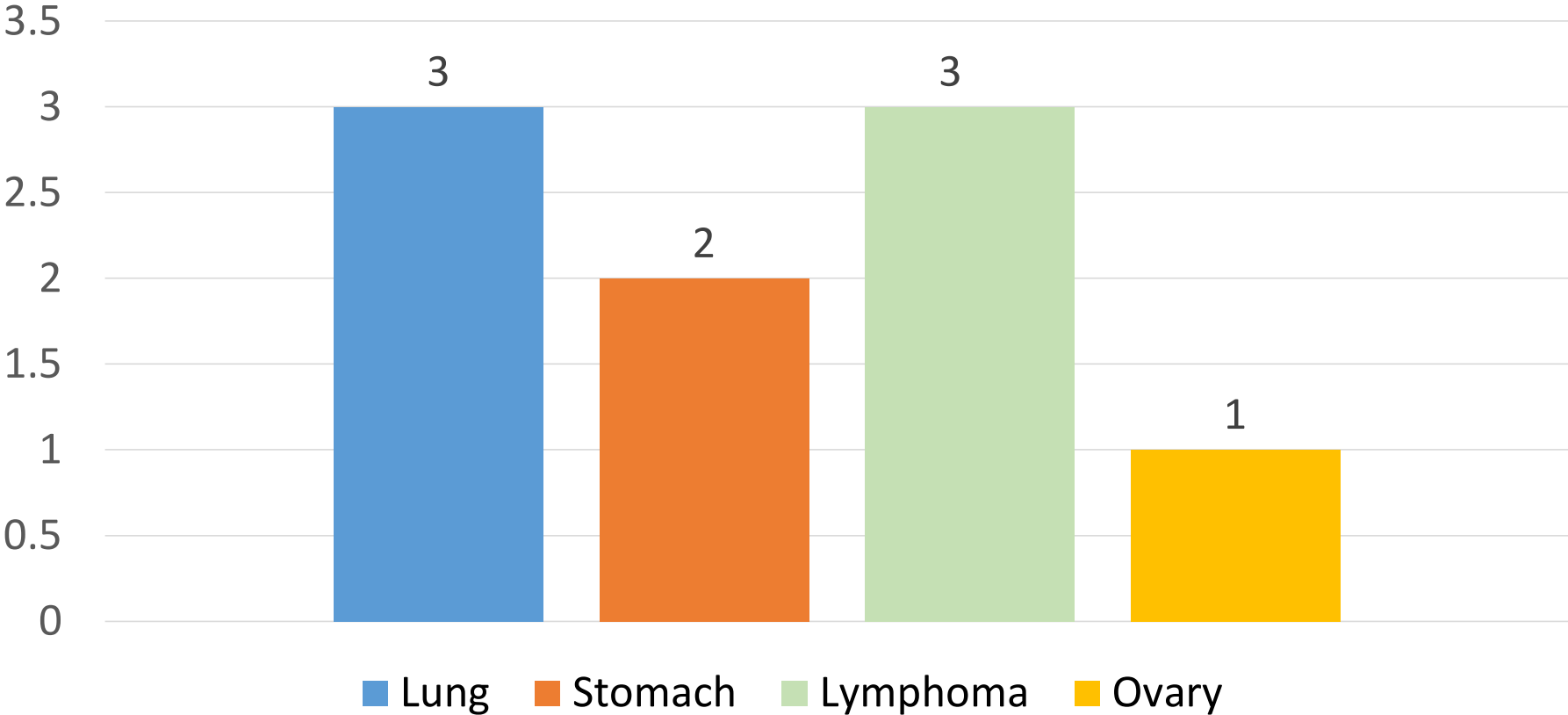
Distribution of the Study Patients According to Echocardiography & Auto Antibody



Distribution of the Study Patients According to USG Findings

USG findings	Number of patients	Percentage
Site involvement		
Right	33	66.0
Left	17	34.0
Region affected		
Proximal	17	34.0
Distal	18	36.0
Both	15	30.0

Distribution of the Study Patients According to Malignancy site



Discussion

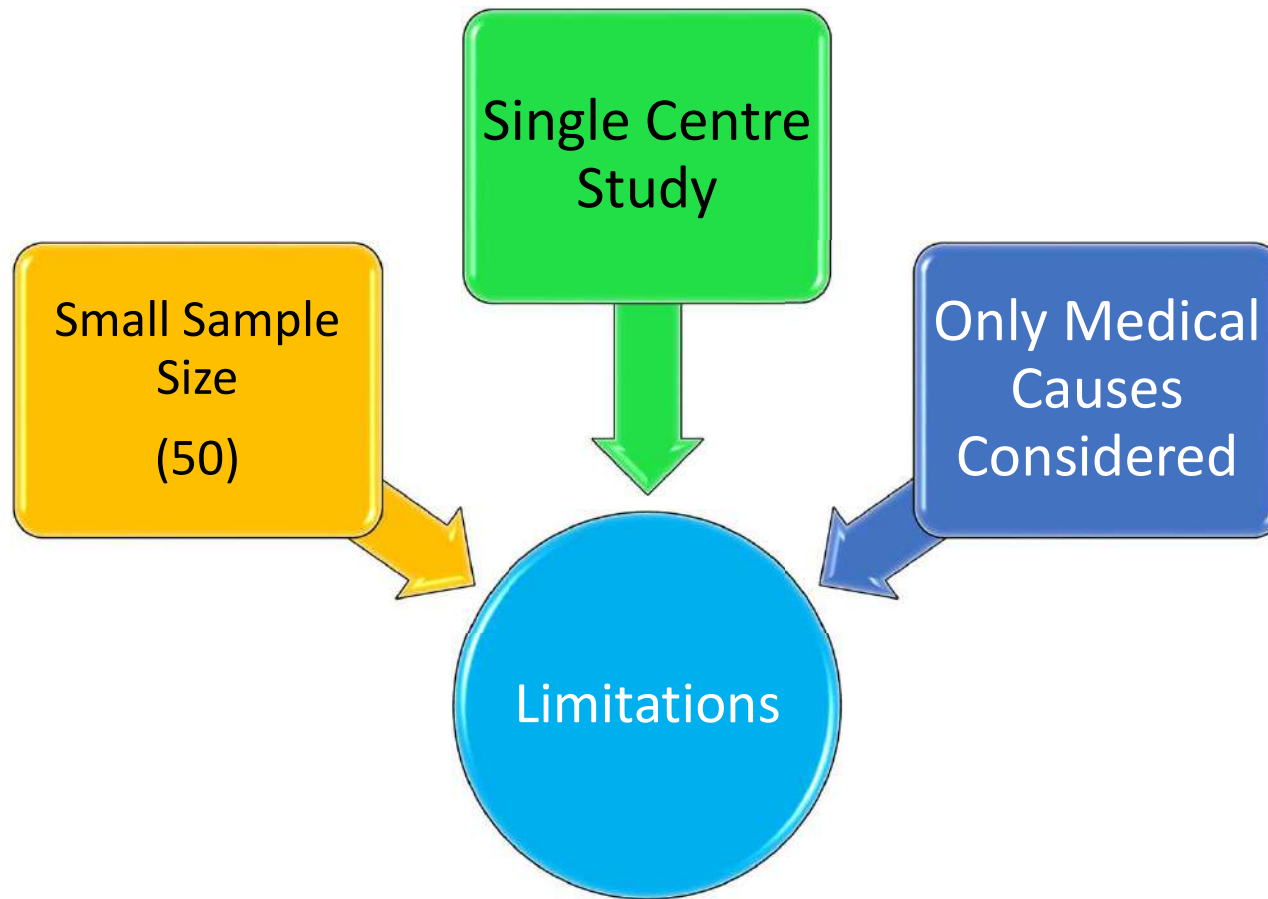
It is evident from the study that the most important risk factors are-

- Older age
- DM
- Overweight
- Malignancy
- Hyperlipidemia
- Previous cardiovascular events
- Autoimmune diseases.

Discussion cont.....

- Cardiovascular risk factors are Smoking, Hypertension, Diabetes, Alcohol habit, H/O taking OCP and previous H/O heart Disease.
- More than one third subject had Distal Venous Thrombosis.
- More than half of patients had hospital stay >7 days, which might be a contributing factor also.

LIMITATIONS



Way Forward

- Non-communicable diseases are associated with the development of DVT.
- Strengthening of the programme for prevention and control of NCDs in the country thus suggested.
- More studies with large sample size are also recommended.

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