The Race to Develop a Comprehensive, Evidence-Based Program for Inpatient Venous Thromboembolism (VTE) Prevention and Intervention

Sutter Health Sacramento Sierra Region (SSR), through a generous grant partnership with the Gordon and Betty Moore Foundation, launched a comprehensive regional VTE prevention program for all inpatients, 18 years of age and older (excluding Obstetric and Orthopedic patients). An inter-professional team of nurses, pharmacists and physicians targeted a 20% reduction in hospital-associated VTE across the region by building measurement and monitoring processes to include intervention techniques that lead to sustainable improvement.

**Why Hospital Associated VTE?**

- **Up to 50% of all VTEs are associated with hospitalization, occurring in the hospital or shortly after discharge**
- **Almost all hospitalized patients have at least one risk factor for VTE**
- **VTE is a common complication and contributes to excess length of stay, increased cost, and mortality**
- **Appropriate prophylaxis reduces the morbidity and mortality associated with both deep vein thrombosis and pulmonary embolism**

**Opportunities and Tools for Improvement**

**SSR VTE Prophylaxis Prevalence Pareto: May 2015**

**Current Standings - Results**

**Sacramento Sierra Region All Hospital Associated VTE (project data)**

**Three Bucket Model**

**VTE Risk Level Assessment**

**Recommended Orders**

- **Monitor, measure, and provide real-time intervention to enable appropriate prophylaxis is in place.**
- **Form inter-professional teams within a facility to educate and spread best practices.**
- **Engage and train physician leaders to work elbow to elbow with colleagues.**
- **Agree to redefine processes using evidence-based practice solutions** (e.g., Dr. Maynard’s Three Bucket Model).
- **Leverage key stakeholders (physicians and administrators) in order to influence eHR redesign (e.g., create a hard stop for prophylaxis orders).**
- **Compliance increases significantly if your eHR is designed and implemented to align with the workflows.**
- **It’s a marathon, not a sprint... set the foundation for long term sustainability!**