

Name

Venous Thromboembolism (VTE) Risk Score

All patients immobilised in a lower limb cast or black boot

Go through this with a clinician and tick every box relevant to you

Score	Patient Details	Risk
1	Age 60 years or above	
1	Very overweight i.e. women with a waist measurement of more than 88cm (35in) and men with a waist measurement of more than 102cm (40in)	
1	Thrombophilia	
Current Medication		
1	Combines Oral contraceptive pill (birth control pill)	
1	Hormone replacement therapy (HRT)	
Family History		
1	Known family history of leg vein clots (deep vein thrombosis) or lung clots (pulmonary embolus) in close family (brother, sister, father, mother)	

Score	Patient Details	Risk
1	Varicose veins with phlebitis	
1	Heart disease/heart attack in the last 6 months	
1	Lung disease	
1	Inflammatory disease (bowel or joints)	
1	Dehydration	
2	Unable to walk before surgery	
2	Other surgery at the same time as your fracture	
3	Undergoing treatment for cancer	
3	Previous history of leg vein clots (deep vein thrombosis)	
3	Previous history of lung clots (pulmonary embolus)	
3	Pregnant or within 6 weeks of childbirth	
3	Complex lower limb surgery or pelvic fracture in last 6 weeks	
3	Abdominal surgery in last 6 weeks	
3	Tendo-Achilles injuries	

Total risk factor score:

Please speak to a member of staff if you are unsure about any of the above questions.
Once completed, please give this form to a member of staff in the Plaster Room.

Score	Recommendation
0-2	Keep active and make sure that you drink plenty of water every day
3 or more	As above, treat with Dalpeparin (Fragmin) 5,000 units once a day (as an injection) until the cast is removed
Bleeding risk and contraindications to chemical prophylaxis (Fragmin)	
Patient related	
Active bleeding	
Acquired bleeding disorders (such as acute liver failure)	
Concurrent use of anticoagulants known to increase the risk of bleeding (such as warfarin with INR greater than 2). Already receiving treatment dose of Fragmin or Fondaparinux	
Thrombocytopenia (platelets less than 75x109/l)	
Uncontrolled systolic hypertension (230/120 mm/Hg or higher)	
Untreated inherited bleeding disorders (such as haemophilia and von Willebrand's disease)	
Previous Heparin Induced Thrombocytopenia (prescribe alternative chemical Thromboprophylaxis)	
Acute Stroke	

Checklist for patient requiring VTE prophylaxis

	Yes	No
Patient has supply of medication		
Patient or carer has received training in administration of LMWH and is happy to self-administer		
Patient has sharps box and understands how to safely dispose of sharps		
Patient has a completed Medical alert and understands the need to carry it with them at all times		
Patient has MIIU contact details if any queries		

Signature	Print name:	
Designation	Date: 01 December 2025	Time: 09:40

