

# VENOUS THROMBOEMBOLISM

## Glossary Of Terms



**Ambulatory care** - ambulatory care refers to medical services performed on an outpatient basis, without admission to a hospital or other facility.

**ANP** - advanced nurse practitioner

**Anticoagulants** - are medicines that help prevent blood clots. They are prescribed to reduce the risk of a blood clot and to treat blood clots.

**Anti-embolism stockings** - are special socks or stockings designed to apply pressure to help prevent patients developing blood clot in the legs due to immobility.

**Arteries** - are the blood vessels that deliver oxygen-rich blood from the heart to the tissues of the body.

**Atrial fibrillation** - is an irregular and often very rapid heart rhythm.

**COCP/OCP** - Combined Oral Contraceptive Pill.

**Compression stocking** - Are a stocking also worn to apply pressure to the leg. These stockings are tighter than anti-embolism stockings and are often worn after the patient has suffered a blood clot to help prevent chronic conditions such as Post Thrombotic Syndrome (PTS).

**CT scan** - a computerised tomography scan uses X-rays and a computer to create detailed images of the inside of the body.

**CTPA** - a computerised tomography pulmonary angiogram is a CT scan that looks for blood clots in the lungs.

**D-dimer test** - is a blood test that can be used to help rule out the presence of a serious blood clot. When you get a cut or wound, your body starts a process called hemostasis to form a clot and stop you from losing too much blood. It forms threads of a protein called fibrin to keep the clot in place. Once you've healed, the clot breaks down into fragments. One of those fragments is called D-dimer. It's part of a protein.

There are many things that can increase a D-dimer reading. It will be high in someone after an operation and high in someone who has an infection or inflammation, and so having a high D-dimer does not mean a clot has occurred. The D-dimer has to be taken into context of the patient's story and examination.

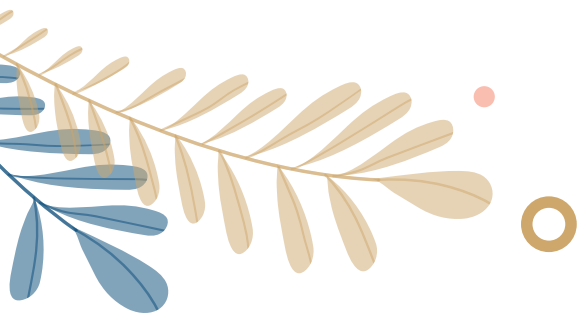
A negative D-dimer indicates a blood clot is unlikely.

A positive D-dimer does not confirm a blood clot but indicates investigations for diagnosis should continue.

**DOAC** - Direct Oral Anti-Coagulant refers to a group of anticoagulant medications including Apixaban, Dabigatran, Edoxaban, and Rivaroxaban which are taken by mouth and require quarterly, half yearly or yearly monitoring.

**Doppler ultrasound** - is a test that uses high-frequency sound waves to measure the amount of blood flow through your arteries and veins.

**DVT** - deep vein thrombosis is a blood clot that develops in a deep vein on the body, most commonly the leg, but it can occur anywhere in the body.



**ECG** - an electrocardiogram is a simple test that can be used to check your heart's rhythm and electrical activity.

**Embolism** - is the lodging of an embolus, a blockage causing piece of material, inside a blood vessel. The embolus may be a blood clot (thrombus), a fat globule (fat embolism), a bubble of air or other gas (gas embolism), or foreign material.

**GAHT** - gender affirming hormone treatments

**HRT** - hormone replacement therapy.

**INR** - International Normalised Ratio is a standardised measurement of the time it takes for blood to clot. Regular INR monitoring is required to safely and appropriately manage the dosing of warfarin.

Intermittent Pneumatic Compression (IPC) - is a therapeutic technique using a medical device that includes an air pump to inflate sleeves, gloves or boots in a system designed to improve venous circulation by applying pressure to the limbs of patients who suffer from or are at risk of developing a DVT or PE.

**LMWH** - Low Molecular Weight Heparin is a class of anticoagulant used to prevent and treat blood clots. LMWH is injected under the skin, subcutaneously.

**MDT** - Multi-discipline team. A multidisciplinary team is a group of health and care staff who are members of different disciplines or health departments but who work together to help make decisions regarding the treatment of individual patients often with a complex condition.

**MRI scan** - a Magnetic Resonance Imaging scan is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body.

**NOAC** - The term given to DOAC's when they first appeared and were known as, Novel Oral Anti-Coagulants.

**PE** - Pulmonary Embolism, this is when a blood clot develops in your body, most commonly in the veins of the lower leg. The clot can break off and travel in the blood stream to your lungs where it can cause a blockage that can be extremely dangerous and requires urgent medical attention.

**Perfusion scan** - another name used to refer to a V/Q scan.

**PERT team** - 'Pulmonary Embolism Response Team'. A PERT team or PERT clinic provides care for patients newly diagnosed with PE after hospital discharge and have been designed to include care from a variety of specialities such as haematology, vascular medicine, pulmonology, and cardiology.

**Prophylaxis** - means 'preventive'. In VTE, thromboprophylaxis is treatment given or action taken to prevent or lower the risk of a blood clot occurring.

**Pulmonary hypertension** - a condition that affects the blood vessels in the lungs. It develops when the blood pressure in your lungs is higher than normal.

**SDEC** - Same day emergency care.

**Subcutaneous injection** - is an injection administered just under the skin using a short needle to inject a drug into the tissue layer between the skin and the muscle.

**SVT** - Superficial Vein Thrombosis, a superficial thrombophlebitis, or superficial vein thrombosis, is a blood clot that occurs in veins under the skin (superficial veins). The condition typically happens in the arms or legs and causes pain, inflammation, redness and swelling.



**Thrombosis** - is the formation of a blood clot inside a blood vessel, obstructing the flow of blood through the circulatory system.

**UFH** - Unfractionated Heparin is a fast-acting anticoagulant. Unlike Low Molecular Weight Heparin which is injected under the skin, usually once daily, UFH is given directly into a vein and requires 6 hourly blood tests to continuously measure and maintain the dose of UFH given to the patient.

**US** - Ultrasound scan is a medical test that uses high-frequency sound waves to capture live images from the inside of your body. It's also known as sonography.

**Veins** - are blood vessels that carry de-oxygenated blood back to the heart. Veins form part of the circulatory system with arteries and capillaries which along with the heart carry blood around the body.

**Venogram** - is an x-ray test that involves injecting a dye, usually into the veins in the legs to show the flow of blood and how healthy your veins are.

**VKA** - Vitamin K Antagonists are a group of substances or medication that reduce blood clotting by reducing the action of vitamin K. Vitamin K is essential for the formation of blood clots in the body. Warfarin is a commonly used VKA anticoagulant.

**VQ Scan** - Ventilation (V) Perfusion (Q) Scan. This test is in two parts, part 1 to examine the flow of air within the lungs, part 2, to see where in the lungs the blood is flowing. This test will show how your lungs are functioning. This will help the doctor make a diagnosis.

**VTE** - Venous Thromboembolism is a condition in which a blood clot forms most often in the deep veins of the leg, groin or arm (known as deep vein thrombosis, DVT) and travels in the circulation, lodging in the lungs (known as pulmonary embolism, PE), a DVT and PE together are known as a VTE.

**Warfarin** - is a type of medicine known as an anticoagulant. The effect warfarin has means the blood takes longer to clot. This means your blood will be less likely to form dangerous blood clots. Warfarin is used to treat people who have had a blood clot and is also prescribed to prevent blood clots if the person is considered to be at risk i.e. patients with atrial fibrillation at risk of suffering an embolic stroke or patients with metal heart valve replacements, also at risk of developing life-threatening blood clots or stroke.

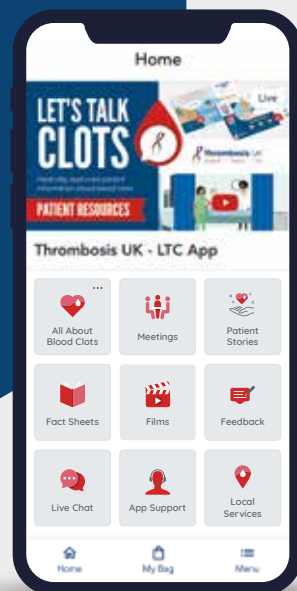
**Wells Score** - The Wells Test calculates the risk someone has of developing a DVT or PE based on clinical criteria.

The Wells Score is a number that reflects your risk of developing deep vein thrombosis (DVT) or pulmonary embolism (PE).

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## Links to support groups

Thrombosis UK ([www.thrombosisuk.org](http://www.thrombosisuk.org))

The Stroke Association ([www.stroke.org.uk](http://www.stroke.org.uk))

Tel: 0300 772 9603 Email: [admin@thrombosisuk.org](mailto:admin@thrombosisuk.org)

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