

# THROMBOSIS UK VTE AWARDS

---

## VTE AWARD – MATERNITY

**VTE Awarded for** – Excellent Quality Improvement programme that advanced practice in thrombosis prevention or management

---

### EAST KENT HOSPITALS UNIVERSITY NHS FOUNDATION TRUST

#### Quality Improvement project for venous thromboembolism prevention in pregnant and post-partum people

The venous thromboembolism (VTE) in Obstetrics Quality Improvement project was initiated in 2023 following a comprehensive mapping conducted in 2022 as an audit action plan.

The audit reviewed the journey of pregnant women as they navigated women's health and obstetrics services. Initial audit results highlighted critical areas for investigation and quality improvement (QI), particularly in VTE prevention.

An obstetric VTE committee was appointed in 2023 with a core working group comprising of specialist VTE nurses, patient safety midwives and stakeholders across various departments.

The first cycle of the QI project areas of focus included:

- Development of updated thromboprophylaxis guidance for pregnant women.
- Creation of a user-friendly VTE risk assessment tool and patient information resources.
- Development of staff educational resources with face-to-face training.
- Establishment of a process for shared learning from maternity-associated thrombosis with wider teams.
- Introduction of intermittent pneumatic compression devices in line with NICE guidance.
- Establishment of a VTE Working Group to ensure the project was reviewed and on target.

The second cycle of the QI project was informed by the recommendations from MBBRACE 2024 report, and key workstreams included:

- Definition of rapid access pathways for prescribing and administering thromboprophylaxis.
- Development of early pregnancy-specific VTE guidance.
- Review of the restructured risk assessment.
- Provision of pre-pregnancy counselling for women with a history of VTE.

The work is ongoing with work expected to complete by quarter two, 2025.

Initiatives and resources to support were developed and have led to:

- An increase in the use of intermittent pneumatic compression devices.
- Cessation in use anti-embolic stockings for VTE prevention in maternity.
- The thrombosis centre at Kent and Canterbury Hospital establishing a daily nurse-led clinic for patients with a history of VTE to attend and commence thromboprophylaxis within 24 hours of reporting pregnancy.
- This service being managed via the Early Pregnancy units during Bank holidays and weekends.
- Improved VTE risk assessment at Trust-wide level and showing compliance is at 90% – 95%, this includes snapshot data from Obstetrics inpatient wards.
- Continued audit established to monitor the completion of VTE risk assessment from booking to discharge, feeding into the ongoing workstreams.

The VTE Working group implemented training initiatives covering:

- A VTE awareness launch to engage and inform stakeholders.
- Establishment of a VTE google classroom.
- Ready access to Thrombosis UK professional resources, local and national guidance, mechanical thromboprophylaxis use guides and pharmacological prophylaxis prescribing guidance.
- A 'Rapid Review Meeting' platform to investigate VTE related incidents in a timely manner and share learning as part of the Patient Safety Incident Response Framework.

Coupled with robust, well-structured communication across disciplines and with strong senior stakeholder involvement, the QI project has grown to be a collective commitment to VTE prevention in pregnant individuals across the East Kent Trust.