

# Nursing assessment in deep venous thrombosis management

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Deep vein thrombosis (DVT) refers to the formation of blood clots, or thrombi, in the deep veins of the lower extremities. This condition can result in the obstruction of venous blood flow, triggering inflammatory responses, damaging surrounding tissues, and causing redness and swelling in the affected limb. DVT is a primary precursor to pulmonary embolism, a potentially life-threatening complication. Timely recognition of DVT symptoms and prompt intervention are crucial to reducing complications and hospitalization duration.<sup>1,2</sup> Patients diagnosed with DVT should be educated about the significance of rest during hospitalization and the adherence to prescribed therapeutic regimens. This review aims to provide insights into patients afflicted by DVT and pulmonary embolism, along with an exploration of the medical-diagnostic procedures leading to diagnosis and subsequent treatment methods.

Nurses and allied healthcare professionals are essential members of the healthcare team when it comes to managing DVT. Their key role involves educating patients about DVT, medications, and lifestyle changes to empower patients in their recovery. They are also responsible for closely monitoring patients for complications, administering treatments, and advocating for patient needs within the healthcare team. Their dedication and patient-centered approach play a crucial role in ensuring that DVT patients receive comprehensive care and support. Furthermore, nurses and allied professionals extend their care beyond the hospital setting, assisting patients in transitioning back to their daily lives. They provide guidance on resuming physical activities and address any psychological or emotional aspects of recovery. Overall, their expertise and commitment contribute significantly to the successful management of DVT, aiding patients in regaining their health and independence.

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## LITERATURE

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