National Blood Clot Alliance

National Survey About Deep Vein Thrombosis and Pulmonary Embolism
Awareness, Information, Prevention, Adherence

Awareness and Prophylaxis Practices Reported by Recently Hospitalized Patients
The following financial relationships with commercial interests relevant to this presentation exist:

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National Blood Clot Alliance

Mission

Advancing prevention, early diagnosis and successful treatment of blood clots, clotting disorders (thrombosis and thrombophilia)...through public awareness, advocacy and patient and professional education
Increased risk among acutely ill hospitalized patients

At least one risk factor present
- immobility
- cancer
- infection
- surgery

Absent prophylaxis
DVT occurs
- 10% - 40% surgical
- 40% - 60% medical
- 60% - 80% orthopedic

1 in 10 hospital deaths are related to PE
Overview: The NBCA DVT/PE Awareness Survey

- Responds to Surgeon General's Call to Action
- Benchmarks awareness, prophylaxis experiences
- Comprehensive, one of the largest of its kind
Methodology

Development

- Questions (62) developed by Survey Steering Committee
  - MASAB members, experts from at-risk clinical groups

Implementation

- National survey firm Late Q409 Internet panels
  - 2010 extensive evaluations
  - 2011 data unveiled
Methodology

Awareness
- General Public 500
- THA/TKA 250
- Oncology 500
- Hospitalized 500
- AFIB 500

Comparative
- Orthopedists 200

Information
- Mean age 52.5 (20 - 80+)
- 64% female

Prophylaxis

Adherence

Orthopedists

General Public

THA/TKA

Oncology

Hospitalized

AFIB

64% female
Survey Participants: Hospitalized Patients

Admissions
- Surgery: 43%
- Major illness: 32%
- Accident/trauma: 11%
- Childbirth: 6%
- Other: 21%

Multiple responses allowed

Length of Hospital Stay
- 3-4 days: 51%
- 5-10 days: 37%
- >10 days: 12%

Net hospital days reported

n=500 patients hospitalized ≥3 days
Findings: DVT/PE Awareness Versus DVT/PE Risk

- Awareness of DVT: 28%
- Awareness of PE: 15%
- Family Hx blood clots: 43%
- Personal Hx blood clots: 15%
- Neither MD nor other HCP discussed risk: 46%

n=500 patients hospitalized ≥3 days
Health Literacy: “DVT” Versus “Blood Clot”

- Know what blood clot is: 83%
- Blood clots can be life threatening: 99%

n=500 patients hospitalized ≥3days
Patient Reported Experiences With Prophylaxis

- Anticoagulant pill: 28%
- Anticoagulant injection: 29%
- Aspirin: 37%
- Compression stockings: 37%
- Mechanical compression: 39%
- Ambulation: 63%

n=500 patients hospitalized ≥3 days
Comparative Findings: DVT/PE Awareness

- Sitting for a long time: 45%
- Surgery: 9% for Hospitalized Patients, 8% for General Public, 9% for Cancer Patients (n=xxx)

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Comparative Findings: Risk Factor Awareness

- Extended sitting: 45% (Hospitalized patients), 45% (Cancer patients), 28% (General public)
- Overweight: 8% (Hospitalized patients), 8% (Cancer patients), 5% (General public)
- Lifestyle (unspecified): 5% (Hospitalized patients), 5% (Cancer patients), 5% (General public)
- Some cancer Tx: 1% (Hospitalized patients), 1% (Cancer patients), 5% (General public)
- Surgery: 9% (Hospitalized patients), 8% (Cancer patients), 8% (General public)
- Travel (air/car/etc): 11% (Hospitalized patients), 9% (Cancer patients), 15% (General public)
Comparative Findings: Signs and Symptoms Awareness

Hospitalized patients (n=172 can name DVT risk factors)
Cancer Patients (n=155 can name DVT risk factors)
General Public (n=109 can name DVT risk factors)

Hospitalized patients (n=282 know what "PE" is or stands for)
Cancer Patients (n=290 know what "PE" is or stands for)
General Public (n=268 know what "PE" is or stands for)

Claim knowledge of DVT Signs/Symptoms

- 63%
- 63%
- 79%

Claim knowledge of PE Signs/Symptoms

- 37%
- 30%
- 34%
Additional Findings: Adherence Among Hospitalized Patients

Of 142 warfarin users, 24% say Tx is very/moderately difficult to use
   65% blood testing, 50% bruising, 47% dosing changes

Of 145 LMWH users, 33% say Tx is very/moderately difficult to use
   65% injection site pain, 50% bruising, 46% need for self injection

62% of warfarin users and 83% of LMWH users report adherence
   Non-Adherence: Warfarin n=32, LMWH n=22 >50% MD advised

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Additional Findings: Information and Education

- 46% said they were not informed or educated by MD or other HCP about potential DVT due to hospitalization.
- 57% said neither physician nor other HCP discussed what can happen if a blood clot forms.
- 50% said neither doctor nor HCP discussed ways that blood clots can be prevented.
Additional Findings: Hospitalized Patient Preferences

Therapeutic Options Cited by Patients to Optimize Treatment
- 40% fewer Rx interactions
- 37% a pill instead of injections, 37% minimal bleeding complications

Information Sources Preferred by Patients
- 83% doctor, 71% Internet
- 37% nurses, 30% family members, 26% advocacy organizations

Educational Tools Preferred by Patients
- Just 18% received materials, brochures most common
- More than 80% prefer CD/DVD and Web site referral
Conclusions and Future Directions

**Awareness**
- Risk ≠ awareness
- “Blood clot” resonates

**Information**
- Significant gaps exist
- Patients are not informed

**Prophylaxis**
- Prophylaxis guidelines exist
- Prophylaxis remains suboptimal

**Adherence**
- Numerous treatment barriers exist
- 1 in 3 treated patients affected

- Improve patient awareness of DVT/PE, simplify terms
- Fill gaps to ensure patient understanding of risks, Tx options
- Optimize evidence-based prophylaxis
- Research new therapies to address treatment barriers

Risk ≠ awareness
“Blood clot” resonates
Significant gaps exist
Patients are not informed
Prophylaxis guidelines exist
Prophylaxis remains suboptimal
Numerous treatment barriers exist
1 in 3 treated patients affected

www.stoptheclot.org
Imperatives Moving Forward

- Improved DVT/PE understanding and prophylaxis
- Reduced risks and reduced complications
- Decreased morbidity, mortality, costs
The National Blood Clot Alliance extends its appreciation to members of the NBCA DVT/PE Awareness Survey Steering Committee

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Remember…
March is Blood Clot Awareness Month!

Help Stop The Clot®!

By the end of March please let 5 people you know about blood clot:

- Risk Factors
- Signs and Symptoms
For More Information, Contact the National Blood Clot Alliance

On the Web:  www.stoptheclot.org

On Facebook:  www.facebook.com/stoptheclot

By phone:  (877)4 NO CLOT (466-2568)