

Risk Assessment for Deep Vein Thrombosis

Deep vein thrombosis (DVT) can be a silent but deadly threat, killing as many as 300,000 people in the United States every year. In order to decrease your chance of getting DVT, it is important to recognize its risk factors and to do what you can to reduce your risks.

This questionnaire will help you discover if you are at risk for DVT. Some, but not all, of the important risk factors are listed below.

Risk factor	Points
Have you recently had a major joint replacement?	4
Have you had an accident within the past 30 days leading to broken bones or spinal cord injury?	4
Have you had a major stroke within the past 30 days?	4
Do you have a history of DVT or blood clots?	4
Do you have a history of cancer?	4
Are you pregnant?	4
Do you have a family history of DVT or blood-clotting disorders?	3
Are you 70 years of age or older?	3
Did you have a surgery that lasted more than 45 minutes within the past 30 days?	3
Are you currently confined to more than three days of bedrest?	3
Have you worn a cast on an arm or leg for more than a month?	3
Have you ever had a catheter in your vein for an extended period of time?	2
Have you recently had knee arthroscopy?	2
Are you taking hormone therapy or birth control pills?	1
Are you 40 to 70 years of age?	1
Do you have a history of varicose veins?	1
Do you have a history of inflammatory bowel disease?	1
Are you obese?	1
Have you had a heart attack within the past 30 days?	1
Do you have a recent history of congestive heart failure?	1
Do you have a severe lung disease (e.g., emphysema or COPD)?	1
Have you recently had a serious infection (e.g. pneumonia)?	1
Do you have severely restricted mobility?	1

(Adapted in part from the Coalition to Prevent DVT)

Estimated risk table

First, calculate your score by adding the points you earn after answering each question.

Enter your score here

Next, see where you rank on the table:

Score	Estimated Risk Level
0-1	LOW
2-3	MODERATE
More than 3	HIGH

Enter your risk level here

Last, share this test and your results with your doctor, especially if you are planning a hospital stay or a major surgery.

For more information about the vascular disease program at Providence Heart and Vascular Institute, please call 503-216-2088. Be sure to inquire about our lectures and screenings for the most life-threatening vascular diseases, held throughout the year at various Providence hospitals in Oregon.