

**DVT Awareness In Motion**

**Mary Ann Wilson & Melanie Bloom – Hospital Bed Segment Script**

[[TRT 04:42]]

*Melanie*

Being hospitalized is hard enough, and it's especially hard to keep moving. So today we're going to show you some simple movements that you can do any time, anywhere – specifically if you're in a hospital bed and need to keep the blood flowing and your muscles active.

Mary Ann Wilson is a registered nurse and the founder of the PBS series, "Sit and Be Fit." She is partnering with the Coalition to Prevent Deep Vein Thrombosis to create this educational program for 'DVT Awareness In Motion.' The program is designed to encourage movement in settings where mobility is usually restricted. Immobility can be among several risk factors for developing DVT. Additional risk factors include – but are not limited to: congestive heart failure, cancer, obesity, advanced age, recent surgery, and smoking.

By watching all the videos in this series, you'll learn how to stay moving no matter where you are. Other segments focus on movements you can do in your assisted living home or rehabilitation center, when you're traveling, or in your office space. Remember, movement is only one way to help reduce DVT risk. Some patients may require compression socks or medications such as anticoagulants – that's why it's important to have a discussion with your healthcare professional about your risk.

Enjoy the program!

*Mary Ann*

Hello everyone! Now, let's get that blood pumping! So, what do you do when you're confined to a hospital bed with nowhere to go? You keep it moving – that's what you do! Ok, here we go...

Hi, Tom! [Hi Mary Ann]

I want to start with some leg raises. So lying on your side – okay, one leg is on top of the other now. Slowly lift that top leg – to a 45-degree angle and then hold it there. Good, now bring it slowly back down. Very good. And do it one more time. Lift up, hold it – good. And down. And we want to make sure that we switch and do it on the opposite side. Great!

I want to stress how important it is for those of you who are dealing with prolonged immobility or severely restricted mobility to keep the blood flowing. When your blood flow slows down, it can actually collect in places like your lower extremities, like in Tom's legs and that can increase your risk of having a DVT. So keep moving. Do what you can!

Next are ankle circles – lie on your back. Okay. Tom will lift one foot and slowly twirl it as though drawing circles with the toes. Continue doing that for 15 seconds and then reverse the direction and then repeat with the other foot.

Now I want you to flex your ankles pulling those toes up towards you. Hold it, then press down. Hold it and then up again and then press down.

Did you know, almost all hospitalized patients have at least one risk factor for DVT and pulmonary embolism or PE. Approximately 40 percent of patients have three or more risk factors. Therefore, knowing whether you have other risk factors can go a long way in helping to reduce risk.

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And finally Tom, let's do some knee to chest movements. You're lying down; bend your right knee - good. Pull it toward your chest – hold it for 15 seconds. And then slowly let your leg down. Alright, we're going to repeat that with the left leg. Hold under – pull it slowly towards you. No pain – just a nice stretch!

You're a real natural at this Tom – good work!

Now how do you feel? Good? Great! Okay, well thank you – nice meeting you.

*Melanie*

Please visit [preventdvt.org](http://preventdvt.org) to view all the movements Mary Ann showed you here today, and a complete list of ways to identify your risk for DVT. While you're there, take time to learn more about DVT and its signs and symptoms and be sure to check out the other 'DVT Awareness In Motion' videos!

***[On screen disclaimer]*** *Ambulation/movement is only one way to help reduce DVT risk. Some patients may require compression socks or medications such as anticoagulants – please talk to your healthcare professional. Please be aware that DVT events may occur after you begin to become mobile again.*

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