

US.ENO.09.11.009

**DVT Awareness In Motion – Melanie Bloom Risk Assessment Tool Script
(Includes Complete Assessment)**

[[TRT 07:20]]

Hello, I'm Melanie Bloom.

My husband, David Bloom, was an NBC news correspondent who lost his life in Iraq in 2003 – not from a bullet but from complications of a blood clot called deep-vein thrombosis, or DVT. Shortly afterwards, I began working as the national patient spokesperson for the Coalition to Prevent DVT. Our mission is to make sure people everywhere understand the risk factors for DVT, so that they can help reduce their chances of developing this potentially fatal condition.

That's why the Coalition has made a DVT risk assessment tool available on its Web site, preventdvt.org. It's a free online resource to help you assess your risk of DVT on your own time, any time, right from your computer.

Let me show you where to find it - first, go to preventdvt.org and click on 'DVT risk assessment tool.' It's on the lower left side of the screen.

To calculate your risk assessment score, just answer the series of questions. Once you've completed the questions, you should print out your results and discuss them with your healthcare professional, especially if you are planning to have surgery or another medical procedure in the near future.

If you'd rather work offline, you can download and print out a blank form, fill out your answers, and calculate your score manually.

And, if you don't have access to a computer, at the end of this segment I will take you through the full assessment. All you'll need is a piece of paper and a pencil or pen. So stay tuned!

These are important results, and they can be a big help in making sure that you and your loved ones are empowered with knowledge—knowledge of what might put you at risk for DVT so that you can help reduce that risk. Keep a copy of your results and give another copy to your healthcare professional. And be sure to have a conversation with your healthcare professional about your risk of DVT.

Thank you for your interest in learning more about your own risk for DVT. And please take advantage of all the educational and inspirational segments in this year's DVT awareness program. It's called 'DVT Awareness In Motion' and you can be part of it.

And now – as promised - stay tuned if you'd like to take the DVT Risk Assessment with me, using paper and pencil.

Why don't you put this segment on "pause" now while you get your paper and pencil ready, and then we'll get started? If you feel you'd like help going through the assessment with me, you may want to ask a family member or caregiver to assist you with this important survey.

[pause here]

US.ENO.09.11.009

All set? Okay, we're going to walk through all the questions together. I'm going to ask you to give yourself a certain number of points for every statement that applies to you. Please write down all statements that apply to you so that you can discuss them, along with your final score, with your healthcare professional.

If any of the following statements apply, write it down and put 5 points beside it.

Have you had a ... *[text on screen as Melanie reads]*

- Recent elective hip or knee joint replacement surgery
- Broken hip, pelvis, or leg within the last month
- Serious trauma within the last month (for example, a fall, broken bone, or car accident)
- Spinal cord injury resulting in paralysis within the last month

Now listen to these statements next. Write down any that applies to you and put 3 points beside it:

Do you have a ...

- History of blood clots, either deep vein thrombosis (DVT) or pulmonary embolism (PE)
- Family history of blood clots - also called thrombosis – this is a very important risk factor, and it is the one most often missed
- Family history of blood-clotting disorders
- Are you age 75 or over

Now listen to the next series of statements. Write down any that applies to you and put 2 points beside it:

Have you ...

- Had cancer – either currently or previously
- Recently had major surgery that lasted longer than 45 minutes
- Had recent laparoscopic surgery that lasted longer than 45 minutes. This is surgery performed through a small incision with a lighted, tube-shaped instrument.
- Been recently confined to bed rest for more than 72 hours
- Had a plaster cast that has kept you from moving your limb within the last month
- Had a tube in blood vessel in neck or chest that delivers blood or medicine direct – this is also called central venous access
- Are you age 60–74 years

Now listen to the following statements, and write down any that apply to you and put 1 point beside it:

- Do you use birth control or hormone replacement therapy
- Are you pregnant or have you had a baby within the last month
- Are you planning minor surgery in the near future
- Have you had major surgery within the last month

Do you have...

- Varicose veins
- A history of inflammatory bowel disease or IBD- for example, Crohn's disease or ulcerative colitis
- Legs that are currently swollen
- Are you overweight or obese

Have you had...

- A heart attack
- Congestive heart failure
- A serious infection - for example, pneumonia

US.ENO.09.11.009

- Lung disease - for example, emphysema or COPD
- Are you currently on bed rest or severely restricted mobility
- Are you age 41–60 years

Now it's time to add up your total risk factor score. Simply add up all the points from the statements you wrote down that applied to you.

[Appropriate interlude]

Got your score tallied?

Now let's discuss what your DVT risk factor score means.

If you scored zero or 1 point, you are considered to be at a low risk for DVT. While you may not be at risk now, it's a good idea to reassess your risk of DVT at regularly scheduled visits with your healthcare professional or annual exams.

If you totaled 2 points, you're at the moderate risk level. Share your answers to this questionnaire with your healthcare professional at your next scheduled appointment so he or she can assess your risk of DVT.

If you scored 3 points or higher, you could be at high risk for DVT. Because of your increased risk, you should share your answers with your healthcare professional so that he or she can assess your risk of DVT.

Remember, only a healthcare professional can decide if you or a loved one is at risk for DVT blood clots. This is a partial list of risk factors. Ask your healthcare professional about other risk factors or conditions that may predispose you to DVT blood clots.

By completing this questionnaire, you've joined the ranks of 'DVT Awareness In Motion.' Knowing your risk of developing DVT is the first step towards avoiding this potentially life threatening condition. Thank you for participating!

[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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