

# Professional Development Learning Activity

## Reading and reflecting on this article will enable you to:

- ▶ understand the pathophysiology of venous thromboembolism and Virchow's triad
- ▶ apply this knowledge to understand why pregnancy increases the risk of venous thromboembolism (VTE) in this population
- ▶ identify additional risk factors associated with pregnancy associated venous thrombosis
- ▶ identify appropriate diagnostic and treatment options in pregnancy-associated VTE (PA-VTE).

Reading the article *Preventing and managing blood clots in pregnancy* and undertaking this learning activity is equivalent to 60 minutes of professional development. This learning activity is relevant to the Nursing Council of New Zealand competencies: 1.1, 1.4, 2.2, 2.4, 2.7, 3.3 & 4.1.

### A Reading

- 1 Read "The shadow of venous thromboembolism" (reference 7).
- 2 Also read and familiarise yourself with your local PA-VTE guideline if available or refer to the Australasian guidelines (reference 15).

### B Reflection

- 1 Consider the impact of PA-VTE in your patient in relation to her maternal mental health, the psychosocial impact on the newborn and other key family members, and identify ways to support your patients.

### C Reality

- 1 Familiarise yourself with VTE risk factors in association with Virchow's triad and apply this knowledge to patient assessments in your area.
- 2 Educate woman regarding the red flags for early detection of VTE in pregnancy.
- 3 Consider ways of improving and developing nursing practice in the prevention and management of PA-VTE in your area.
- 4 Identify which diagnostic scans/resources are available in your area.

### Verification by a colleague of your completion of this activity

Colleague name	Designation	Date
Nursing council ID	Work address	Contact #