

## Epidemiologic study of patients with DVT in Valiasr hospital- Birjand 2009-2014

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**Background and Aim:** Deep vein thrombosis (DVT) is a condition that is important in case of delay in diagnosis and treatment can lead to serious complications such as pulmonary embolism. Given the importance of evaluation and describe the disease in the population, this study examined the epidemiology of DVT patients in Birjand.

**Methods :** This cross-sectional study carried out on all patients with a diagnosis of DVT in Vali-Asr Hospital of Birjand during 2009-2014. A trained medical students complete the questionnaire in based on intern history, physician's orders and nurse note. Then the patients were contacted by telephone about the status of the patient and disease complications, readmission or death. Then data encoded and in SPSS 18 were analyzed by  $X^2$ .

**Results :** 263 patients with DVT, were hospitalized in Vali-Asr Hospital of Birjand during 2009-2014. 50.2% were male. Mean age in this study was  $55.84 \pm 18.45$  years. In 98.1% of cases involved lower extremity. The most important risk factor was immobilization and the lowest risk factor was family history of DVT. 6% of patients had recurrent DVT, 3.4% pulmonary emboli and 3.8% dead during the study period.

**Conclusion:** Given that the most common risk factor for DVT in our study was immobilization, prophylaxis is necessary in sedentary patients especially in neurologic and orthopedic ward.

**Keywords:** deep vein thrombosis. Pulmonary emboli, epidemiology, lower extremity