

Background: Venous thromboembolism (VTE) remains the hidden enemy of many surgical procedures, as patients may remain asymptomatic during its development (1). This audit aimed to evaluate the adherence to the 2018 National Institute for Health & Care Excellence (NICE) thromboprophylaxis guidelines for orthopaedic surgical patients admitted to Salmaniya Medical Complex in Bahrain from August 2019 until December 2019 (2).

Methods: A total of 20 patients who had undergone total hip arthroplasty (THA) or total knee arthroplasty (TKA) surgeries were randomly enrolled. Then, data was retrieved and statistically analysed from the patients' electronic records.

Results: The patients who had undergone TKA surgeries comprised 90% of the sample. Of the patients, 30%, 25%, 5%, had limited mobility, were obese, and had a hypercoagulable state, respectively, predisposing them to developing VTE. The prophylaxis regimen as per guidelines was administered to 44.4% of the patients who underwent TKA surgeries, while none of the patients who underwent THA were prescribed the recommended prophylactic medications. Overall, the audit demonstrated suboptimal compliance to the guidelines (40%).

Discussion: In light of this audit results, changes should be implemented, by means of using software reminders and VTE assessment checklist in the hope to provide the best standard of care to the patients.