

VTE Prophylaxis Audit – Pre-Operative Hip Fracture Patients

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Type	AUDIT
Specialty	orthopaedics
Trust	Princess Royal University Hospital (King's College Hospital NHS FT)
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Background

Patients presenting with hip fractures represent one of the highest-risk groups for venous thromboembolism (VTE), owing to immobility, advancing age, and the physiological stress of fracture. Early pharmacological VTE prophylaxis significantly reduces morbidity and mortality in this population. NICE NG89 provides clear guidance: VTE prophylaxis should be offered for one month in fragility fractures of the pelvis, hip, and proximal femur where VTE risk outweighs bleeding risk; pre-operative LMWH should be started if surgery is delayed beyond the day after admission, with the last dose ≥ 12 hours before surgery; fondaparinux may be used as an alternative with ≥ 24 hours before surgery. King's College Hospital Trust policy mandates VTE risk assessment on admission and prompt LMWH prescribing unless contraindicated, with documentation of any omission and reason. This retrospective audit reviewed 50 consecutive hip fracture patients admitted during September–October 2025 to assess compliance with NICE and local trust guidance at PRUH.

Aims

To assess whether pre-operative hip fracture patients at PRUH received VTE prophylaxis in line with NICE NG89 guidance and King's College Hospital NHS Foundation Trust policy.

Objectives

1. Review VTE risk assessment documentation on admission for all 50 included patients.
2. Determine proportion of patients receiving pre-operative LMWH where indicated.
3. Identify patients where pre-operative prophylaxis was omitted despite surgery being delayed >12 hours from admission.
4. Assess documentation quality when prophylaxis was withheld or delayed.
5. Evaluate compliance with NICE timing guidance for LMWH dosing before surgery.
6. Generate recommendations for education and re-audit within 2–3 months.

Guidelines

NICE NG89 – Venous Thromboembolism in Over 16s (2018, updated 2023); King's College Hospital NHS Foundation Trust VTE prophylaxis policy

Keywords

VTE, venous thromboembolism, hip fracture, LMWH, prophylaxis, NICE NG89, NOF, neck of femur, pre-operative, anticoagulation, heparin, fondaparinux, PRUH, orthopaedic trauma, fragility fracture, patient safety