

Background: Deep vein thrombosis (DVT) increases the risk of morbidity and mortality in Intensive Care Unit (ICU) patients despite the prophylactic use of anticoagulant treatment. The risk of developing venous thromboembolism (VTE) in very sick people increases during their stay in the ICU due to many risk factors as dangerous medical conditions, many lab tests and medications, long setting position, using sedation or bedridden position and vascular injury as a result of using catheter.

Objectives: The aims of this study are to evaluate the prophylaxis and assess the incidence of Venous Thromboembolism among Intensive Care Unit patients at a set of Palestinian hospitals.

Methods: This was a retrospective study that was conducted among ICU patients in Rafidia Governmental Hospital / Nablus and Thabet Thabet hospital / Tulkarem. Patient's medical records were reviewed to fill the data collection form. The results were analyzed using Statistical Package for social sciences (SPSS) program version 21.

Results: The study included 397 patients, their age ranged from 1 to 94 years with a mean \pm SD = 40.38 ± 29 . Around half of them were males 213 (53.7%), most of them had medical insurance 379 (95.5%), around half of them were from village 188 (47.4%). The outcomes of hospitalization in most patients was discharge 335 (84.4%) while 62 (15.6%) died. Hospital stay ranged from 1 to 55 days with a mean \pm SD = 7.5 ± 7.2 . Many types of co morbidities were identified among ICU patients. The most prevalent one was hypertension in 93 (23.42 %) patients followed by diabetes in 67 (16.87 %) patients Number of medications prescribed for the patients during their ICU ranged from zero to 39 with a mean \pm SD = 7.99 ± 5.46 . Among the 397 patients included, only one patient developed a DVT which gives an incidence rate of (0.3%). Regarding the use of anticoagulants or antiplateletes, many patients were prescribed enoxaparin 129 (32.5%), while 34 patients with a percentage (8.6%) were prescribed heparin, 49 (12.3%) were prescribed aspirin, only 2 were prescribed warfarin (0.5%) and 27 patients with a percentage of (6.8%) were prescribed clopidogrel.

Conclusion: The incidence of VTE among ICU patients in this study was low. Many patients were prescribed medical prophylaxis for VTE during their ICU stay and the most commonly used agent was enoxaparin, However, the doses for some patients might not be in agreement with the guidelines.