

Deep Vein Thrombosis and Pulmonary Embolism Emergency Department Discharge Program

You are being offered the opportunity to participate in a program that permits discharge home instead of hospital admission for your blood clot (deep vein thrombosis or pulmonary embolism). If you agree to participate, you will be enrolled in a short-term, limited-in-time program through Vanderbilt University Medical Center for early management of blood clots (deep vein thrombosis or pulmonary embolism). We believe that discharge to home in your case is safe but want to provide the necessary support early in the path of treatment to ensure a smooth treatment course. Essential to this program is one (1) required follow up visit with a vascular medicine nurse practitioner who specializes in the care of patients with blood clots within 7 days of your emergency department discharge, as well as long-term follow-up with a primary care physician (PCP). If you do not agree to participate, you will be admitted to the hospital for management of your blood clot.

We will provide you with the following points of medical access during this program:

- A telephone call from the Vanderbilt University Medical Center vascular medicine nurse practitioner within 72 hours of discharge.
- A 30-day prescription for Apixaban (Eliquis®) to start treatment of your blood clot. Your treatment plan and prescribed medication may change when you see your PCP. You should discuss any questions about your prescribed medication with your PCP.
- A one-time consult appointment within 7 days of your discharge from the emergency department in the vascular medicine nurse practitioner's clinic.
- A follow up appointment with a primary care provider, who may or may not be at VUMC, to develop a long-term treatment plan to manage your blood clot.
- After the initial appointment with the vascular medicine nurse practitioner, and before your appointment with your primary care appointment, you will be able to call the vascular medicine nurse practitioner or contact her through My Health at Vanderbilt.

Discharge Program Requirements

To be eligible for this Discharge Program, you must agree to:

1. Take your prescription medication as directed.
2. Speak with the vascular medicine nurse practitioner within 72 hours of your discharge.
3. Attend the one-time appointment in the vascular medicine nurse practitioner's clinic within 7 days of your discharge.
4. Attend the follow-up appointment with the PCP listed below, who may or may not be at VUMC, to develop a long-term treatment plan to manage your blood clot.

Based on your insurance status, you may be charged for your outpatient visit with the vascular medicine nurse practitioner. If you have questions about the cost of the appointment, contact your insurance company for a precise estimate or we can provide information on the range of costs.

Your Follow-up Appointments are listed below:

Note: Patient may not be discharged from the emergency department without a scheduled NP Appointment.

Vascular Medicine Nurse Practitioner (NP) Appointment:

NP Name: Alexandra Moran
NP Telephone Number: 615-322-2318
Location: _____
Appointment date: _____
Appointment Time: _____

Note: If patient's PCP appointment is not scheduled at the time of discharge, VUMC will confirm the appointment is scheduled at the NP appointment.

Primary Care Physician (PCP) Appointment:

PCP Name: _____
PCP Telephone Number: _____
Location: _____
Appointment date: _____
Appointment Time: _____

By signing below, I agree to comply with all of the Program Requirements listed above. I understand that my failure to comply with the Program Requirements may make me ineligible to participate in this Discharge Program or obtain additional follow-up care for my blood clots at VUMC. All of my questions about the Discharge Program have been answered.

Patient/Legal Representative Print Name: _____

Patient/Legal Representative Signature: _____

Relation: _____ Date: _____ Time: _____

Contact Information for the interpreter, if one was used:

Name: _____ Language: _____ Number: _____

***One copy of this document must be scanned into the patient's medical record; and
One copy must be provided to the patient.***