Deep vein thrombosis on prescribed anticoagulation: advice

Assume that today's date is 5 November 2026. Mr Antonino Heinz is being discharged home today. This is original independent practice: patient details, findings and agreed arrangements are fictional case facts; the supplied plan incorporates source-checked general safety advice. You are a registered nurse on the medical ward. Using the case notes, write a letter to Mr Antonino Heinz's agreed partner, Ms Liselotte Aarden, explaining how she can support his recovery, follow the supplied warning-symptom plan and help with follow-up without changing his treatment. Address the letter to Ms Liselotte Aarden, 18 Orchard Road, SW1V 2AB, United Kingdom. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Mr Antonino Heinz	☐	☐	☐
2. DOB: 14/03/1964; 62 yrs	☐	☐	☐
3. Admitted 03/11/26; home today, 05/11/26	☐	☐	☐
4. Partner: Ms Liselotte Aarden; lives with patient	☐	☐	☐
5. Postal address: 18 Orchard Road, SW1V 2AB, United Kingdom	☐	☐	☐
Social background			
6. Patient independent with personal care and medicines	☐	☐	☐
7. Patient consents to partner receiving advice; partner agrees to reminders, prescription collection and transport	☐	☐	☐
8. Partner available at home during recovery	☐	☐	☐
9. Enjoys gardening and historical novels	☐	☐	☐
10. Complained repeatedly about ward food	☐	☐	☐
11. Brother's financial dispute discussed; unrelated to care	☐	☐	☐
Medical history			
12. Appendicectomy in childhood; no ongoing problems	☐	☐	☐
13. No previous thrombosis or bleeding reported	☐	☐	☐
14. Recent prolonged car journey; cause of clot under medical review	☐	☐	☐
Assessment/visit notes			
15. 03/11: L calf pain + swelling; ultrasound confirmed proximal DVT	☐	☐	☐
16. No chest pain or SOB during admission	☐	☐	☐
17. Today: swelling ↓; walking independently; no bleeding observed	☐	☐	☐
Treatment/Progress			
18. Prescribed oral anticoagulant; pt follows pharmacy label independently; no dose changes or stopping without medical advice, even if symptoms improve	☐	☐	☐
19. Medication education completed; pt demonstrated understanding	☐	☐	☐
Plan: supplied treating-team instructions			
20. Partner asked to remind, not administer; collect repeat supplies	☐	☐	☐
21. Check with pharmacist before adding medicines or supplements	☐	☐	☐
22. Team advice: regular walking as comfortable; elevate affected leg when sitting	☐	☐	☐
23. Partner agrees to accompany walks initially	☐	☐	☐
24. Increasing leg pain/swelling → urgent same-day GP assessment; 111 if unavailable	☐	☐	☐
25. New SOB or chest pain → call 999 immediately; pt must not drive	☐	☐	☐
26. Blood in urine or black stools → immediate medical advice; heavy uncontrolled bleeding → 999	☐	☐	☐
27. Any head injury → immediate emergency-department assessment, even if feeling well; pt must not drive; unconscious or unable to stay awake → call 999 immediately	☐	☐	☐
28. GP review 12/11/26; partner to drive	☐	☐	☐
29. Treating clinician to determine treatment duration; partner not to decide	☐	☐	☐
30. Partner requests brief written advice in everyday language	☐	☐	☐