

Preventive measures against pulmonary thromboembolism

What is pulmonary thromboembolism ?

(Economy class syndrome)

It is a disease in which pulmonary blood vessels are clogged with a thrombus (blood clot) and you suddenly feel difficulty in breathing, fast breathing, chest pain, and/or palpitations.

* This disease is also referred to as "Economy class syndrome" because it developed due to the deterioration of blood flow in the legs after a long flight.

How does
it happen?

If you do not move your legs on the bed after hospitalization, the blood flow in your legs will become worse, and a thrombus will be likely to occur. Then, the thrombus flows up to the lungs by some kind of triggers and the disease occurs.

What you can do to prevent pulmonary thromboembolism

Move your toes back and forth to the extent as far as possible.

Doing so allows your leg muscles to move, and blood circulation will be improved.

POINT!

*As for moving your toes, you should do it with the permission of your physician.



What should I do if it occurs?

If you notice any of the unusual symptoms below, tell them to your physician or nurses.

- Difficulty in breathing [Dyspnea, Tachypnea]
- Chest pain
- Palpitation (fast beating) [Tachycardia]
- Leg pain

Name of the medical institution: