



Effective Health Care

Dietary Prevention of Venous Thromboembolism Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Dietary prevention of venous thromboembolism (VTE) is not feasible for a full systematic review due to the limited data available for a review at this time.

Topic Description

Nominator: Individual

Nomination Summary: The nominator states that he is interested in research to compare standard anticoagulant treatment to dietary prevention for patients at risk for VTE. The nominator specifically names Mediterranean, vegan, and vegetarian diets as interventions of interest.

Staff-Generated PICO

Population(s): Hospitalized adult medical patients who have high VTE risk

Intervention(s): “Low VTE risk diets” including Mediterranean, vegan, or vegetarian

Comparator(s): Low molecular weight heparin

Outcome(s): Survival and adverse events (e.g., bleeding)

Key Questions

from Nominator: None

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- No trials were identified that address the comparison of pharmaceutical or mechanical prophylaxis versus a low VTE risk diet in hospitalized patients. While limited evidence does exist indicating that a diet including more plant food and fish and less red and processed meat may be associated with a lower incidence of VTE, these studies examine individuals’ eating patterns over time and not specifically during a short-term period of high VTE risk.