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Thrombosis prophylaxis after knee arthroscopy or during lower leg cast immobilization : determining the balance between benefits and risks

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Stellingen behorend bij het proefschrift getiteld Thrombosis prophylaxis after knee arthroscopy or during lower leg cast immobilization

1. The risk of venous thromboembolism is strongly increased in patients with below-knee cast immobilization and after arthroscopy of the knee. This risk is further increased for patients who have additional genetic or other acquired risk factors. (this thesis)
2. The large majority of patients with below-knee cast immobilization or knee arthroscopy in the Netherlands are treated with thrombosis prophylaxis despite insufficient evidence for its effect. (this thesis)
3. In patients with lower leg cast immobilization thromboprophylaxis with daily low molecular weight heparin during the period of immobilization was not effective for the prevention of symptomatic venous thromboembolism. (this thesis)
4. A prophylactic regimen of low molecular weight heparin for eight days was not effective for the prevention of symptomatic venous thromboembolism in patients undergoing knee arthroscopy. (this thesis)
5. In patients with anterior cruciate ligament reconstruction, routine prophylaxis with low molecular weight heparin in addition to mechanical prophylaxis with a compression stocking did not reduce the incidence venous thromboembolism. (this thesis)
6. The incidence of venous thromboembolism after arthroscopy of the knee, including anterior cruciate ligament reconstruction is low. (Krych AJ, Arthroscopy 2015, Kraus Schmitz J, Bone Joint J. 2019)
7. Patients with lower-limb trauma requiring immobilization have an increased risk of venous thromboembolism. While thromboprophylaxis for all patients seems not effective, targeted thromboprophylaxis in high risk patients may be an appropriate alternative (Nemeth B, EClinicalMedicine 2020, Mar 20).
8. Environmental risk factors, genetic risk factors and biomarkers can be used for risk prediction for venous thromboembolism in patients with plaster cast immobilization of the lower extremity of after arthroscopy of the knee. Prediction models based on solely environmental risk factors still have good predictive value. (this thesis)
9. There is no consistency in the ratio of asymptomatic and symptomatic venous thrombotic events in high quality VTE prevention trials, highlighting the limitation of including asymptomatic venous thrombosis. (Chan NC, Thromb Haemost 2015)
10. An instrumental variable analysis is a useful alternative to estimate a causal effect by minimizing unmeasured confounding when a randomized controlled trial is not feasible (Boef AGC – Ned Tijdschr Geneesk 2013, Davies NM Epidemiology 2013, Rassen J Clin Epidemiol 2009)
11. Measure what is important; don't make important what you can measure. (Robert McNamara, between 1961-1968) (Meaning: randomized controlled trials should take relevant endpoints as the primary outcome measure and not (intermediate) endpoints that are easier to obtain, but lack clinical relevance)
12. Andrà tutto bene, everything will be alright (Italian saying and Suzanne C. Cannegieter) (Meaning: although a PhD trajectory comes with a lot of challenges, delays and hick-ups, in the end it all will be all right)