



## Thrombolysis Therapy: Tackling Barriers to Deliver Effective Treatment

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### DESCRIPTION

Thrombolysis therapy, also known as clot-busting therapy, is a medical procedure that involves the administration of medications to dissolve blood clots in arteries and veins. This treatment is used to manage a wide range of conditions, including ischemic stroke, deep vein thrombosis, pulmonary embolism, and myocardial infarction. Although thrombolysis therapy is highly effective in improving patient outcomes, there are several barriers that limit its widespread use in clinical practice

### Barriers to thrombolysis therapy

**Time constraints:** One of the main barriers to thrombolysis therapy is time constraints. In the case of ischemic stroke, for example, thrombolysis therapy must be administered within 4.5 hours of symptom onset to be effective. This narrow time window limits the ability of healthcare providers to offer this treatment to all eligible patients. In addition, delays in diagnosis and treatment can also reduce the effectiveness of thrombolysis therapy, as the clot may continue to grow and become more difficult to dissolve over time.

**Patient Eligibility:** Another barrier to thrombolysis therapy is patient eligibility. Not all patients are eligible for this treatment, as it carries certain risks and may not be suitable for patients with certain medical conditions. For example, patients with a history of bleeding disorders, recent surgeries, or uncontrolled hypertension may not be suitable candidates for thrombolysis therapy. In addition, some patients may not be able to receive the medication due to logistical challenges, such as transportation difficulties or lack of access to healthcare facilities that offer this treatment.

**Lack of awareness:** A lack of awareness among healthcare providers and patients is another barrier to thrombolysis therapy. Many healthcare providers may not be aware of the benefits of thrombolysis therapy or may not have the training or resources needed to provide this treatment to their patients. In addition, some patients may not be aware of their eligibility for

this treatment or may not understand the potential benefits and risks associated with thrombolysis therapy. This lack of awareness can result in missed opportunities for thrombolysis therapy and can lead to poorer patient outcomes.

**Cost:** The cost of thrombolysis therapy is another barrier to its widespread use. This treatment can be expensive, and some healthcare systems may not have the financial resources to provide this treatment to all eligible patients. In addition, patients may face financial barriers, such as high copayments or deductibles that prevent them from accessing thrombolysis therapy. This can result in disparities in access to care, with patients from lower socioeconomic backgrounds having reduced access to this treatment.

**Risk of Complications:** Thrombolysis therapy carries a risk of complications, such as bleeding and allergic reactions, which can limit its use in certain patient populations. For example, patients with a history of bleeding disorders or recent surgeries may be at increased risk of bleeding complications. In addition, patients who are taking certain medications, such as anticoagulants, may be at increased risk of bleeding complications. These risks must be carefully weighed against the potential benefits of thrombolysis therapy when determining patient eligibility and treatment options.

### Solutions to overcome barriers to thrombolysis therapy

**Improving Timely Access:** To overcome the time constraints associated with thrombolysis therapy, healthcare systems can implement strategies to improve timely access to this treatment. For example, healthcare providers can be trained to quickly recognize symptoms of conditions that can be treated with thrombolysis therapy, such as ischemic stroke, and to initiate the appropriate diagnostic and treatment protocols as quickly as possible. Telemedicine and mobile stroke units can also help improve timely access to thrombolysis therapy by allowing healthcare providers to remotely diagnose and treat patients in a timely manner.

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**Expanding Patient Eligibility Criteria:** To increase the number of patients who are eligible for thrombolysis therapy, healthcare providers can work to expand the patient eligibility criteria by identifying and addressing risk factors for bleeding complications. This may involve using new diagnostic tools to identify patients who are at high risk of bleeding complications, or developing new protocols to manage bleeding complications when they occur.

**Raising Awareness:** To address the lack of awareness among healthcare providers and patients, healthcare systems can develop educational programs to increase awareness of the benefits and risks of thrombolysis therapy. These programs can be targeted at healthcare providers, patients, and their families, and can be delivered through a variety of channels, such as in-person training sessions, online resources, and patient education materials.