

The Clot Thickens, Managing VTE in Patients with Obesity

Session Date: 01/20/2026

Session Time: 11:00 – 11:45 AM (CST)

Target Audience

This continuing education (CE) session was planned to meet the needs of professional staff who deal with the selection and monitoring of medication(s) as part of their patient care duties, including pharmacists, RNs, APRNs, PAs, MDs.

Activity Overview

The management of venous thromboembolism (VTE), including deep vein thrombosis (DVT) and pulmonary embolism (PE), in patients with obesity continues to evolve as new evidence refines optimal anticoagulation strategies. Obesity presents unique pharmacokinetic and pharmacodynamic considerations that can influence drug distribution, clearance, and overall treatment response, especially at higher body mass indexes (BMI) of > 30 kg/m². Current guidelines acknowledge lingering uncertainties regarding weight-based dosing of low-molecular-weight heparins (LMWH) and the use of direct oral anticoagulants (DOACs) at extremes of body weight. Emerging literature highlights variability in achieving therapeutic anti-Xa levels with standard enoxaparin dosing in obesity, as well as growing support for the safety and effectiveness of DOACs in this population. This presentation will review comparative data evaluating unfractionated heparin, weight-based LMWH, and DOACs for treatment of DVT/PE in patients with obesity, while discussing key clinical considerations such as monitoring strategies, adherence factors, and individualized anticoagulant selection based on patient-specific characteristics.

Learning Objectives

At the conclusion of this knowledge-based CE session, participants should be able to:

- List the recommended pharmacologic treatment options for VTE in patients with obesity.
- Identify factors that influence anticoagulation selection in patients with obesity.
- Recall unique dosing considerations and monitoring parameters for anticoagulants used for patients with obesity.

Faculty Information

Ryan Van Blaricom, PharmD

PGY1 Pharmacy Resident

Mayo Clinic Hospital – La Crosse, WI

Ryan Van Blaricom received a Doctor of Pharmacy degree from University of Wisconsin School of Pharmacy and is a current PGY1 pharmacy resident at Mayo Clinic Hospital – La Crosse. His practice interests include emergency medicine and infectious diseases.



Approved Provider Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Statements

AMA

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 0.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAPA



Mayo Clinic College of Medicine and Science has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 0.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

ACPE



ACPE Universal Activity Number (UAN): JA0000238-0000-26-051-L01-P

Mayo Clinic College of Medicine and Science designates this educational activity for a maximum of 0.75 ACPE Knowledge-based contact hours. Participants should claim only the credit commensurate with the extent of their participation in the activity

ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 0.75 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

IPCE



This activity was planned by and for the healthcare team, and learners will receive 0.75 Interprofessional Continuing Education (IPCE) credit for learning and change.

Educational Format and CE Requirements

This CE session is available as a live presentation, including live webcast.

Participants must complete the following to record attendance and obtain CE credit:

1. Attend the entire session.
2. Text the session code to 507-200-3010 within 48 hours of the live presentation to record attendance.
 - a. This number is only used for receiving text messages related to tracking attendance
 - b. Employees are encouraged to create a contact in their mobile phone, as the same number is used to record

attendance for every session

3. Complete the online evaluation for the respective session within 2 weeks of live presentation.

Pharmacist CE credit is electronically transferred to the National Association of Boards of Pharmacy CPE Monitor. To track CE, please go to [NABP CPE Monitor](#).

Non-pharmacist attendees can print out a record of attendance at [ce.mayo.edu](#) after completing the evaluation and claiming credit.

[Live Webcast](#) – Register from the Education SharePoint site

Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

Listed below are individuals with control of the content of this program who have disclosed:

The faculty report the following relationships:

- Ryan Van Blaricom, PharmD
 - Declares no financial relationship(s) pertinent to this session
 - Declares off-label use of medications will not be discussed during this presentation

Course Director and Planning Committee Members declare the following relevant financial relationship(s) pertinent to this session.

- No relevant financial relationship(s) with ineligible companies:

○ Jennifer Elmer, DNP, APRN, CCNS	○ Scott Nei, PharmD, BCPS, BCCCP, FCCM, FMSHP
○ Andrew Herber, PA-C	○ Sara Thompson, PharmD, MEd, BCACP
○ Sarah Jane Kotval, BSW, RSS Coordinator	
- Relevant financial relationship(s) with ineligible companies:
 - Wayne Nicholson, MD, PharmD, BCPS - Intellectual Property - Anivive Lifesciences, Inc.

All relevant financial relationships have been mitigated.

For additional disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee members visit [ce.mayo.edu](#), About Us, Disclosures - or -
<https://ce.mayo.edu/content/disclosures>

System and Technical Requirements

For participants viewing the webcast, sessions are delivered via Mayo Clinic intranet web browser and Adobe® PDF. For participants viewing outside the Mayo Clinic firewall, a VPN connection is required for remote access. Recommended web browser includes Google Chrome. This session is planned and coordinated by **the Department of Pharmacy, Mayo Clinic**.