

City honors Emily Adkins Blood Clot Awareness Month

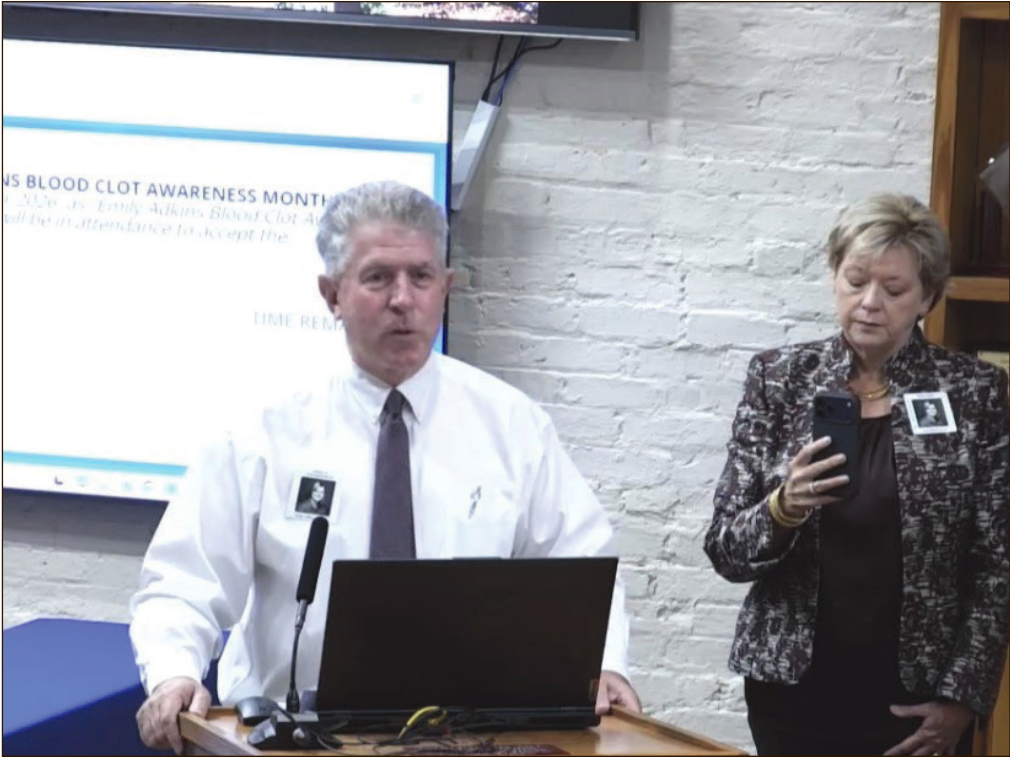
BY NICK BLANK
News-Leader

The City of Fernandina Beach has honored the life of a young woman who died in 2022 from blood clot complications and subsequent efforts to implement statewide screening.

City officials read a proclamation for Emily's Promise Tuesday night. It's named after Emily Adkins, a Fernandina Beach High and University of North Florida graduate, who died at only 23 from a pulmonary embolism resulting from a preventable blood clot.

Emily's Promise made huge strides statewide, but the goal is mandatory standards nationally.

"Emily's Promise advocacy efforts led to the enactment of the Emily Adkins Family Protection Act in Florida, marking the first law of its kind in the nation, which requires hospitals and certain health care facilities to screen for blood clot risk, train staff to recognize warning signs, and report cases to a statewide registry," Mayor James Antun read from the proclamation. "Florida's first statewide blood clot sur-



Doug Adkins speaks to the Fernandina Beach City Commission Tuesday with Janet Adkins beside him, filming his remarks. The two have been key figures in advocating for blot clot legislation in Florida and other states.

veillance report recorded 96,416 health care encounters involving a blood clot in a single year, in all 67 counties."

On Tuesday, Antun was flanked by Adkins' parents, Janet and Doug.

Janet Adkins thanked the community and commission for remembering Emily.

She said every time she and Doug testified at a state committee, someone would bring up their own blood clot story. A bill similar to Emily's has been enacted in Oklahoma and there are hopes for similar legislation in Mississippi.

"So many times those stories dealt with individu-

blood clot prevention plans, and advocating for life-saving treatments for those at risk, the proclamation said.

"We've been advocating for greater awareness, screenings and assessments, making sure people have a fighting chance to kind of preserve their life," Adkins told the News-Leader in June.

Legislation spearheaded by the Adkinses resulted in a statewide report on venous thromboembolism (VTE) between July 1, 2024, and June 30, 2025. It also requires every hospital with an emergency room to have a blood clot risk assessment screening tool for patients and to train staff annually to screen and recognize the signs.

Over 16 million patient records were reviewed, the report said, and there were 96,416 VTE encounters and 123,500 VTE red flags, which indicated there was more than one clot diagnosis in a visit. The five most populous counties in the state (Miami-Dade, Broward, Hillsborough, Palm Beach and Orange counties) accounted for one-third of the state's cases.

The report identified more than 42,000 pulmonary embolism diagnoses and 3,258 in-hospital deaths, and found that nearly 45% of patients hospitalized with a blood clot were readmitted within 15 days. The report recorded more than 5,200 blood clot encounters among Floridians ages 18 through 34, "a reminder that blood clots strike young, healthy people like Emily, not only older adults," the proclamation said.

"For decades, nobody decided to do anything," Doug Adkins previously said. "I mean, blood clots have been killing. In the African-American community, it's an absolute epidemic. This is just robbing the lives of people who could otherwise live out that promise of life."

The proclamation ended with the warning signs, such as leg pain or swelling, chest pain and difficulty breathing. Patients are also urged to discuss blood clots before they leave the hospital.

Learn more at emilypromises.com.

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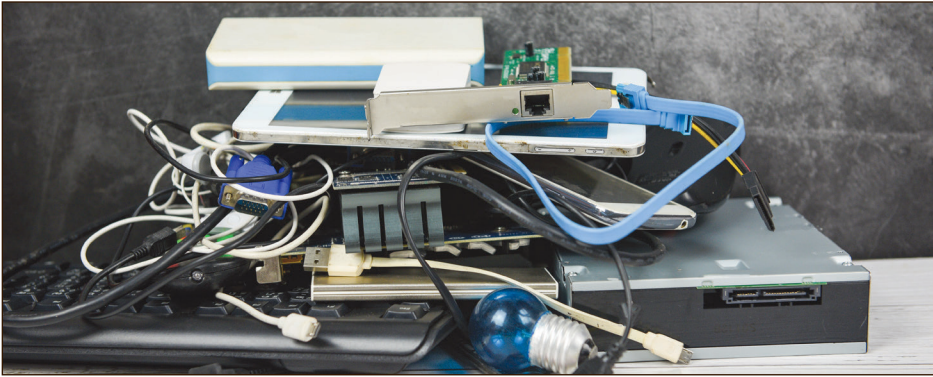
County-wide household hazardous waste collection will be held on Oct. 17

For the News-Leader

Keep Nassau Beautiful and Nassau County Public Works Dept. will hold a free household hazardous waste collection for Nassau County residents on Oct. 17 from 8 a.m. to noon (or capacity) at the Nassau County Road Department, 86200 Gene Lasserre Blvd., Yulee.

What you can dispose of during the event:

- Aerosol cans
 - Antifreeze
 - Batteries
 - Used cooking oil
 - Computers
 - Corrosives
 - Electronics
 - Fertilizers
 - Fluorescent bulbs
 - Gasoline
 - Cleaners
 - Insecticides
 - Lubricants
 - Oil filters
 - Paint/paint thinners
 - Solvents
 - Pesticides
 - Pool chemicals
 - Propane tanks
 - Televisions
- A non-perishable canned food drive for Barnabas Food Pantry will also be held.
- For more information and directions to the event: www.keeptnassaubeautiful.org/news-and-events/ or 904-261-0165.



Electronics and computers can be disposed of during the Household Hazardous Waste collection event.



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