

Anticoagulation Therapy Management

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Unit 4

Patient Education



Objectives

1. Describe 4 principles of adult learning and discuss how these impact anticoagulation education.
2. Discuss the impact of illiteracy on the education process and describe 3 teaching strategies to employ in this circumstance.



Objectives

3. Discuss 4 possible causes of non-compliance in a patient receiving anticoagulation therapy.
4. List 3 signs of minor bleeding and 3 signs of major bleeding.



Patient Education Anticoagulation Therapy

- Principles of adult learning
- Patient needs assessment
 - Demographic information
 - Cognitive status – literacy
 - Family and social support systems
 - Community resources
- Documenting patient education



Patient Education

Anticoagulation Therapy

- Reasons for anticoagulation therapy
- Oral therapy
 - Size and shape of pills
 - Color of pills
 - Drug action
 - Dosing
 - Side effects
 - Potential drug interactions
 - Temporary discontinuance for procedures and surgery
 - Brand vs. generic



Patient Education

Anticoagulation Therapy

- Dietary implications
 - Drug food interactions
 - Importance of consistent diet
 - Alcohol intake
- Monitoring of INR
- Complications of warfarin
 - Bleeding and Thromboembolism
 - Major vs. minor symptoms
 - When to call for help



Patient Education

Anticoagulation Therapy

- Lifestyle implications
 - Impact of other drug therapies
 - Avoid aspirin containing products
 - Report any OTC drugs to physician
 - Avoid NSAIDs
 - Pregnancy and birth control
 - Travel
 - INR prior to travel
 - Change of environment and diet impacts therapy



Patient Education

Anticoagulation Therapy

- Lifestyle (cont')
 - Exercise – notify provider of any changes in activity level, avoid activities that increase potential for injury
 - Medic Alert bracelet or necklace
 - Use of daily pill box



Patient Education

Anticoagulation Therapy

- What to report to the anticoagulation provider
 - Missed dose or lab test
 - Change in medical diagnosis
 - Addition or deletion of medication(s)
 - Change in diet
 - Travel plans
 - Pregnancy
 - Any unusual bleeding
 - Plans for operative event



Unit 4 Questions

1. Describe 4 principles of adult learning and discuss how these impact anticoagulation education.
2. Discuss the impact of illiteracy on the education process and describe 3 teaching strategies to employ in this circumstance.



Unit 4 Questions

3. Discuss 4 possible causes of non-compliance in a patient receiving anticoagulation therapy.
4. List 3 signs of minor bleeding and 3 signs of major bleeding.



References

See Anticoagulation Unit 1



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