

**Nursing 102 Care of Adults
Clinical Preparation Week**

Cardiovascular: Anticoagulation

**** Due Friday, February 7th by 0830 ****

Your Class Prep Assignment has multiple parts. Please make sure you complete ALL the required assignments to receive full credit and be prepared for your lab.

1. Complete the following module in EdPuzzle:

<https://edpuzzle.com/assignments/678566d9e2a7ace926e69b14/watch>

2. Watch these videos and answer the questions on the next page:

https://youtu.be/74oq1p_tziE?si=uqHAm5S4M1zPoiZI

https://youtu.be/Cnx2_uQFOEg?si=xaj59vt8koeRUve4

3. Complete ATI Templates for the following 3 anticoagulant medications (Bring these to the lab):

- a. **Heparin sodium (concentrate on subq route)**
- b. **Enoxaparin (Lovenox) subq**
- c. **Warfarin (Coumadin) PO.**

*Of note, these medications will **ALWAYS** be by memory on clinical day 1 and day 2

Additional medication templates that you will more than likely administer this semester you may decide to fill out a med template for (*not required for CP grade*): Xarelto, Eliquis, Arixta

4. Review your Heparin/Lovenox Administration Procedure 2025 and SQ Injection Administration Sites (will be on E360 1 week prior to the semester under “Clinical Prep”)

5. Anticoagulation Questions:

- a. What lab is used to monitor Heparin therapy? **PTT (Partial Thromboplastin Time)**
- b. What lab is used to monitor Warfarin (Coumadin) therapy? **PT/INR (Prothrombin time/International normalized ratio)**
- c. What dietary considerations on Warfarin do you need to educate your patients on? **Intake of vitamin K should be consistent with no drastic changes in intake. Eating too much or too little vitamin K can change a pt.'s INR, affecting their ability to bleed/ clot. Foods rich in vitamin K include leafy greens, broccoli, asparagus, and kale. Clients should eat about the same amount of vitamin K-rich foods each day. Patient should also avoid alcohol intake.**
- d. Name (2) side effects of anticoagulants? **GI distress (N/V) and bleeding (ranging from ecchymosis to major hemorrhage). Possible hair loss and osteoporosis with warfarin.**
- e. What gauge needle do you use to administer a SQ injection? **25G (Can use 5/8 or 3/8 in. for length)**
- f. Name (3) safe considerations/education needed for anticoagulants? ie.; no drinking alcohol
 - i. **Do not shave. If shaving, use an electric razor to prevent bleeding.**
 - ii. **Use soft bristle toothbrushes to prevent gum bleeding. When brushing, do not apply too much pressure or brush violently.**
 - iii. **When passing a bowel movement, do not bear down or “push” too hard. This may cause bleeding. Pt. should report tarry/ black/ bloody stools to their medical provider.**

**Be prepared to discuss all these documents throughout the lab*