

**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?

i. The lab used to monitor Heparin therapy is PPT. The normal range is 25-30 seconds. Duration is increased with anticoagulant therapy.

- b. What lab is used to monitor Warfarin (Coumadin) therapy?

i. The lab used to monitor Warfarin therapy is INR. The normal range is 0.8-1.1. Duration is increased with anticoagulant therapy.

- c. What dietary considerations on Warfarin do you need to educate your patients on?

- i. The dietary considerations of Warfarin that I need to educate my patient on is to monitor their vitamin K intake. Their vitamin K intake should stay consistent to what it has been before, and should not be completely avoided or suddenly increased while on Warfarin. Vitamin K is best found in dark leafy greens.
- d. Name (2) side effects of anticoagulants?
 - i. Two side effects of anticoagulants are GI issues and excessive bleeding.
- e. What gauge needle do you use to administer a SQ injection?
 - i. The needle should be 25g to administer a SQ injection
- f. Name (3) safe considerations/education needed for anticoagulants? ie.; no drinking alcohol
 - i. Any sudden falls or blunt force trauma should be immediately reported to a HCP. Sudden damage to the head can lead to death.
 - ii. Things like razors and shaving should be avoided because these can cause micro cuts and cuts that can lead to uncontrollable bleeding.
 - iii. Care should be taken when brushing teeth. The harsh bristles can cause damage and sudden bleeding to our gums. Softer bristles are better when taking anticoagulants.