

Covenant School of Nursing
Instructional Module 4 Learning Guide
Topic: Anemia

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- Identify conditions which place a patient at risk for anemia.
- Explain diagnostic testing used to diagnose conditions of anemia.
- Understand the etiology, pathophysiology, and associated nursing care for iron deficiency anemia, folic acid deficiency anemia, and B12 deficiency anemia.
- Discuss nursing measures to promote necessary optimal nutritional balance for a patient diagnosed with iron deficiency, folic acid, and B12 deficiency anemia.
- Discuss drug/supplement therapy designed to treat anemia.
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Pre-Class Preparation

Required Reading/Viewing:

- Med/Surg Text:
 - Chapters 29, 30: Concentrate on material regarding overall principles of anemia, diagnostics, and nursing care. Types of anemia covered: Nutritional and/or absorption deficiencies (IDA, folic, B12), hemorrhagic, & anemia secondary to chronic disease.
- Pharmacology Text:
 - Chapter 55: p.676-682. Limit text material to "anemia" medications.
- HESI Material: Refer to "HESI across the Module" for anemia material.

Learning Activities

Classroom & Online Activities:

- Participate in instructor led activities that may include (but not limited to):
 - Creation of concept maps & nursing care plans
 - Class discussion of case studies
 - Complete sensory/anemia quiz loaded into ExamSoft by Friday at 5pm end of week 6.
- Participate in assigned group discussion board work on the following case studies:
 - Iron deficiency
 - Folate deficiency
 - B12 deficiency
 - Pernicious anemia
 - Hemorrhagic anemia
 - Anemia secondary to chronic disease

Laboratory/Clinical Activities:

- Monitor patients in the clinical setting for anemia—if present, teach the patient regarding signs/symptoms, drug/supplement therapy, and nutritional therapy.

Evaluation Methods

- Exam 3
- Identifying and designing/providing care of anemic patients in the clinical setting.

Texas DEC's	QSEN Competencies
Knowledge: I. Member of the Profession: A.1a-c, A.2-4; B.1.a,b,e; B.2.a,b; B.3; B.4; B.6.a; B.7.c; B.8; D.2,3. II. Provider of Patient-Centered Care: A.1- 4; B.1- 7, 9, 11; B.10 - 12; C.1 - 8; D.1-5; E.1-6; E.9-13; F.1-2; G.1-3. III. Patient Safety Advocate: A.1-5; B.1.-3; C.1- 2; D.1.a-c; F.1-2. IV. Member of the Health Care Team: A.1-2; A.4.b; A.5.a,b; C.1; C.3- 8; D.1-4; F.1- 4; G.1- 4 Clinical Judgments and Behaviors: I. Member of the Profession: A.1, 2, 3a,b; B.2.a,b; B.3a-c; 4.c; B.5.a-c; B.6.a,c; B.8; B.9; C.2; C.5; D.1. II. Provider of Patient-Centered Care: A1-4; B.1-8; C.1-7; D.1-4; E.1-13; F.1-6; G.1-7. III. Patient Safety Advocate: A.3-4; B.1- 9; C.1-3; D.1-3.; F. 2-3. IV. Member of the Health Care Team: A.1-3; C.1-2.a,b; 3-4; D.1-2; E.1-4, 6-7; F.1-3; G.1-4	▪ Patient-Centered Care ▪ Teamwork & Collaboration ▪ Evidence Based Practice ▪ Safety
Graduate Competencies / Student Learning Outcomes	NCLEX Test Plan
1. Implement a plan of care that integrates adult patient-related data and evidence-based practice. 2. Communicate effectively with members of the healthcare team. 3. Apply evidence based research in nursing interventions. 4. Incorporate nursing and healthcare standards with dignity and respect when providing nursing care. 5. Recommend resources most relevant in the care of patients with health impairments. 6. Participate in the development of interprofessional plans of care. 7. Evaluate the effectiveness of teaching plans implemented during patient care. 8. Deliver effective nursing care to patients with multiple healthcare deficits.	Safe/Effective Care Environment: ▪ <i>Management of care</i>-Advocacy: Interdisciplinary team, ▪ <i>Safety & Infection Control</i>: Accident/Error/Injury Prevention, Home Safety Health Promotion/Maintenance: ▪ Aging Process, Health promotion/Disease Prevention, Self-care, Techniques in Physical Assessment Psychosocial Integrity: ▪ Sensory/Perception Alteration, Therapeutic Communication, Therapeutic Environment Physiological Integrity: ▪ <i>Basic Care & Comfort</i>: Mobility/Immobility, Nutrition & Hydration, Personal Hygiene ▪ <i>Pharmacological Therapies</i>: Adverse/Contraindications/Side Effects, Interactions, Expected Actions & Outcomes, Medication Administration ▪ <i>Reduction of Risk Potential</i>: Changes in vital signs, Diagnostic Tests, Laboratory Values ▪ <i>Physiological Adaptation</i>: Alteration in Body Systems, Illness management, Pathophysiology
Concepts	Faculty
Anemias: iron deficiency, folate deficiency, B12 deficiency & pernicious anemia.	Elizabeth Tombs MSN, RN, CNM
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