

# Anemia

What is anemia?

What happens to the body when you experience anemia?

What are the two principle functions of erythrocytes?

How does Iron deficiency, vitamin B9, vitamin B12 cause anemia?

What is hemoglobin? What is hematocrit?

What does oxygen stick to for transport to the body?

What does carbon dioxide stick to be transported from the tissue back to the lungs?

How long does a blood cell live? How long does it take for all new blood cells to be formed?

What is an immature red blood cell called? If you have a hemorrhage and your body has to make new blood cells quickly are they going to be able to transport enough oxygen to your tissues and pick up carbon dioxide effectively?

Normal levels for RBC for men and women? Hemoglobin for men and women? Hematocrit for men and women? What is their function and clinical manifestations for low, normal, and high?

What causes anemia?

How would you classify anemia and what are the clinical manifestations for each? Mild anemia? Moderate anemia? Severe anemia?

What does a MCV lower than 80 classified as? 80-100? Higher than 100? (Know Slide 9 of anemia basics)

Why is it hard to recognize an elderly patient with anemia?

What are nursing interventions that can help correct or manage anemia?

## Iron deficiency anemia

What is iron deficiency anemia?

How does an iron deficit cause anemia?

What is the classification for IDA? (Microcytic and hypochromic, normocytic and normochromic, or Macrocytic and megaloblastic)

What causes IDA and who is at risk?

What are the clinical manifestations (signs and symptoms) of IDA?

How is IDA diagnosed and screened?

How is IDA treated?

What food should a person with IDA eat? What enhances absorption? What decrease absorption?

How long before meals should you take iron PO?

What teaching should you provide a patient taking PO iron?

What precautions should you take when administering Iron Dextran (IM route)?

What precautions should you take when administering IV Iron?

(Make sure you understand the IDA diagnosis chart on slide four of anemia specifics PowerPoint.)

## **Folate or Folic acid deficiency anemia**

What is folic acid/ folate deficiency anemia?

How does a folic acid/ folate deficit cause anemia?

How is folic acid deficiency anemia classified? (Microcytic and hypochromic, normocytic and normochromic, or Macrocytic and megaloblastic)

What causes FADA and who is at risk?

What are the clinical manifestations (signs and symptoms) of FADA?

How is FADA diagnosed and screened?

How is FADA treated?

What food should a person with FADA eat?

## **Vitamin B12 anemia (Pernicious anemia)**

What is Vitamin B12 deficiency anemia?

How does a Vitamin B12 deficiency cause anemia?

How is Vitamin B12 deficiency anemia classified? (Microcytic and hypochromic, normocytic and normochromic, or Macrocytic and megaloblastic)

What causes Vitamin B12 deficiency anemia and who is at risk?

What are the clinical manifestations (signs and symptoms) of Vitamin B12 anemia?

What is the major difference that is associated with Vitamin B12 anemia and not folic acid or iron deficiency anemia?

How is Vitamin B12 diagnosed and screened?

How is Vitamin B12 treated?

What food should a person with Vitamin B12 eat?

What education/ teaching can you give the patient with Vitamin B12 anemia?

## **Chronic anemia**

What is chronic anemia?

What causes chronic anemia?

How is chronic anemia treated?

What is Epoetin alfa? How does it work?