

Disease: ANEMIA

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Pertinent Common Signs and Symptoms

- Pallor
- Fatigue
- Irritability
- Numbness and tingling of extremities
- Dyspnea on exertion
- Sensitivity to cold
- Pain and hypoxia with sickle-cell crisis

Pertinent Physical Exam Findings/Risk Factors

- Risk Factors -> acute or chronic blood loss, age, bone marrow suppression, malabsorption, increased hemolysis
- Findings -> fatigue, SOB, Nail bed deformities, tachycardia and palpitations, pallor w/ nail beds and mucos membranes, smooth sore bright red tongue, dizziness or syncope w/ activity

Pertinent Nursing Interventions

- Encourage increased intake of any deficient nutrients
- Monitor O2 sat to determine if O2 therapy is needed
- Administer medications at the proper times
- Monitor patient for risk of falling from dizziness when standing

Disease and Brief pathophysiology

Anemia is abnormally low RBCs, Hgb concentration, or both. There are many different types and causes. The main causes include blood loss, inadequate RBC production, increased RBC destruction, and deficiencies of necessary components such as folic acid, iron, erythropoietin, and/or Vitamin B12. Many people can develop anemia secondary to other issues with inadequate intake of iron and/or chronic blood loss

Client Education/Health Promotion

- Educate the importance of having Hgb and Hct regularly depending on medication
- Take iron supplements in-between meals
- Vitamin C can increase oral iron absorption
- Vitamin B12 injections are monthly basis
- Therapy may be needed for life for those who lack intrinsic factor

Labs

- CBC count
- RBC indices
- Iron studies
- Hgb electrophoresis
- Sickle-cell test
- Schilling test

Diagnostic Procedures

- Bone marrow biopsy/aspiration (diagnoses aplastic anemia)

Pertinent Medications

- Iron supplements
- Erythropoietin - epoetin alfa
- Vitamin B12 supplementations (cyanocobalamin)
- Folic acid supplements

Potential Problems

- Heart failure
- Stool can be green or black in color from iron supplements
- Urine can be a dark yellow w/ too much folic acid supplements
- Vitamin B12 can be masked by too much folic acid