

Disease: **Anemia**

Student Name: **Shajja Mitchell**

Pertinent Common Signs and Symptoms

- Shortness of Breath
- Tachycardia
- Dizziness
- Pallor
- Nail bed deformities
- Smooth, sore, Bright-Red Tongue

Pertinent Physical Exam Findings/Risk Factors

- Findings:**
- Fatigue
 - Pain
 - Hypoxia
- Risk Factors:**
- Blood Loss
 - Increased Hemolysis
 - Inadequate Dietary Intake

Disease and Brief pathophysiology

Anemia is an abnormally low amount of circulating RBCs, HgB concentration, or both.

Anemia results in diminished oxygen-carrying capacity and delivery to tissues and organs.

Pertinent Nursing Interventions

- Encourage increased dietary intake of deficient nutrient
- Monitor O2 Saturation
- Administer medications

Client Education/Health Promotion

- Women who are pregnant should eat iron-rich foods
- Clients should regularly consume foods high in folate (Spinach, lentils, bananas) and folic acid fortified grains

Labs

- CBC Count
- RBC Indices
- Iron Studies
- Sickle-Cell Test

Diagnostic Procedures

- Bone-marrow aspiration/biopsy is used to diagnose aplastic anemia.

Pertinent Medications

- Iron Supplements**
- Oral
 - Parental
- * Ferrus Sulfate
 - * Ferrus Fumarate
 - * Ferrus Gluconate

Potential Problems

- Heart Failure