

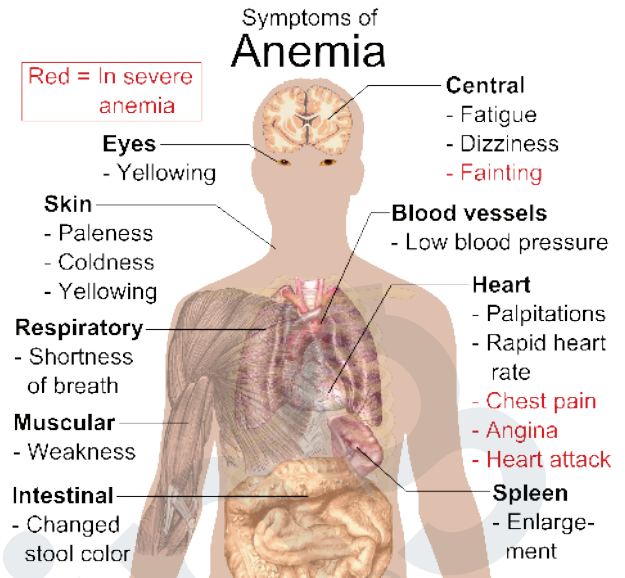
# ANEMIA

## PATHOPHYSIOLOGY

A decrease in red blood cells (RBC) or hemoglobin (HGB). Can be caused by bleeding, decreased amounts of iron or B12, and decreased production of RBCs. Having low amounts of RBC/HGB means the body has less oxygen and makes the patient lethargic.

## ASSESSMENT FINDINGS

Skin pallor, check mucous membranes for pallor as well, slowed capillary refill, lethargy or fatigue, hypoxia, spoonlike nails, cheilosis, decreased RBC, decreased HGB, decreased MVC, decreased iron



## DIAGNOSTICS

- Blood testing such as hemoglobin
- Red blood cells
- Iron levels
- Hemoccult stool testing.

## NURSING PRIORITIES

- Optimize energy levels
- Promote optimal activity tolerance
- Prevent falls

## THERAPEUTIC MANAGEMENT

- Administer blood if hemoglobin levels are below 8
- Monitor laboratory values (HGB, HCT, Iron, etc)
- Increase iron intake
- Give iron supplements
- Assess for and control bleeding.

## MEDICATION THERAPY

- Iron supplements
- PRBC IV
- IV fluids.