

## **Hematology Chapter 30 Med-Surg textbook:**

### **Clinical Manifestations of Anemia:**

- Possibly asymptomatic in mild cases
- Pallor
- Fatigue
- Irritability
- Numbness and tingling of extremities
- Dyspnea on exertion
- Sensitivity to cold
- Pain and hypoxia with sickle-cell crisis
- Physical assessment findings:
  - Shortness of breath/ fatigue, especially upon exertion
  - Tachycardia and palpitations
  - Dizziness or syncope upon standing or with exertion
  - Pallor with pale nail beds and mucous membranes
  - Nail bed deformities (spoon-shaped nails)
  - Smooth, sore, bright-red tongue (Vitamin B12 deficiency)

### **Patient Education**

- Instruct to have hemoglobin checked in 4 to 6 weeks to determine efficacy
- Vitamin C can increase oral iron absorption
- Instruct the client to take iron supplements between meals to increase absorption, if tolerated.
- Inform the client stools can appear green or black in color while taking iron

### **Assessment**

- Eyes: yellowing
- Skin: paleness, coldness, yellowing
- Respiratory: shortness of breath
- Muscular: weakness
- Intestinal: changed stool color
- Central Nervous System: fatigue, dizziness, fainting
- Blood vessels: low blood pressure
- Heart: palpitations, tachycardia, chest pain, angine, heart attack
- Bright red tongue (smooth, sore)
- Angular Cheilitis: diet deficiency
- Paresthesias in hands and feet with possible loss of balance

### **Interventions**

- Encourage increased dietary intake (iron, vitamin B12, folic acid)
- Monitor oxygen saturation to determine a need for oxygen therapy
- Administer medications, as prescribed, at the proper time for optimal absorption, and using an appropriate technique
- Educate the client and family about energy conservation in the client and the risk of the client experiencing dizziness upon standing up

### **Peripheral Vascular Disease**

#### **Clinical manifestations:**

- Limb pain - aching pain and feeling of fullness or heaviness in legs after standing
- Pain is worse when standing or sitting for long periods of time
- Skin is warm to the touch - thick tough skin - brownish color

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