

Checklist for Patient Counselling on Oral Anticoagulant Therapy

Patient Name

Date

Please initial to confirm that you have counselled the patient on the following points and also provided a Patient Information leaflet (PIL) and Yellow Alert Card.

<p>What is an oral anticoagulant?</p>	<p>Refer to PIL An oral anticoagulant treats or prevents blood clots</p>		<p>Getting a Supply</p>	<p>Explain strengths and colours of warfarin How and where to get a supply What to do when abroad Ordering a repeat prescription (follow local policy / patient preference)</p>	
<p>Why it's prescribed and the benefits.</p>	<p>Understand Indication (VTE, AF, Valve replacement etc) Preventing a clot developing (AF) or growing (VTE)</p>		<p>Monitoring</p>	<p>Warfarin INR ideally in the morning. Annual review of renal function & LFTs at least every year but.as clinical need requires.</p>	
<p>Bleeding risks with treatment.</p>	<p>Refer to PIL Bleeding symptoms; severe bruising, pink/red coloured urine, black tarry stools, coughing up blood, coffee-ground vomit, severe headache, prolonged bleeding. Symptoms of Recurrence of Thrombosis - New pain, shortness of breath, swelling, redness in an extremity, inability to speak, slurred speech, sustained numbness or weakness in an arm/leg</p>		<p>Taking Your Medicines</p>	<p>What time works for you? Anticoagulants are best at the same time each day What to do if you forget? Don't double up doses Rivaroxaban with food Dabigatran with a full glass of water (preferably standing)</p>	
<p>Medicines Interactions</p>	<p>Refer to PIL and SPC. Patients must always tell any prescriber, that they are on an anticoagulant</p>		<p>Food & Alcohol</p>	<p>Refer to PIL & SPC. A healthy and balanced diet is important Alcohol in moderation, maximum 2 units per day Avoid binge drinking</p>	
<p>Procedures</p>	<p>Always tell your doctor, pharmacist, or, dentist that you are on an anticoagulant IM injections not recommended</p>		<p>Illness</p>	<p>Severe illness; infections, vomiting or diarrhea, can affect your anticoagulation and you may need closer monitoring Let your GP or anticoagulant clinic know that you are ill</p>	
<p>Pregnancy & Periods</p>	<p>Refer to PIL</p>		<p>Sports and Leisure</p>	<p>Avoid activities or sports which may result in a serious fall or head injury</p>	
<p>What to do if you have problems?</p>	<p>Serious bleeding; Stop medicines & seek immediate help (GP, A&E) Monday – Friday (9pm-5pm) HHFT anticoagulant clinic phone number 01256 313295</p>				

