Nurse-led Anticoagulation Service targeted on suboptimal anticoagulated patients: a pilot experience

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Background

Anticoagulation therapy is commonly used in patients to treat and prevent thrombotic events from various cardiac diseases. Both hyper-coagulated and hypo-coagulated statuses could result in numerous life-threatening events such as hemorrhagic and ischemic stroke, massive internal bleeding and thrombotic events.

Traditionally, either nurse led or pharmacist led anticoagulation service targets on selected stable anticoagulated patients. The remaining complex cases are consulted by physicians.

While intensive patient education, comprehensive assessment and integrated approach are potentially beneficial to high risk patients, these interventions are restricted by time in physician clinic. Nurse led counselling service targeted on suboptimal anticoagulated patients is therefore proposed to optimize patients’ outcome.
Methodology

- Screening: Recruit the suboptimal anticoagulated cases
- Comprehensive nursing assessment: Identify potential complications, Identify barriers to optimal anticoagulation therapy
- Identified Problems: Medication non-adherence, Poor diet control, Knowledge deficit, Drug interaction
- Individual treatment plan: Medication counselling, Complication management, Intensive education, Drug titration
- Case Review: Screen for suboptimal anticoagulated cases
Results

Total 60 patients recruited

Complications identified
- 6.6% potential life threatening
- 20% minor bleeding
- 26.7% cardiovascular symptoms

Reasons for suboptimal status
- 57% poor diet control and knowledge deficit
- 53% potential medication interaction
- 35% poor drug compliance

Anticoagulation Status
- 95% improves anticoagulation status.
- 83.3% cases have achieved the targeted anticoagulated status (3 months)
Conclusion

- The nurse-led anticoagulation service targeted on suboptimal anticoagulated patients is feasible and effective in optimizing patient’s outcome in anticoagulation therapy.

0 unplanned admission due to suboptimal anticoagulation status