

Anticoagulation Clinic

Cloud County Health Center opened the Anticoagulation Clinic in August 2003. The clinic is run by LeAnne Thomas, RN, supervised by R. Burwell, ARNP, and Dr. Bonnie Cramer. The benefit of the Anticoagulation Clinic is derived mainly by a reduction in adverse events and reduced utilization of hospital services.

Patients are placed on Coumadin/Warfarin for many conditions such as Atrial Fibrillation (AF), Aortic Valve Replacement (AVR), Mitral Valve Replacement (MVR), Pulmonary Embolism (PE), Deep Vein Thrombosis (DVT), Stroke or Transient Ischemic Attack (TIA), or Myocardial Infarction (MI). Coumadin/Warfarin is an oral anticoagulant that inhibits vitamin K dependent clotting factors II, VII, XI and X. Coumadin/Warfarin is known as a "blood thinner". Therapeutic effect of Coumadin/Warfarin is assessed by measuring the PT and INR. In the Anticoagulation Clinic, the PT/INR procedure is a fingerstick and performed by the RN. In using the CoaguChek S machine, results are complete in a couple of minutes. With the guidelines the Primary Physician has ordered for the patient, the RN will manage the patient's Coumadin/Warfarin daily dose by the PT/INR results to maintain the patient's level in Therapeutic Range. Patients on Coumadin/Warfarin can be for a duration of 3 months to lifetime depending on the disease process being treated. Frequent PT/INR checks are important to keep the patients level in therapeutic range and avoid adverse events.

Education is vital in the Anticoagulation Clinic. It begins with the first visit and is continued at each visit. The patient is educated on Coumadin/Warfarin, dosage, drug interactions (prescribed, over-the-counter, and natural), signs and symptoms to report (bleeding, bruising, or possible thromboembolic event) dietary considerations, illness, and exercise.

If you have any questions regarding the Anticoagulation Clinic, please call 243-1234 ext. 108 or your primary physician. The clinic is open Monday, Wednesday and Friday.