

Coumadin® (also known as Warfarin) Education Plan

Getting Ready to Learn About Coumadin®

Learning something new while you are in the hospital isn't easy. The purpose of this education plan is for you and the staff to review this information together. Here are some things that you should let the staff know:

Do you want someone to learn with you? It's best if it is someone that will be helping you at home.

How do you learn best? Do you like to read about it or watch a video? Does a demonstration help you learn?

Let the staff know if this is not a good time. If you are in pain or cannot focus let them know this.

This information is important to your health. We may repeat a point during the teaching.

What I need to Learn About Coumadin®

By the time I leave the hospital I will be able to show or tell the staff:

1. Why I am taking Coumadin®
2. The safety issues of taking Coumadin®
3. Who will be following up on my Coumadin® once I leave the hospital.

The staff will use three questions to teach me about Coumadin®:

1. Why do I need to take Coumadin®?
2. What is important to do while taking Coumadin®?
3. Why is this important to me?

After the teaching is reviewed, the staff will ask me to repeat back important points, or show them what I've been taught. This is to make sure they have taught you well enough that you understood.

Why do I need to take Coumadin®?

- Coumadin® is a drug that thins my blood. It is used to:
 - Keep me from getting a blood clot.
 - Treat a blood clot.
 - Keep people with certain heart conditions from having a stroke.

I am taking Coumadin® for:_____

What is important to do and know while taking Coumadin®?

I will be able to tell the staff the safety issues of taking Coumadin®.

- Bleeding
 - Watch for signs of bleeding (small cuts or scratches that won't stop bleeding, nose bleeds, blood in my urine and bruises that don't fade).
 - Make sure everyone knows I am on Coumadin®. My dentist and other doctors will want to know that I am at risk for bleeding.
 - Keep appointments for a lab test called an "INR" to make sure my dose is right for me. Most people need an INR result to be between 2 and 3. My doctor will let me know what my result should be.
- Diet
 - Vitamin K affects how well Coumadin® works.
 - Vitamin K is found in multivitamins, supplements and some foods.
 - If I take a multivitamin that contains vitamin K, I should take it every day.
 - I do not need to avoid foods that contain vitamin K. I need to try to eat the same amount of these foods every week.
 - Some foods that are high in Vitamin K are:
 - Broccoli
 - Brussels sprouts
 - Collards
 - Cucumber peel
 - Kale
 - Parsley leaf
 - Red Lettuce
 - Spinach
 - Watercress
 - Vitamin E and fish oil supplements also affect how my blood clots. I will ask my doctor before I start taking or continue taking these supplements.

- In managing my medicine, I will:
 - Take Coumadin[®] at the same time each day as prescribed. If I take my medicine too close together, I will increase my chance of bleeding.
 - Take the correct dose.
 - Keep an up to date list of my medicines. Carry the list with me at all times.
 - Ask the person who checks my INR before taking any prescription, over the counter or herbal medicine.
 - Follow these guidelines and have my INR checked often to ensure I am getting the right amount of medicine.

I will be able to tell the staff who will help me manage my Coumadin[®] once I leave the hospital.

- I will make an appointment with _____ to make sure I am still taking the right amount of Coumadin[®]
- I will need to have an INR lab test done often.

Why is this important to me?

Blood clots are very dangerous and could be deadly. Taking Coumadin[®] prevents or treats blood clots. It can put me at risk for bleeding too much. I need to follow these guidelines and have my INR monitored often to ensure I am taking the right dosage.

As part of my care and to help me understand Coumadin[®], I may receive:

- Coumadin[®] Education plan
- Coumadin[®] and You DVD to view
- Stroke Prevention Brochure
- My Medication Information Brochure

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Resources

- **See Teaching Tools**
- **LexiComp**

Teaching Tools

- Warfarin Education Plan
- Warfarin and You DVD (available in medication rooms via DVD)
- Understanding Warfarin Brochure (DC 14120)
- Stroke Prevention and Treatment Brochure 5M
- My Medication Information (DC 1692-E (Spanish version DC 1692-S) OR
- My Medication Wallet Card DC 1610

References Micromedex

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Always close each teaching session with the question, “What questions do you have for me?”

*This page is intended for staff use only.