



## Anemia nursing instruction

Created in 1998.10  
 Revised in 2020.02  
 Reviewed in 2021.01  
 English version in 2020.02

I 、 The number of red blood cells, hemoglobin concentration or blood ratio is called anemia under the normal range, male normal hemoglobin 13-16gm/dl, female 12-14 gm/dl.

II 、 The cause of anemia

- i 、 Continuous bleeding: such as gastrointestinal bleeding, trauma, chronic hemorrhoid bleeding, monthly passage, etc.
- ii 、 Nutritional disorders for the manufacture of red blood cells: such as lack of iron, protein, vitamin B12, B6, folic acid, vitamin C, E, copper and cobalt.
- iii 、 Damage to red blood cells: such as thalassemia, hemolytic anaemia.
- iv 、 Reduced bone marrow hematopoietic function due to disease: such as regenerative anemia, bone marrow hematopoietic syndrome, chronic kidney failure, cirrhosis of the liver.
- v 、 Reduced bone marrow hematopoietic function due to treatment: such as chemotherapy, radiation therapy.

III 、 Symptoms

Signs such as tiredness or weakness, pale complexion, fast heartbeat, shortness of breath, headache and cold hands and feet will vary according to age, gender, severity of anemia, pregnancy and causes of anemia.

IV 、 Self care:

i 、 Diet:

(i) Eat a balanced diet and choose foods that contribute to hemorrhage, such as high protein, iron, acid, vitamin C and vitamin B12.

Nutrients	Types of food
Protein	Fish, beef (lean meat), eggs, milk, soybeans.
Iron	Liver, oysters, soybeans, rice, oats, rye, figs, almonds, potatoes, meat (cattle, pigs, chickens, fish), eggs, whole wheat bread, carrots, pumpkins, dates.
Folic acid	Liver, dark leafy vegetables (e.g. carrots, broccoli, asparagus, spinach), citrus fruits, whole grains, beans, broad beans, eggs, milk.
Vitamin C	Deep green leafy vegetables, citrus.
Vitamin B12	Red meat, liver, egg yolk, crustacean seafood, dairy products.

( ii ) When the patient had poor appetite or had difficulty in eating, let the patient have meal more frequently and have smaller portion of each meal. Also let the patient have diet in soft consistency, diet that is easy to digest, and diet the patient is more favor of.

ii 、 The cautions of daily life:

(i) Have adequate sleep every day.

( ii ) Due to poor circulation, the patient should pay attention to keep the body warm and have adequate clothes.

(iii) Pay attention to the color of the urine and the stool. If red/black urine or stool is noticed, the patient should go to the hospital immediately.

(iv) If dizziness is notices, the patient should have bed rest. When the patient changed his/her posture, the movement should be slow.

( v ) If the patient had shortness of breathing when walking/going up or down the stairs, the movement should be slow and take rest several times as condition needed.

(vi) Rest more and avoid heavy work, and avoid seeing guest for long time.

(vii) Due to poor circulation, the patient is susceptible to infection. The patient should keep the mouth clean (use a soft bristle toothbrush). The patient should avoid going to public places.

(viii) Follow the doctor's instructions to take medicine, such as iron, vitamin B12, steroids.

V 、 Please cooperate with the doctors and go back to the hospital on a regular basis.

If you have any questions, please feel free to ask, and the nursing staff will be happy to serve you. If you have any questions after discharge, you can use the "health consultation line": Taipei / Tamsui majai (02) 25713760, Hsinchu majai (03) 5745098, Taitung majai (089) 310150# 311. Consultation time: 9:00-12:00 from Monday to Friday, 2:00-5:00 p.m.

**May God Bless You**