

Warfarin Counselling Checklist

For use by person undertaking patient education

Date: ___/___/___

Patient Information	
Patient/caregiver speaks English	Yes [] No []
Other language spoken _____	
Family member(s) or caregivers required?	Yes [] No []
Family/support person educated	Yes [] No []
Patient has good cognition	Yes [] No []
First time Warfarin patient	Yes [] No []
Warfarin Handbook given	Yes [] No []
Patient has access to telephone	Yes [] No []
Patient has transport to lab	Yes [] No []
Patient has a regular GP	Yes [] No []

1. Background on warfarin:

- Generic vs brand name warfarin
- Indication for Warfarin for this patient e.g. AF, DVT, PE, Heart valve
- Anticipated length of treatment _____
- Mechanism of action _____
- Monitoring of warfarin therapy explained (monitoring of blood and INR explained)

2. Female of childbearing age?

Yes [] No []

- Importance of avoiding pregnancy whilst on Warfarin (Pregnancy test if childbearing age)

3. How to take Warfarin:

- When to take Warfarin (6pm recommended)
- Strategies discussed with patient on how to remember warfarin dose e.g. calendar or red anticoagulation book
- What to do in the event of missed doses

4. Potential adverse events and action to take:

- Abnormal bleeding e.g. nose bleeds, gum bleeds, blood in urine or stool, black tarry stools or excessive bruising
- Haemorrhage e.g. severe stomach pain and SOB, headache or other pain, unexplained swelling
- Other rare reactions e.g. skin rash, 'purple toes' syndrome (onset 3-10 weeks)

5. Influence of other medications (including non-prescription and herbal):

- Over the counter medications affecting clotting e.g. NSAIDs, Aspirin and herbal preparations
- Medicines for pain (Paracetamol preferred)
- Starting/stopping/increasing/decreasing doses of prescription medications

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6. Visiting the dentist/doctor/pharmacy:

- Inform the dentist about warfarin prior to any appointments
- Inform all doctors and pharmacists you visit about warfarin

7. Influence of diet and alcohol:

- Eat a balanced diet including some green leafy vegetables. Avoid foods that are high in fat. Major diet changes can affect INR levels.
- Alcohol (1-2 drinks per day unlikely to affect warfarin)

8. Other issues:

- Avoid contact with sports or activities (tattooing, piercing etc.) where there is a high risk of injury
- Always keep a sufficient supply of warfarin on hand, especially when travelling overseas
- Keep out of reach of children

9. Advice for patient immediately post discharge:

- Dose of Warfarin the patient should take 6pm the evening of discharge should be determined by the hospital
- Patient should contact GP or after hours provider, early on the morning after discharge to obtain warfarin guidance

10. Notes and issues requiring attention:

EDUCATION GIVEN BY:

Pharmacist/Nurse (Please print): _____

Signature: _____