

2023 Infographic Submissions

MANAGEMENT OF IRON DEFICIENCY IN PREGNANCY

42% IRON DEFICIENCY in pregnancy

RISK FACTORS:

- > poor diet
- > pregnancies close together
- > pregnant with multiples
- > pre-pregnancy anemia

RISK:

- > preterm or low birth weight
- > blood transfusion
- > postpartum depression
- > baby with anemia
- > child with developmental delays

TARGET

Identify in first and second trimester

- > Ferritin <30 ug/dl or TSAT <20%
- > Hemoglobin <11 gm/dL

GOAL = iron replete with delivery Hgb. of 11 or above

TREATMENT

First trimester (<14 weeks)

oral iron and iron-rich foods, every other day oral iron frequency, repeat labs in 4-8 weeks to evaluate effectiveness

Second trimester (14-28 weeks)

referral to blood management for IV iron repletion

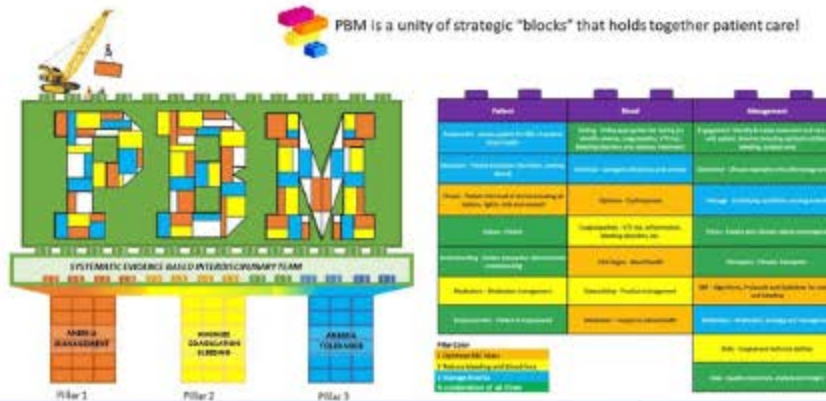
Third trimester (>28 weeks)

referral to blood management for IV iron repletion

Postpartum

check counts at six weeks

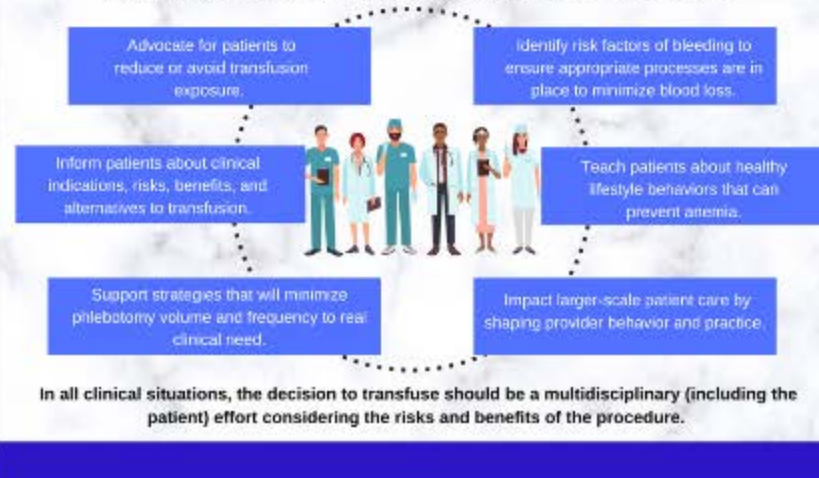
The Building Blocks of Patient Blood Management (PBM)



The most precious resource is the patient's own blood, and it must be protected and preserved!

THE ROLE OF THE NURSE

The evolution of blood management from a transfusion-centered approach to a patient-focused approach has provided major improvements in health care delivery, clinical outcomes, and patient experience, as well as reductions in resource utilization and cost



Anemia in Women: Unboxing Hidden Realities

Contributing factors

- Societal expectations lead women to prioritize their family's health over their own.
- Young women & girls lack education & face stigma about menstruation.
- Normalization & ignoring of anemia symptoms including exhaustion, impaired productivity, depression & mental health issues.



How anemia in women impacts everyone

- Women with anemia experience decreased physical & mental stamina, which can make competing tasks difficult.
- Iron deficiency-related productivity losses have been linked to the gross domestic product (GDP), potentially resulting in annual losses of billions of dollars.
- Untreated anemia during pregnancy can result in babies with cognitive & behavioral dysfunction or low IQ scores.

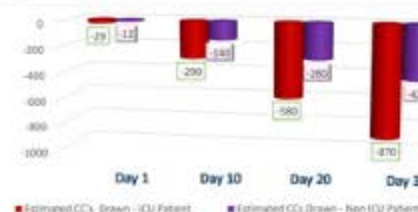
Statistically, 1/3 of all women suffer from anemia

Combating Anemia

- Encourage a healthy, iron-rich diet, iron is key for day to day body processes, energy, immune system function, and more.
- Normalize & destigmatize discussion & education about menstruation and optimal bleeding - studies show these women have the best health experiences.
- Promote affordable access to care - Despite income, women are faced with trade-offs between their health & finances.

Blood Health

Common trends in daily laboratory testing during hospital admission



+20cc of RBCs released daily through normal erythropoiesis



-20cc of old RBCs removed daily, primarily by the spleen

