

Enoxaparin(also known as Lovenox) Education Plan

Getting Ready to Learn About Enoxaparin(Lovenox)

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days.

What I Need to Learn About Enoxaparin(Lovenox)

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

1. Know why I am taking Enoxaparin (Lovenox)
2. Give myself an injection of Enoxaparin (Lovenox)
3. Understand the safety issues of taking Enoxaparin (Lovenox)
4. Know who will be following up on my Enoxaparin (Lovenox) once I leave the hospital

The staff will use three questions to teach me about Enoxaparin(Lovenox):

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my medication and how to take it safely and correctly.

What is my main problem?

Why I am taking Enoxaparin (Lovenox):

I am taking a drug that thins my blood. This could be to treat or prevent a blood clot. It may also be to prevent a stroke or other problems for me in the future. Enoxaparin (Lovenox) is needed to keep me from getting a blood clot. Taking Enoxaparin (Lovenox) puts me at risk for bleeding problems.

What do I need to do?

Give myself an injection of Enoxaparin (Lovenox):

- Wash my hands before giving a medication.
- Administer my dose of Enoxaparin (Lovenox) at the same time every day.
- Safely administer injection of Enoxaparin to myself. (Follow Instructions on pages 8-11 in the How to Continue Your Lovenox Treatment at Home booklet).
 - Cleanse the area of injection on my abdomen with alcohol and let dry.
 - Remove needle cap from the syringe.
 - Holding the syringe like a pencil in one hand, pinch the skin of the cleansed area of my abdomen with the other hand.
 - Insert the full length of the needle straight down at a 90 degree angle into the fold of skin.
 - Press the plunger with my thumb until the syringe is empty.
 - Pull needle straight out at the same angle it was inserted and release the skin fold.
 - Point the needle of the syringe down and away from myself and others and push down on plunger to activate the safety shield.
 - Place the used syringe in a sharps container.

Understand the safety issues of taking Enoxaparin (Lovenox)

- Watch for signs of bleeding (bruises on my body other than at the injections sites, small cuts and knicks that won't stop bleeding, nose bleeds, and blood in my urine).

- Make sure everyone knows I am on Enoxaparin (Lovenox).
My dentist and other doctors will want to know that I am at risk for bleeding.
- Keep an up to date medication list

Know who will be following up on my Enoxaparin (Lovenox) once I leave the hospital

- Make an appointment with _____ to make sure I am still taking the right amount of Enoxaparin (Lovenox)

Why is this important to me?

To keep from getting blood clots in deep veins. These clots can sometimes break off and travel to my lungs. These are extremely dangerous and could be fatal.

As part of my care and to help me understand Enoxaparin(Lovenox), I may receive:

- Enoxaparin(Lovenox) Learning plan
- Lovenox Patient Starter Kit which contains:
 - o DVD – At Home with Lovenox
 - o How to Continue Your Lovenox Treatment at Home booklet
 - o Sharps Container
 - o Alcohol Pads
- My Medication Information
- My Medication Wallet Card