Diagnosis: Iron Deficiency Anemia

	Pathophysiology Summary	Signs and Symptoms (subjective)	Physical Assessment Findings (objective)	Pharmacologic Recommendations
Diagnosis #1: Iron Deficiency Anemia	In general, anemia is caused by a reduction of oxygen transported throughout the bloodstream due to decreased hemoglobin content. The low hemoglobin level may result from declining production of the protein, a decrease in the member of erythrocytes, or a combination of these factors. (Hubert & VanMeter, 2018) Iron is the essential component of a hemoglobin molecule. (Warner & Karman, 2018). Insufficient iron affects the synthesis of hemoglobin resulting in microcytic (small cell) hypochromic (less color) erythrocytes making a low concentration of hemoglobin in each cell. (Hubert & VanMeter, 2018). There are two classification of iron deficiency: • Pure iron deficiency: Depleted iron stores	Patient presented in the office complaining of: • Unexplained fatigue, lethargic • Cold intolerance • Irritability (CNS response to hypoxia) • Menstrual irregularities • Pounding or "whoosing" in both ears • Headaches with activity • Shortness of breath with activities • Unexplained hair loss • Resting heart palpitations	Assessed prior history to compare with current findings. Upon physical assessment the following was observed: • Pale skin and pallor mucous membranes related to cutaneous vasoconstriction • Pale conjunctiva • Brittle hair and spoon-shaped ridged nails • Stomatitis and glossitis (inflammation of oral mucosa and tongue) • Palate abdomen to assess liver and spleen size • Resting tachycardia Diagnostic testing:	When the underlying cause of iron deficiency anemia is determined then a specific treatment can be developed for the patient. There are different ways to also help the patient to resolve the iron deficiency with iron supplements. The following are the recommended iron supplements: • Diet iron-rich foods -Meat: beef, pork, lamb, liver -Poultry: chicken, turkey and duck -Fish -Leafy green vegetables: cabbage, broccoli, kale, turnip greens and collard greens -Legumes: lentils, lime, peas, pinto beans and black-eyed peas -Iron enriched pastas, grains, rice and cereals (American Society of Hematology, 2019). Pharmacologic recommendations: Iron supplements: Classification: Hematinics Mechanism of action: