

IRON DEFICIENCY ANEMIA

COMMON CHRONIC HEALTH PROBLEM SEEN
IN THE PRIMARY CARE SETTING IN
PATIENTS OF ALL AGES

COMMON PRESENTING SIGNS AND SYMPTOMS

Subjective: fatigue, weakness, headache,
cold hands or feet, chest pain, shortness of
breath,
tinnitus,
pica, Objective: pale skin, brittle nails,
inflammation of tongue, tachycardia, dry/
rough skin

DIAGNOSTICS

Lab blood draws consisting of CBC,
serum iron, ferritin,
TIBC MCV-
Microcytic MCH-
hypochromic

PHARMCOLOGIC ALGORITHM

Monthly CBC to monitor hematocrit and
RBCs. Continue therapy for 3 months (for 1
year) after stabilization of ferritin and
hematocrit levels.

DIAGNOSIS

A decrease in one or more of the following:
hematocrit, hemoglobin, or RBCs. In
conjunction with decreased serum iron or
ferritin.

PHARMACOLOGIC INTERVENTION

Start oral iron therapy with ferrous sulfate or
ferrous gluconate. Intravenous infusion can
be considered if po form not tolerated.