

Transcript of Video-Audio Clips with Trisha Clevenger, Primary Charge Nurse for Infusion Services at OSF HealthCare Saint Anthony's Health Center in Alton, Illinois

Trisha Clevenger says treatment can be brief or ongoing, depending on the type of anemia.

“If it’s not strictly diet-related, many times for women it can be related to their menstrual cycle and how that affects their body. It can also be related to trauma or surgery, where there was increased blood loss. For many of those patients, once we’ve treated the acute issue, then the patient doesn’t see us except potentially on an as-needed basis.” (:26)

Sickle Cell Anemia often results in painful episodes that in some cases requires hospitalization, especially when not managed properly.

“Those patients will be on multiple oral medications and monitoring very closely to keep them at a healthy level, watching their iron and their hemoglobin and helping them to stay as functional as possible.” (:17)

A B12 vitamin deficiency is a common cause of anemia.

“Many times we start with oral (medication) if possible, but if the oral isn’t tolerated or absorbed, then we do injections and then it’s just continuous monitoring. Most of those patients we will monitor every three months, and then of course they give us a call if they have issues and symptoms.” (:19)

Clevenger says anemia treatment plans often include dietary changes.

“A healthy diet (includes) non-processed foods; eating healthy, high-iron foods. If you’re not a meat eater, that’s ok. Spinach and beans will have the same amount of iron in them as any meats that we eat and more than some.” (:17)