Therapeutic Phlebotomy Related to Polycythemia Vera and Hemochromatosis

Dylan Cimo  
*Cedarville University*, dcimo@cedarville.edu

Nathan Miller  
*Cedarville University*, nathanmiller@cedarville.edu

Emily Neal  
*Cedarville University*, ekneal@cedarville.edu

Follow this and additional works at: [http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session](http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session)

Part of the Nursing Commons

Recommended Citation
Cimo, Dylan; Miller, Nathan; and Neal, Emily, "Therapeutic Phlebotomy Related to Polycythemia Vera and Hemochromatosis"  (2012). *Pharmacy and Nursing Student Research and Evidence-Based Medicine Poster Session*. 14.  
[http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session/14](http://digitalcommons.cedarville.edu/pharmacy_nursing_poster_session/14)
Therapeutic Phlebotomy Related to Polycythemia Vera and Hemochromatosis
Dylan Cimo, Nathan Miller, Emily Neal
Cedarville University School of Nursing

PATIENT CARE ISSUE
- Therapeutic phlebotomy as first-line treatment of blood disorders
- Blood disorders: Polycythemia Vera and Hemochromatosis
- Other treatments include Hydroxyurea, Interferon Alpha, Erythrocyte Apheresis, Aspirin, and Deferoxamine
- Some medical professionals prefer alternative treatments to phlebotomy

EVIDENCE-BASED PRACTICE QUESTION
Question: Is therapeutic phlebotomy the best treatment option for Polycythemia Vera and Hemochromatosis?

P: Patients affected by Polycythemia Vera and Hemochromatosis
I: Therapeutic Phlebotomy
C: Pharmacologic treatments
O: Relieve symptoms more successfully with fewer side effects

REGISTERED NURSE INTERVIEW
- Paul and Amber, Registered Nurses at Springfield Regional Hospital
  - Neither RN had encountered a patient in need of therapeutic phlebotomy on the Cardiac Step-down Unit

STANDARD OF CARE
- Standard of care at Springfield Regional Hospital
  - “A procedure called phlebotomy is the best method for removing excess iron from the body,” (Dugdale, 2008)
  - Springfield Regional Hospital considers phlebotomy to be the best method for treating polycythemia vera (Dugdale, 2009)

SYNTHESIS OF EVIDENCE
- Therapeutic phlebotomy is currently considered first-line treatment for multiple blood disorders (Cook, 2010)
- Medications were found to have a higher incidence of adverse affects (Siddique, 2012)
- Therapeutic Phlebotomy is the cheapest form of treatment (Siddique, 2012)

EVIDENCE-BASED PRACTICE RECOMMENDATIONS
- Problem-focused triggers
  - Identification of clinical problem: Therapeutic phlebotomy as first-line treatment for blood disorders
  - There is not a sufficient research base
  - Practice is based on expert opinion and case reports
  - Springfield Regional Hospital implements therapeutic phlebotomy
  - Springfield Regional Hospital should continue implementing this practice based on the current research

LIMITATIONS
- RN interview did not indicate this topic as a major issue
- There are not many current research articles on therapeutic phlebotomy