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Mountain-Pacific  
*Quality Health*

# Adverse Drug Events Newsletter Vol. 3

**Welcome back to our email series focused on adverse drug events (ADEs).**

Anticoagulants, also known as blood thinners, are important for preventing and treating blood clots, but they can also increase bleeding risk. Oral anticoagulants are increasingly common among seniors, and the primary adverse effect of these medications is excessive bleeding.



Today's content focuses on oral anticoagulants, safe anticoagulation therapy and how ADEs can be prevented.

## Welcome

According to the [Centers for Disease Control and Prevention CDC](#), oral anticoagulants are the most common causes of adverse drug events (ADEs) among older adults, leading to emergency room visits and emergent hospitalizations. Common oral anticoagulants include the [direct-acting oral anticoagulants \(DOACs\)](#) and [warfarin](#). According to one surveillance system of emergency department visits, older adults ( $\geq 65$  years of age) were involved in approximately 80% of DOAC-related bleeding visits and 77% of warfarin-related bleeding visits\*.

Based on the increased risk of bleeding in this patient population, it is important to implement strategies to prevent these events. Patient education surrounding anticoagulation monitoring is another very important component.

This week's content will focus on resources and tools you can use to help prevent these events and provide the best care for your patients.

\*Geller, A.I., Shehab, N., Lovegrove, M.C. *et al.* Emergency Visits for Oral Anticoagulant Bleeding. *J GEN INTERN MED* **35**, 371–373 (2020).  
<https://doi.org/10.1007/s11606-019-05391-y>



# General Resources

Opioid guidelines, resources and more all in one easy location.

- [DOAC Drug/Drug Interaction Guide](#)
- [Bootcamp Fundamentals of Anticoagulant Education Series](#)
- [Checklist for Core Elements of Anticoagulation Stewardship Programs](#)
- [Anticoagulation Agent Adverse Drug Event Gap Analysis](#)



## Resources for Patients

Here are tools, videos and more you can share with patients and families.

- [Patient Guide to Using Blood Thinners](#)
- [Safety Tips for Eliquis \(apixaban\)](#)
- [Safety Tips for Xarelto \(rivaroxaban\)](#)
- [Safety Tips for Warfarin](#)
- [Zone Tool for Patients to Track Safety of Anticoagulation Therapy](#)

### Patient Education Videos

- [Staying Active and Healthy with Blood Thinners](#)
- [Taking Care of Nose Bleeds](#)



## Articles and Studies

- [Anticoagulation Forum Literature Update](#)

**More  
Tools**



**Look for our next newsletter  
about diabetes ADEs.**

Is there a resource you need? Let us know by emailing [knewland@mpqhf.org](mailto:knewland@mpqhf.org).

Do you know someone who would benefit from receiving these emails?  
Ask them to enroll by sending them this link:

**Refer a  
Friend**

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