

PP 13 - Knowledge, Attitudes and Practises regarding wafarin Therapy, among the Patients at Sri Jayewardenepura General Hospital

Manawadu S.P., Shalika N.A.N., Thalpahewa N.T., De Silva S.M.L.W.,
Saumika M.A.R.[#], De Silva B.S.S.

Department of Nursing, Faculty of Health Sciences, The Open University, Sri Lanka

[#]Corresponding author: rasodasaumika@gmail.com

Background: Warfarin is the most commonly used oral anticoagulant that requires frequent laboratory monitoring to ensure optimal therapeutic outcomes and to minimize bleeding complications. Hence Patients on wafarin therapy are more prone to face fatal incidents due to lack of awareness.

Objectives: To explore the knowledge, attitudes and practices on warfarin therapy, among the patients at Sri Jayewardenepura General Hospital.

Methodology: A descriptive cross-sectional study was conducted at hematology, cardiology, cardiothoracic electrophysiology clinics and cardiology, cardiothoracic wards at Sri Jayewardenepura General Hospital, during six weeks period on January to February, 2018. Patients were recruited according to the convenient sampling method (n=200). Ethical approval was obtained from the Ethical Review Committee of Sri Jayewardenepura General Hospital. A self administrated questionnaire was used for data collection.

Results and conclusions: The response rate was 98%. More than half (58%) were males. Considerable amount (58%) had accurate knowledge about the drug effect. More than half (52.5%) knew, high International Normalized Ratio (INR) levels may caused to increase risk of bleeding and 53% knew low INR levels may caused to increase risk of clotting. One hundred and twenty one (60.5%) patients answered that women need observation for extra bleeding during menstruation. Majority (75.5%) agree with small amount of spinach taking better than avoiding them and 76% have adequate attitude about safety measures that we should be taken before driving while on warfarin. Less than half (49.5%) have not adequate practices to take an action when making big change in diet and 45.5% respondents have not adequate practices and concern to avoid walk on wet floor or slippery places. More than half of the patients have good knowledge and attitudes on warfarin therapy, while less than half showed poor practices. Sri Lankan health care workers should educate patients on warfarin to improve patients' awareness on warfarin therapy.

Keywords: Warfarin, knowledge, attitudes, practices