Warfarin counselling

	OPENING THE CONSULTATION	
1	Washes hands	
2	Introduces themselves	
3	Confirms patient details	
4	Checks understanding of Warfarin and why they have been prescribed it	
5	Asks about patient's ideas, concerns and expectations of Warfarin	
	EXPLANATION	
6	Explains that Warfarin thins the blood and reduces the risk of blood clots	
7	Explains that Warfarin also increases the risk of bleeding	
8	Explains what INR is and what INR monitoring will involve	
9	Explains Warfarin should be taken at the same time every day	
10	Explains the various strengths of tablets and the associated colours	
11	Explains never to double up on doses without medical input (if doses are missed etc)	
12	Explains the need to let healthcare professionals know they are taking Warfarin (pharmacies/ dentists etc)	
13	Explains the need to inform anticoagulant clinic if any other medication has been started (by GP, over the counter, herbal, hospital) since it may mean patient needs more frequent drug monitoring.	
14	Inform the patient of the duration of treatment, since in some cases treatment is only required for a set period (e.g. certain cases of DVT will need treatment for 6 months).	
15	Explain what the yellow book is and how it works	
	LIFESTYLE ADVICE	
16	Gives dietary advice (foods high in Vitamin K can affect Warfarin levels)	
17	Alcohol advice (maximum of 1/2 drinks a day / sudden changes in consumption affect INR)	
18	Cranberry juice - enhances anticoagulation affect	
19	Take extra care carrying out routine tasks (brushing teeth/shaving)	
	CLOSING THE CONSULTATION	
20	Summarises key points	
21	Provides an opportunity for patient to ask questions	
22	Safety netting - *bleeding that does not stop / bruising / other concerning symptoms should prompt medical review*	
23	Provide information leaflet	
24	Thanks patient and washes hands	

KEY COMMUNICATION SKILLS	
25	Active listening	
26	Summarising and checking understanding	
27	Signposting	