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# Thrombocytopenia

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

NRS  
DATE INITIAL

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- I. **The client/caregiver can explain disease process of thrombocytopenia.**
  - A. It is a disorder in which there are not enough platelets.
  - B. Platelets are necessary to help blood clot.
  - C. It can result in abnormal bleeding.
  
- II. **The client/caregiver can list symptoms and possible complications of thrombocytopenia.**
  - A. Symptoms are
    - Bruising easily
    - Nosebleeds or bleeding in the mouth
    - Rash that resembles pinpoint red spots
  - B. Possible complications are
    - Hemorrhage
    - Bleeding in the brain (intracranial hemorrhage)
    - Bleeding in the gastrointestinal system (blood in stool or vomit)
  
- III. **The client/caregiver can explain self-care measures.**
  - A. Report to physician or to emergency care if any unexplained bleeding or excessive bruising should occur.

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- B. If you have been told that your platelet count is low, you should
  1. Avoid drugs such as aspirin
  2. Avoid alcohol
  3. Seek physician approval before participating in contact sports

### RESOURCES

National Institutes of Health  
[www.nlm.nih.gov/](http://www.nlm.nih.gov/)

National Library of Medicine MedlinePlus  
[www.medlineplus.gov](http://www.medlineplus.gov)

### REFERENCES

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