Promoting DVT Prevention Through Hydration: Essential to Safely Administering Low Molecular Heparin in Anticoagulation Therapy

Patricia R. Messmer, PhD, MSN, MA, BSN, RN-BC, FAAN
Benjamin León School of Nursing, Miami Dade College, Miami, FL, USA
Guillermo Valdes, DNP
Ron And Kathy Assaf College of Nursing, Nova Southeastern University, Miami, FL, USA

Problem: Renal toxicity from low molecular weight heparin (LMWH) bioaccumulation may occur when administering low molecular anticoagulation heparin therapy in patients with acute renal dysfunction (ARD). DVT prevention when using LMWH in high risk ARD patient populations may not prudently produce best patient outcomes. While LMWH is safer with less thrombocytopenia, effective and convenient than unfractionated heparin as an anticoagulation therapy modality; its liberal use in acute renal dysfunction maybe limited with renal insufficiency or volume deficit patients when the metabolic fluid balance is not properly addressed by the clinical nurse healthcare provider.

Purpose: The purpose of this meta-analysis was to review literature ascertaining importance of maintaining therapeutic fluid balance in anticoagulation therapy with LMWH preventing potential acute renal complications.

Methods: The method used was a literature search: electronic databases, journal references, citation searching, and reviewing articles, Cinahl, ProQuest, and Cochran databases 2008-2017 (Polit & Beck, 2017).

Results: National Institute of Health published thromboembolism acquired risk factors: immobility, dehydration, history of thrombosis, cancer, trauma, surgery, and obesity (www.nih.gov). Dehydration causes poor renal perfusion which can be detrimental with the bioaccumulation of LMWH drug potentially causing serious nephrotoxicity. Meta-analysis, comparing enoxaparin and unfractionated heparin, found that subcutaneous enoxaparin administered once daily decreased risks developing venous thromboembolism compared to unfractionated heparin (Laporte, 2011). Enoxaparin LMWH resulted in 37% decline in venous thromboembolic events. Singer (2016) found anti-Xa enoxaparin dosing reduced DVT rate from 20.5% to 7.1%; however in high risk trauma volume depleted patients and or in patients volume deficit induced acute renal failure; LMWH bioaccumulation will cause a high risk for LMWH renal toxicity.

Discussion: Nurses focusing on adequate and judicious fluid management when promoting DVT prevention specifically with LMWH is essential. A plan for enhancing patient tolerance for fluid intake and vigil resuscitation from volume deficit is primordial. Patients receiving plenty fluids inclusive during care and at meal times when ever possible is a nursing priority. Metabolic and hematological labs, urine consistency, output and concentration, S & S of dehydration, low blood pressures, tachycardia and activated partial thromboplastin time are outcome driven nurse sensitive benchmarks that must be explicitly monitored during LMWH.

Implications: Meticulous blood serum metabolic and symptomatic patient consistent observations will drastically reduce ominous risk factors when administering LMWH in anticoagulation therapy for all patients. Specific labs such as the basic metabolic profiles specific to blood urea nitrogen, creatinine ratios, and electrolytes in consideration for hemo-concentration and or hemo-dilution evaluation is beneficial. Blood serum osmolality is an effective guide to fluid balance with benchmark serum osmolality 270–300 milliosmoles/kilogram (mOsm/kg) of water assessing for fluid balance preventing hyperosmolar conditions.
**Conclusion:** Promoting best clinical nursing practices are essential when managing acutely difficult patient scenarios thus a building culture of safety, enhancing quality nursing care and positive patient outcomes.

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**References:**


**Abstract Summary:**

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**Content Outline:**

I. Anticoagulant Therapy

II. Promoting DVT Prevention

III. Administering Low Molecular Heparin

IV. Proper Hydration is Essential

**First Author**

Patricia R. Messmer, PhD, MSN, MA, BSN, RN-BC, FAAN
Miami Dade College
Benjamín León School of Nursing
Consultant for Nursing Research & Education
Professional Experience: Patricia R. Messmer, PHD, RN-BC, FAAN is the Consultant for Nursing Research & Education in the Benjamin Leon SON Miami Dade College. Dr Messmer serves as Chair of the Nurses Charitable Trust, chairs Florida Nurses Foundation and se4rves on the ANA-PAC and inducted into the 2016 ANA Hall of Fame. Dr. Messmer is a Virginia Henderson Fellow, served on the STTI Research Committee (1995-97, 1997-99; 1999-2001, 2003-2005), Past President of STTI Beta Tau Chapter and Founders Award Marie Lingeman Hipplestead for Nursing Leadership-1999 Fellow in the American Academy of Nursing


Second Primary Presenting Author

Primary Presenting Author

Guillermo Valdes, DNP
Nova Southeastern University
Ron And Kathy Assaf College of Nursing
Assistant Professor
Miami FL
USA

Professional Experience: SIGMA Virginia Henderson Fellow Assistant Professor Nova Southeastern University Previous Assistant Professor Miami Dade College Lecturer and Adjunct Clinical Faculty Florida International University Previous Nurse Educator Jackson Health system American Heart Association ACLS/BLS Instructor President Elect National Association of Hispanic Nurses Miami Chapter Haitian American Nurses Association Advisory Board Member Florida Nurses Association (FNA) Member American Nurses Association Member FNA South Region Member

Author Summary: Multiple speaker @ STTI Biennial, Miamid Dde College, ACCN DNP Chatham Pittsburgh MNN University of Phoenix published in Journal of Continuing Eduation in Nursingcl BSN Barry University ADN Miami DDe College