

Promotional: Blood Clots: Prevention, Recognition, and Response for CNAs

You **MUST print this for Continuing Education purposes and keep with your certificate of completion.

Requirements:

For successful completion of this educational activity and receipt of 0.25 contact hour(s), the learner must:

1. Participate in 15 minutes of continuous learning. Course time is calculated using the Mergener Formula.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

This educational activity introduces Certified Nursing Assistants (CNAs) to the risks, prevention, and recognition of blood clots in long-term care settings. It explains how immobility, falls, and surgical recovery increase clot risk and emphasizes the CNA's role in prevention through mobility support, hydration, application of compression stockings, and vigilant observation for warning signs.

Target audience:

The target audience for this educational activity is Certified Nursing Assistants (CNAs) working in healthcare settings. This is an introductory level educational activity.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about blood clot prevention, recognition, and response by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Identify common risk factors for blood clots in long-term care, including immobility, falls, surgery, and aging-related changes.
2. Recognize the signs and symptoms of deep vein thrombosis (DVT) and pulmonary embolism (PE)
3. Apply CNA-level interventions such as assisting with mobility, ensuring proper use of compression stockings, encouraging hydration, and promptly reporting concerning changes to the nurse.

Author:

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Amanda Keith, PhD, RN, PHN, serves as a Clinical Content Manager for Healthcare Academy. Amanda has 8+ years of experience in Nursing Leadership and Management in the domains of SNF, AL, Homecare, Occupational Health, Nursing Education, and Infection Control. Amanda is a PhD Candidate in Nursing with a focus on Population Health. Her areas of interest are respiratory disease outcomes in the rural environment and the influence of the Social Determinants of Health on the Rural/Urban gap. For several years Amanda has focused on the creation of educational content based on health equity principles and diverse learning needs of frontline health care workers.

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