

Davidson's principles and practice of medicine

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In iron deficiency, Hb levels would be decreased. (Davidson, 2002)

2. What symptoms pointed to this deficiency?

Ans. The main symptoms that pointed out to this deficiency were: 1) fatigue, 2) Tachycardia, 3) lack of energy, 4) sleep disturbances and 5) jumpy feeling in the legs.

3. Upon research, what course of treatment do you think Karen's doctor will have her do to raise her iron levels?

Ans. There are two treatment regimens for Iron Deficiency

1) Dietary intake of iron i. e. educating the patient to increase dietary intake of iron-containing food so that to compensate for the deficiency. Foods such as spinach, apple etc. should be taken as they contain high Iron levels.

2) Oral iron supplements, these are given when dietary intake of iron is not enough or the loss is too much. In cases of severe Iron deficiency that could even risk the life of the patient, emergency administration on IV Iron supplements is also advised. (Davidson, 2002)