

# Anemia - Referral Management

RMG: R-0191 (AC)

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## Clinical Indications for Referral

- Referral for anemia may be indicated for **1 or more** of the following(1)(2):
  - Emergent evaluation or management of **1 or more** of the following(3):
    - Chest pain
    - Cognitive impairment
    - Exertional dyspnea
    - Heart failure(4)
    - Microangiopathic hemolytic anemia (eg, disseminated intravascular coagulation, hemolytic uremic syndrome, thrombotic thrombocytopenic purpura)(5)
    - Orthostatic hypotension
    - Severe complication of sickle cell disease (eg, aplastic crisis, acute chest syndrome, acute stroke)(6)(7)
    - Syncope
    - Tachycardia
  - Gastroenterology referral for evaluation or management of **1 or more** of the following(8)(9)(10)(11)(12):
    - Gastrointestinal blood loss(13)(14)
    - Iron deficiency of unknown etiology (eg, evaluation of celiac disease)(14)(15)(16)
    - Nutritional deficiency
  - Genetic medicine referral for evaluation or management of inherited anemias (eg, sideroblastic anemia, sickle cell disorders)(17)(18)(19)(20)
  - Gynecology referral for evaluation or management of excessive vaginal bleeding(21)(22)
  - Hematology referral for evaluation or management of **1 or more** of the following(5)(20)(23)(24)(25):
    - Anemia unresponsive to appropriate therapy (eg, iron, folate, or B12 supplementation)(12)
    - Bone marrow examination needed (eg, myelodysplastic syndrome)(24)
    - Education needed, as indicated by **1 or more** of the following:
      - Avoidance of drugs that can contribute to iron deficiency (eg, nonsteroidal medications, proton pump inhibitors)(12)
      - Avoidance of oxidant drugs (eg, sulfa-containing antibiotics, dapsone) in patient with glucose-6-phosphate dehydrogenase deficiency(20)
      - Dietary counseling (eg, gluten-free diet for celiac disease, vitamin B12 supplementation for vegetarians)(24)
    - Hemoglobinopathy, known or suspected (eg, thalassemia)(26)(27)(28)
    - Hemolytic anemia(29)(30)(31)
    - Hereditary anemia (eg, sideroblastic anemia, glucose-6-phosphate dehydrogenase deficiency)(18)(22)
    - Hereditary bleeding disorder (eg, von Willebrand disease)(22)
    - Iron deficiency anemia in infants or young children(32)(33)(34)(35)
    - Iron overload (eg, multiple transfusions, sideroblastic anemia)(36)
    - Medication-induced anemia (eg, chemotherapy)(37)(38)
    - Medication management (eg, hydroxyurea for sickle cell anemia)(22)(39)(40)(41)(42)
    - Multifactorial etiology(38)
    - Preoperative anemia
    - Sickle cell disease, and need for assistance with management of complications (eg, pain management)(6)(39)(41)(43)(44)
    - Treatment of anemia, including **1 or more** of the following:
      - Blood transfusion(29)
      - Chronic kidney disease, and erythropoiesis-stimulating agents contraindicated
      - Erythropoiesis-stimulating agents (eg, for chronic kidney disease)(45)
      - Exchange transfusion
      - Hematopoietic stem cell transplant (eg, aplastic anemia, sickle cell disease)(46)(47)

- Immunosuppressive therapy(46)
- Parenteral iron(12)
- Plasmapheresis or plasma exchange (eg, hemolytic anemia associated with thrombotic thrombocytopenic purpura)(29)
- Vitamin therapy (eg, pyridoxine for sideroblastic anemia)
  - Unclear diagnosis despite preliminary laboratory testing
- Nephrology referral for evaluation or management of anemia associated with chronic kidney disease(45)(48)
- Neurology referral for evaluation or management of neurologic signs and symptoms in patient with macrocytic anemia(40)
- Oncology referral for evaluation or management of anemia associated with cancer or cancer treatment(37)
- Rheumatology referral for evaluation or management of **1 or more** of the following:
  - Anemia of chronic disease, and need for identification of possible underlying inflammatory disease(49)(50)
  - Hemolytic anemia, and need for diagnosis or treatment of underlying cause (eg, systemic lupus)(20)(31)
- Urology referral for evaluation or management of urinary tract blood loss(51)(52)

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## Definitions

### Orthostatic hypotension

- Orthostatic hypotension,<sup>[A]</sup><sup>[B]</sup> as indicated by **1 or more** of the following<sup>(1)</sup><sup>(2)</sup><sup>(3)</sup>:
  - Fall in SBP of 20 mm Hg or more 1 to 3 minutes after patient sits or stands from recumbent position
  - Fall in DBP of 10 mm Hg or more 1 to 3 minutes after patient sits or stands from recumbent position

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### Footnotes

- A. Concomitant measurements of the heart rate are important to measure to help diagnose subtypes of orthostatic hypotension (eg, the lack of a compensatory increase in heart rate is typical of autonomic failure and an exaggerated tachycardia may be reflective of volume depletion). However, the heart rate is not a component of the definition of orthostatic hypotension which relies upon blood pressure alone.<sup>(1)</sup><sup>(2)</sup><sup>(3)</sup>
- B. Criteria based upon clinician acquired numeric values (eg, vital signs, oxygen saturation) should be used if they are accurate reflections of the patient's condition. Transitory findings (eg, abnormal only upon initial emergency department intake or only one time out of multiple readings) that rapidly improve with no or minimal treatment usually do not reflect disease severity or risk for deterioration. This does not imply that an initial or one-time reading cannot ever be applicable. The goal is to separate erroneous or incidental findings from those that truly represent the patient's clinical picture.

### Tachycardia

- Tachycardia,<sup>[A]</sup> as indicated by **1 or more** of the following<sup>(1)</sup><sup>(2)</sup>:
  - Heart rate greater than 100 beats per minute in adult or child age 6 years or older<sup>[A]</sup>
  - Heart rate greater than 115 beats per minute in child 3 to 5 years of age<sup>[A]</sup>
  - Heart rate greater than 125 beats per minute in child 1 or 2 years of age<sup>[A]</sup>
  - Heart rate greater than 130 beats per minute in infant 6 to 11 months of age<sup>[A]</sup>
  - Heart rate greater than 150 beats per minute in infant 3 to 5 months of age<sup>[A]</sup>
  - Heart rate greater than 160 beats per minute in infant 1 or 2 months of age<sup>[A]</sup>

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## Codes

ICD-10 Diagnosis: B60.00, B60.01, B60.02, B60.03, B60.09, D46.0, D46.1, D46.20, D46.21, D46.22, D46.4, D46.9, D46.A, D46.B, D46.C, D46.Z, D50.0, D50.1, D50.8, D50.9, D51.0, D51.1, D51.2, D51.3, D51.8, D51.9, D52.0, D52.1, D52.8, D52.9, D53.0, D53.1, D53.2, D53.8, D53.9, D55.0, D55.1, D55.21, D55.29, D55.3, D55.8, D55.9, D56.0, D56.1, D56.2, D56.3, D56.4, D56.5, D56.8, D56.9, D57.00, D57.01, D57.02, D57.03, D57.09, D57.1, D57.20, D57.211, D57.212, D57.213, D57.218, D57.219, D57.3, D57.40, D57.411, D57.412, D57.413, D57.418, D57.419, D57.42, D57.431,

D57.432, D57.433, D57.438, D57.439, D57.44, D57.451, D57.452, D57.453, D57.458, D57.459, D57.80, D57.811, D57.812, D57.813, D57.818, D57.819, D58.0, D58.1, D58.2, D58.8, D58.9, D59.0, D59.10, D59.11, D59.12, D59.13, D59.19, D59.2, D59.30, D59.31, D59.32, D59.39, D59.4, D59.5, D59.6, D59.8, D59.9, D60.0, D60.1, D60.8, D60.9, D61.01, D61.09, D61.1, D61.2, D61.3, D61.810, D61.811, D61.818, D61.82, D61.89, D61.9, D62, D63.0, D63.1, D63.8, D64.0, D64.1, D64.2, D64.3, D64.4, D64.81, D64.89, D64.9, O90.81, O99.011, O99.012, O99.013, O99.019, O99.02, O99.03, P61.2, P61.3, P61.4, R71.0, R71.8, U09.9, Z13.0 [Hide]

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