55 questions of the educational game

1. What does the VKA acronym mean?
   • V= Vitamin
   • K= K
   • A= Antagonist

2. What is the name of your VKA treatment?
   • Warfarine
   • Fluindione

3. How and when do you take your VKA treatment?
   Orally, during dinner.

4. Where do you write down your INR test result?
   In my VKA notebook.

5. While brushing your teeth, you notice that your gums are bleeding a lot.
   What do you do?
   • Do an INR test
   • Give the result to my pediatric cardiologist.

6. You are invited to a party and are offered alcohol. What do you do?
   I should not drink alcohol because it may affect the results of the INR test.

7. Why do you take VKA treatment?
   For my blood to be more fluid because my illness increases the risk of a clot
   formation in my heart or in my circulatory system.

8. When being treated for VKA, what should be checked out periodically? What
   should be the normal range?
   • My INR level
   • Between 2 and 3 or 2.5 and 3.5 (according to the underlying disease).

9. Who is in charge of determining the right medication dosage after you have
   done an INR test?
   My pediatric cardiologist - but I can be involved in the decision making.

10. What should you do if you are prescribed a new drug by your doctor?
    Make sure the new drug does not interfere with the regular treatment and have a test
    done within 48 hours after taking the new drug.

11. You have a big cavity in one of your teeth. Your dentist wants to pull the
tooth out. What should you tell your dentist?
I must tell my dentist that my blood is more fluid than normal due to my VKA treatment. Some dentist's offices have specialized services for patients with a high bleeding risk.

12. What is the risk to your health if you don’t take your VKA treatment?
There may be a clot formation in my heart or in my circulatory system.

13. When you spend the night at your friend's, do you take your treatment?
Yes

14. While at your friend's place, you have a headache. His or her mother offers you to take the painkiller that she uses for her family. Do you take it?
Only if it is paracetamol

15. You have a headache and you feel giddy. What do you do?
I go and see my doctor and get tested for INR.

16. With your VKA treatment, do you need a special diet or not?
No, I can eat what I like with no particular limitation.

17. Your best friend wants to be tattooed and asks you to come along. Your friend suggests you get tattooed as well. What do you do?
I refuse.

18. Can you practice combat sports?
No

19. Your pharmacist is out of your treatment and can only supply you the following day. What do you do?
I go to another pharmacy.

20. You are planning to go away on vacation for 5 days. Your parents ask you to be checked up ahead of schedule and the test result is satisfactory. Do you have to inform your pediatric cardiologist about the INR level?
Yes

21. You usually take your VKA treatment at 8 p.m. You realize at 11 p.m. that you forgot to take it. What do you do?
I take it immediately because less than 8 hours have passed since the scheduled treatment time.

22. Your nose is bleeding and your INR level is 5. Should you be surprised?
No, as my blood is more fluid than normal, I am bound to have occasional nosebleeds.

23. If your INR level is 3, how do you compare to someone with an INR level of 1?
My blood is more fluid than the blood of someone who is not treated for VKA.
24. You are tired and have no appetite. The pharmacist recommends that you take food supplements. What should you check out first?
Make sure that those food supplements do not include Vitamin K.

25. Your INR level reads 1.4. Which risk are you incurring? What shall you have to do?
Clots may form in my heart or in my circulatory system. I need a subcutaneous injection, or a venous injection, of an immediate effect anticoagulant called heparin.

26. Can blood still coagulate when you follow a VKA treatment?
Yes, the treatment reduces only 4 out of the 13 coagulation factors.

27. You bleed a lot during your periods. What should you do?
Have an INR test and consult the family doctor if a gynecologist is not available.

28. You have come down with a case of intestinal flu. What should you do?
Check my INR level within the next 24-48 hours and make sure the level is neither too low, nor too high.

29. When your INR level is too low and your pediatric cardiologist recommends a heparin injection, who may perform the subcutaneous injection?
Either a visiting nurse, or myself or my parents, if we have been properly trained.

30. When heparin is injected in a vein or underneath the skin, what has to be monitored over a long period?
Blood tests have to be performed in a laboratory to measure the platelet count.

31. When your pediatric cardiologist reviews your INR level data, what type of information do you have to provide?
- First and last names
- The date when the INR level was measured
- The INR level data
- The phone number where I can be reached

32. Who must be informed of my VKA treatment?
- Anesthetists, surgeons, hospital nurses
- Dentists
- Physiotherapists
- School doctors

33. Your INR level is 5; which risk do you incur?
I may bleed more abundantly in the case of a cut or trauma.

34. What is the purpose of the VKA therapeutic education?
To better understand the illness and its treatment, to prevent accidents and complications, to live a better life with the illness and its treatment, to cope with daily events.

35. When you go on vacation what should you bring with you?
- My VKA treatment
- Drugs prescribed by my doctor
- My POC INR monitor
- My VKA follow-up notebook with useful phone numbers

36. What do you do if your general practitioner prescribes antibiotics to you for an earache?
I must undergo an INR 48 hours after the beginning of the treatment.

37. What do you do if you had a mitral valve replacement and your INR stands at 1.5?
I must call the nurse for heparin injections and ask my cardiologist for a VKA treatment adjustment.

38. What do you do if you have a fall while riding your bicycle?
I must go to the doctor for clinical examination and make an INR with my POC INR monitor.

39. What do you do if you have a headache and an INR at 7?
I call my cardiologist rapidly and go to his office or to the emergency unit if he is not there.

40. Can you practice boxing with your VKA treatment?
No, but I can practice sports like swimming, running, cycling…. Combat sports are forbidden.

41. Can you use “bleach” to wash the band strip?
No, I must wash with cold water and a compress.

42. Your POC INR monitor announced Error “X”. What do you do?
I read the information book to understand the meaning of this error.

43. When traveling by plane, where should you place your POC INR monitor (in the baggage hold, or keep it with your hand luggage? Explain why)
I should keep it with my carry-on (hand) luggage, because it is too cold in the aircraft hold. I need a medical certificate explaining why I need to keep it in my hand luggage.

44. Once the result of the POC INR monitor test is displayed on the monitor, where should you dispose of the strip and the compress?
In a closed recycling bin.

45. What do you do if the POC INR monitor does not work when you have to check your INR level?
I need to go to the laboratory to have the INR test done.

46. Where do you store your POC INR monitor and the strips when you travel to a warm country?
I should store them in a refrigerator and take them out 30 minutes before starting the INR test.
47. You are fine, but the POC INR monitor displays an INR level higher than 8; what do you do and what may happen?
I should get in touch with my pediatric cardiologist for guidance. I could bleed profusely were I to have any injury (a fall, a blow).

48. You may stick any finger with the strip but ideally neither the thumb nor the index finger. True or false?
True.

49. You are having an acute case of intestinal flu. This impacts the effectiveness of your treatment: true or false?
True; you will have to get an INR test done within 24-48h after you experience the first symptoms and pass on the test result to your doctor. INR readings may vary widely because of intestinal flu.

50. Children following a VKA treatment cannot get vaccinated: true or false?
False, but injections must be subcutaneous and not intramuscular.

51. You are invited at your grandparents’ for the evening and forget to take your VKA treatment with you. The following day, you should take twice as much medicine: true or false?
False, you must never double the dose.

52. You are having an earache and must take antibiotics. This may have an impact on the effectiveness of your treatment: true or false?
True, you will have to do an INR test within 48 hours after you start taking antibiotics and pass the test results to your doctor.

53. You should wash your hands with alcohol before using your POC INR monitor. True or false?
False. My hands need be washed with soap and hot water only.

54. You can use another pricking pen to make your INR. True or false?
False. I must use my own specific pricking pen because the system is specific.

55. You can not use a strip twice. True or false?
True, a strip can be used only once.

+ 5 additional questions related to your national health system.