



Situational Safety: Corner Table Bruising Risk

A bruise is a bleeding event caused by injury to the blood vessels below the surface of the skin. Bruising is a serious concern for patients taking warfarin. Bruises can occur during a variety of activities, not all of which are considered “high risk”. Since it is difficult for a patient to evaluate the severity of a bruise, it can be a serious medical situation. Pain is one indicator, but it cannot reliably determine the overall risk for internal bleeding.

Walking into the corners of furniture is a common cause of deep tissue bruises, especially to the thigh. End tables and study desks pose a serious hazard to patients since they typically rise between 28-32” from the floor, thigh height for most patients. A bruise from a table or desk should always be reported and watched carefully by a healthcare professional. A severe bruise may warrant hospitalization or a change in warfarin dosing, but only a healthcare professional can make this decision. Once a patient has experienced a deep tissue bruise, also called a hematoma, a second bruise to the same area is more likely.

Routine traffic patterns around furniture keep patients at risk. To reduce the risk of serious bruising, patients can either change the way they walk through their home or move dangerous tables. A patient can reach out and place a hand on the corner of an end table or desk, to protect their legs and improve balance and stability. Patients should lean only on heavy, sturdy tables. Proper lighting may also help patients see the corner of end tables and desks and avoid an accident.

Patients should keep their Coumadin® (warfarin) levels in control to reduce the risk of internal bleeding. Patients are at increased risk of bleeding and bruising when at an INR test result above 4.0. Patients should notify their physician immediately if any bleeding or bruising occurs, or of any injury that may result in a bruise.¹

Visit: www.PTINR.com

¹ Bristol-Myers Squibb Company. (2007). *Medication Guide for Coumadin Tablets and Coumadin for Injection* [Package Insert]. Princeton, NJ: Bristol-Myers Squibb Company.