

# Size Doesn't Have to Be a Barrier: Direct Oral Anticoagulants in Extremes of Weight

## Pharmacy Grand Rounds 2026 | Advocate Health

March 24, 2026, 12:00PM CT/1:00PM ET

Virtual via Microsoft Teams Webinar

**Overview:** Direct oral anticoagulants (DOACs) present unique challenges and opportunities when used in patients at the extremes of body weight, where pharmacokinetic and pharmacodynamic changes can meaningfully alter drug exposure. Emerging evidence suggests that certain DOACs maintain efficacy and safety in both underweight and obese populations, though the application of this evidence is up for debate. This presentation aims to synthesize available literature, including published guidelines and real-world evidence, to clarify when DOAC therapy may be appropriate in these patients.

**Speaker:** Avery North, PharmD, PGY1 Pharmacy Resident in the Ambulatory Care Setting - Atrium Health Cabarrus

**Preceptors:** Casey Burleson, PharmD, BCPS, CDCES, CPP; Lillie Mattox, PharmD, BCPS, CDCES, CPP; Kristen McKnight, PharmD, BCPS, CDCES, CPP

### **Objectives:**

1. Understand the proposed pharmacokinetic and pharmacodynamic changes in anticoagulation therapy in patients of weight extremes
2. Identify current guideline recommendations for anticoagulation in patients who are underweight or obese
3. Summarize available literature to assess the efficacy and safety of direct oral anticoagulant (DOACs) in underweight and obese patient populations
4. Recognize appropriate anticoagulant therapy in patients of weight extremes

**Target Audience:** Advocate Health Pharmacists, Physicians, Nurses, and other interested healthcare professionals

**Link to Pharmacy Grand Rounds 2026 Sessions:** [Pharmacy Grand Rounds 2026 | Advocate Health](#)

**Disclosure:** The planner(s) and speaker(s) have indicated that there are no relevant financial relationships with any ineligible companies to disclose.

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