

haemophilia information kit for teachers

Prepare yourself and your classroom

Haemophilia is a type of bleeding disorder in which the blood doesn't clot properly.

This means that a person with the condition would bleed for longer than someone without haemophilia.

Normally, the body reacts to an injury by a local triggering process called the clotting cascade, where specific blood proteins called clotting factors interact with each other, forming clots to stop bleeding.

In people with haemophilia, bleeding is less well-controlled because, in their clotting cascade, one of the clotting factors (factor VIII for haemophilia A or factor IX for haemophilia B) is missing or deficient.

Fortunately, it is possible to replace the missing or deficient factor by administering a preparation of this factor, which re-establishes blood clotting.

Coordinated Response Information

Call the parents first as they will be able to advise on appropriate next steps. Call for an ambulance as required. See our First-Aid Sheet for more general information.

Name

Age

School/ Current Class

Date of plan

Review Date

Haemophilia A Severity (Factor VIII deficiency)

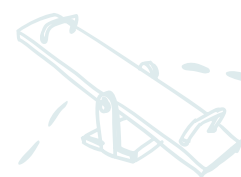
Severe Moderate Mild

Haemophilia B Severity (Factor IX deficiency)

Severe Moderate Mild



All kids need safe
exercise and playtime



Parents / guardian info

Name
Relationship
Contact number

Name
Relationship
Contact number

Haemophilia Centre

Institution name
Doctor/nurse
Contact number

Action plan

Your in-depth guide for the protocols you would like to be used in case of bleeding episodes.
Please be as descriptive as possible.

Action Plan for MAJOR bleeding episodes

(Major bleeding example: severe trauma):

1
2
3
4
5

Action Plan for MINOR bleeding episodes

(Minor bleeding example: minor trauma – small cut or bruising):

1
2
3
4
5

Anything extra to share

Any previous injuries or anything to be cautious of e.g. running type activities, like soccer.

.....
.....
.....
.....

Key school contact

Name
Room number
Contact number

haemophilia first aid

Child's name

Major bleeds action plan

(Classified major as the bleeds are more serious and often internal)

Secure clotting factor

No matter the area, if major bleed is suspected, first course of action is to secure clotting factor up to a 100%.

P.R.I.C.E.

In addition to the treatment with replacement clotting factor, P.R.I.C.E can be applied at the sight of a suspected injury.

Protect – Rest – Ice – Compress – Elevate

Always contact parents immediately for major bleeds

The priority is to ensure that the child receives clotting factor as soon as possible. Therefore, contact parents/haemophilia centre immediately and follow the agreed action plan.

Signs of major bleeds



Serious head bleed

Headache
Drowsiness
Confusion
Nausea/ vomiting
Unsteady balance

Internal bleeding

Bloody/black stool
Red/brown urine
Vomiting of blood
Pain

Bleeding into the joints or muscles

Redness/swelling
Tenderness/pain
Guarding limb/joint

Minor bleeds action plan

(Classified minor as the bleeds are less serious and often external)

Mouth & gum bleeds

These bleeds may be hard to control, and may need treatment by parents or the treatment centre. Try first giving the child ice cubes or an ice pop to cool down the area.

Nosebleeds

Tilt head forward and pinch the bridge of the nose below the bone for 10-20 minutes and / or put an ice-pack on the bridge of the nose for not more than 5 minutes.

Cuts and Grazes

Cover with a plaster and bandage. Apply pressure for a few minutes. Deep cuts may need stitches, if so contact parents and/or haemophilia treatment centre.

Bruises

It's expected that children with haemophilia will bruise more easily and that they may be bigger. Sometimes treatment may be needed.

Then proceed to contact parents for next steps.

If there is prolonged bleeding,
or if you are in doubt, contact parents

Contact person

Phone number