

## Emergency Care Plan Hemophilia

Date: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Work: \_\_\_\_\_

Cell: \_\_\_\_\_

Emergency Contacts: \_\_\_\_\_ Ph: \_\_\_\_\_

\_\_\_\_\_ Ph: \_\_\_\_\_

Hematologist/Care Center: \_\_\_\_\_ Ph: \_\_\_\_\_

**General information about student with Hemophilia-** Hemophilia is an inherited blood disorder in which blood does not clot properly. People with hemophilia bleed longer, no faster. Severity can be mild, moderate, or severe. Internal bleeds in joints or muscles are most common. Minor injuries, such as small cuts or abrasions, nosebleeds, and mouth bleeds are usually not serious but must be assessed promptly and monitored to ensure bleeding has stopped. If possible, a school nurse should assess injuries. If there is no school nurse in the school or for field trips, designated staff should be trained by a school nurse in first aid for the student. A responsible person should accompany students to the office. Parent should be notified of injuries. A blow to the head, neck, abdomen, or groin may cause internal bleeding and should be assessed promptly by medical personnel and/or parents. **Use Universal Precautions in all cases of First Aid.**

If this happens	Actions to take
<p><b>1. Nosebleed</b></p>	<p>a. Position sitting with the head upright, slightly forward.</p> <p>b. Apply firm continuous pressure to the nose by pinching the nose for 20 minutes (have student do this if possible).</p> <p>c. Apply a cold pack.</p> <p>d. Call parent to notify of bleeding and possible need for further evaluation.</p>
<p><b>1. Mouth Bleed</b></p>	<p>a. Apply cold compress with firm continuous pressure 20 minutes.</p> <p>b. Call parent to notify of bleeding and possible need for further evaluation.</p>

<p><b>3. Joint or muscle injury or possible fracture</b></p> <p><i>Signs/symptoms of bleeding into a joint</i></p> <ul style="list-style-type: none"> <li>• Bubbling, prickly, or tingling feeling in the joint</li> <li>• Feeling of warmth or swelling in a joint</li> <li>• Decreased range of motion, stiffness, pain, or tenderness</li> <li>• Blueness or discoloration of surrounding skin</li> </ul> <p><i>Signs/symptoms of bleeding into a muscle</i></p> <ul style="list-style-type: none"> <li>• Gradually intensifying pain, tightness, swelling</li> <li>• Limitation of movement in surrounding joints</li> <li>• Numbness or loss of sensation in the limb</li> <li>• Blueness or discoloration of surrounding skin</li> <li>• Pain in lower abdomen &amp; groin if iliopsoas muscle bleed</li> </ul> <p><b>Student may say “I am having a bleeding episode”. Teacher and staff should watch for change in gait or guarding.</b></p>	<ol style="list-style-type: none"> <li>a. Notify parent of need for evaluation for possible fracture or hemophilia treatment.</li> <li>b. Immobilize the area of injury/Rest</li> <li>c. Apply ice</li> <li>d. Elevate area of injury</li> <li>e. Follow doctor’s orders regarding compression bandage, supports to immobilize area, medication, and exercise after injury</li> <li>f. Call 911 if possible fracture or severe joint bleed and parent cannot be reached.</li> <li>g. Call 911 if bleed suspected in iliopsoas muscle.</li> </ol>
<p><b>1. Blow injury or fall affecting head, neck, abdomen, groin; possible causing internal bleeding</b></p> <p><i>Signs/symptoms of internal bleeding:</i></p> <ul style="list-style-type: none"> <li>• Bruising/dyscoloration/swelling/pain of injured area</li> <li>• Blood in urine (urine may be pink, red, or cola colored)</li> <li>• Vomit or respiratory secretions with red or brown material</li> <li>• Severe headache, irritability, confusion, drowsiness</li> <li>• Trouble swallowing or breathing</li> <li>• Blurred or double vision, vision changes, unequal pupils</li> <li>• Blood in stools (tarry or bloody)</li> </ul> <p>Note: slow bleed after trauma may delay symptoms for days.</p>	<ol style="list-style-type: none"> <li>a. Call parent immediately.</li> <li>b. Call doctor or Hemophilia Treatment Center if the parent cannot be reached.</li> <li>c. Call 911 if parent cannot be reached and there has been a blow to the head, neck, or abdomen and as advised by Hematologist. Have student rest and keep student calm.</li> <li>d. Be prepared to treat for shock if needed.</li> </ol>

**SCHOOL HEMOPHILIA RECORD**

1. Does your child wear a “medic alert” bracelet?    \_\_\_ Yes \_\_\_ No
  
2. What type of hemophilia does your child have? \_\_\_\_\_  
\_\_\_\_\_
  
3. Is your child receiving medication (clotting factor) to prevent bleeding episodes on a regular schedule?    \_\_\_ Yes \_\_\_ No
  
4. How often does he/she have bleeding episodes? \_\_\_\_\_
  
5. Does your child have a particular joint that bleeds frequently? \_\_\_\_\_  
\_\_\_\_\_
  
6. Describe symptoms when a bleeding episode occurs: \_\_\_\_\_  
\_\_\_\_\_
  
7. List activities in which your child should NOT fully participate: \_\_\_\_\_  
\_\_\_\_\_
  
8. Name medications taken routinely for pain relief or bleeding management: \_\_\_\_\_  
\_\_\_\_\_
  
9. In the event of a bleed, what steps should school personnel take? \_\_\_\_\_  
\_\_\_\_\_

**If medication is needed at school a Request for Medication Administration form must be completed and signed by parent and physician. Medication forms are available from the school office.**

This emergency healthcare plan was developed to provide school staff with information about caring for this student at school. Staff and parents, please keep the School Nurse updated about significant health information for this student.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_