



# Haemophilia Action Plan

## STUDENT/CHILD DETAILS

<b>Name:</b>	<b>Date of birth:</b>
Room/Year level:	Teacher name:
Medical diagnosis:	
Parent name:	Parent signature:

## EMERGENCY CONTACT DETAILS

**Parents/guardians should always be contacted in the first instance regarding any health concerns.**

1. Parent/guardian:
2. Ambulance: **000**
3. The Royal Children's Hospital (RCH) switchboard: **03 9345 5522** (ask for Haematologist on call)

## ABOUT HAEMOPHILIA

Haemophilia is a life-long bleeding disorder where the blood does not clot properly. It is caused by not having enough blood-clotting protein (clotting factor VIII [8] or clotting factor IX [9]) in the blood. Haemophilia can be mild, moderate or severe depending on the level of clotting factor in the blood.

## ACTION PLAN IS ACCURATE AS AT:

Date:	Doctor name:	Doctor signature:
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## TRAUMA, INJURY AND BLEEDING ACTION PLAN (FIRST AID)

1. Apply standard First Aid principles—Protect, Rest, Ice, Compression, Elevation (P.R.I.C.E).
2. Apply firm and sustained pressure for 5 to 10 minutes to cuts or grazes.
3. Nose bleeds should normally stop by applying firm pressure to the nostrils for 10 to 20 minutes.

## ALERT

- A child with haemophilia does not bleed faster than a person without haemophilia, but will bleed for longer.
- The child will NOT gush blood from a simple cut or injury.
- Bruises are common and generally don't need treatment.
- Children with haemophilia should not take aspirin or ibuprofen. Paracetamol is safe to use.
- REMEMBER your student should be encouraged to participate in all activities deemed appropriate by their parent/guardian and health care team, as this is beneficial for their physical and psychosocial development.

## SIGNS AND SYMPTOMS OF A BLEED

- the child says it hurts (or a young child does not settle as usual)
- visible bleeding (nose bleed, bleeding from the mouth, deep cut, heavy period)
- the skin over an injured muscle or joint feels warm and/or appears red
- swelling (the injured area is larger than the other arm or leg)
- not able to move arm or leg
- limping or pain while walking

## CONTACT PARENTS IF SERIOUS INJURY TO:

- head (head injury)
- eye
- throat and neck (difficulty breathing)
- chest or spine
- abdomen
- joints and muscles
- broken bones
- severe cuts requiring stitches

## ADDITIONAL RESOURCES

If you require additional haemophilia resources and fact sheets please go to:

- [RCH fact sheet Haemophilia](#)
- [RCH fact sheet Haemophilia information for schools](#)
- [Haemophilia Foundation Australia](#)