



The Facts

- A person with hemophilia has blood that does not clot like it should.
 - It mostly affects males but can cause a milder version in females.
 - There is no cure.
 - It is a life-long condition.
- People with hemophilia do not bleed faster than normal but have a harder time stopping the bleeding.
- Bleeding inside the body is the main problem. A person will not bleed heavily from small cuts or scrapes.
- This student takes medicine called Hemlibra to help prevent bleeding. Close monitoring for bleeding is still needed. Additional bleeding medications may need to be given for bleeding episodes.



Common Bleeding Issues

- Mouth bleeds
- Bleeding with small cuts and scrapes
- Joints: knees, elbows ankles (long-term can lead to arthritis and inability to use the joint)
- Traumatic injuries (life-threatening if located in head, neck, eye, throat, or abdomen)



School Considerations

- Some people may have more bleeding episodes than others while taking Hemlibra.
- Please allow for a 504 plan if indicated.



If You Suspect a Joint Bleed

- Ask the student if s/he is having a joint bleed. (The student is trained to identify bleeds.)
- Look for warmth, pain, lack of use, or guarding.
- Contact the parent and school nurse.
- Allow student to give replacement factor by intravenous infusion if instructed to by the parent or physician.



First Aid for Minor Bleeding

- Rest, Ice, Compression, Elevation
- **Cuts and scrapes:** clean, apply pressure, and bandage
- **Nosebleeds:** hold head straight (not back) and apply pressure
- **Mouth bleeds:** apply ice or cold compress
- **Headache (not from injury):** give Tylenol only. If not relieved in two hours or accompanied by other symptoms, contact the parent.

Emergency Bleeding

- **Head:** nausea, vomiting, headache, confusion, blurred vision, loss of consciousness
- **Eye:** trauma and bleeding into and around the eye
- **Neck and throat:** pain, swelling, difficulty swallowing or breathing
- **Abdomen:** trauma to abdomen, acute tenderness, pain or swelling

In an Emergency:

- Call 911.
- Inform the parent.
- Notify EMS the child has a bleeding disorder.
- Contact the Hemophilia Treatment Center.



Benefits of Physical Activity

- Promotes overall physical fitness by improving
 - Cardiovascular fitness
 - Muscular fitness
 - Bone health
 - Body composition/weight
 - Cognitive function
 - Academic performance
 - Sleep
 - Self-esteem
 - Self-confidence
 - Energy
- Reduces feelings of anxiety and depression
- Reduces fatigue
- Increases balance and coordination
- Promotes a spirit of participation and involvement
- Lowers the risk of
 - Spontaneous joint bleeds
 - Heart disease
 - Stroke
 - High blood pressure
 - Type 2 diabetes
 - Colon cancer



Which Sports Are Safe?

- **AVOID HIGH-IMPACT SPORTS** such as football, boxing, hockey, rugby, and wrestling.
- Encourage low-impact sports such as running, aquatics, and golf.
- Always consult parents regarding any participation in sports.
- Look for activity ratings in the Playing It Safe materials provided by the National Hemophilia Foundation.



*Bruising is
a common
occurrence for
people with
congenital
bleeding
disorders*

Hemophilia
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