



## The Facts

- A person with a 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 a 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 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.



## 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, or 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*