

Treatment of Bleeding Episodes

Produced by:

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HOW TO RECOGNISE A BLEED

Your child may experience some or all of the following:

Head bleed

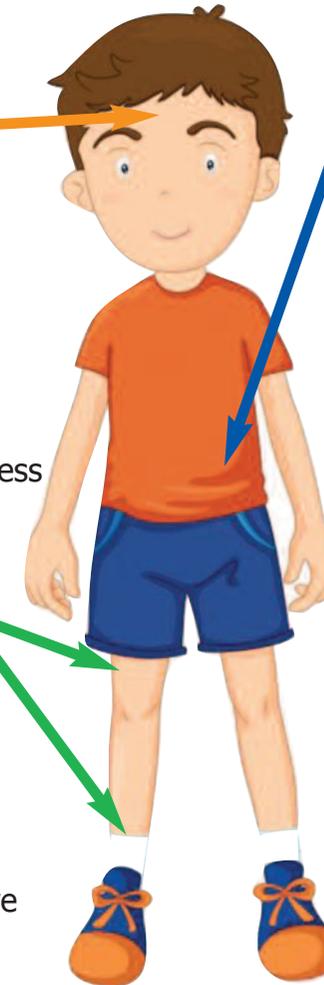
- * Headache
- * Drowsiness
- * Nausea
- * Vomiting
- * Unsteady balance
- * Irritability
- * Confusion
- * Seizures
- * Loss of consciousness

Joint or Muscle bleed

- * Tingling/tightness
- * Pain
- * Redness
- * Swelling
- * Warmth
- * Tenderness
- * Reluctance to move affected limb

Abdominal Bleed

- * Bloody, black or tar-like bowel motions
- * Red or brown urine
- * Pain
- * Vomiting of blood (*blood may be red or black*)



FOR OFFICE USE

Date: _____

Name: _____

MRN: _____

Diagnosis: _____

Weight: _____

Prophylaxis: _____

Frequency: _____

Dose: _____

Review Date: _____

HOW TO TREAT A BLEED

1. GIVE FACTOR

Joint or Muscle bleed
Treatment Product: _____
Percentage Rise: _____
Dose: _____



Head bleed
Treatment Product: _____
Percentage Rise: _____
Dose: _____

Abdominal bleed
Treatment Product: _____
Percentage Rise: _____
Dose: _____

2. FIRST AID

* MOUTH & GUM BLEEDS

1. If possible, apply firm continuous pressure to the bleeding site with a cold cloth for 20 minutes.
2. Try giving the child an ice cube or ice pop to suck on.
3. Administer tranexamic acid (® Cyklokapron) as prescribed.
4. Call the hospital if bleeding has not stopped after 20 minutes.

* NOSE BLEEDS

1. Position the child sitting with head slightly forward.
2. Apply continuous pressure under the bridge of the nose with a cold cloth for 20 mins.
3. Administer tranexamic acid (® Cyklokapron) as prescribed.
4. If bleeding has not stopped after 20-30 mins or if bleeding profusely contact your Haemophilia Centre.

* MUSCLE AND JOINT BLEEDS

P.R.I.C.E.

P: PROTECTION

Lower Limb: Take weight off the joint or muscle.

- Non weight bearing with strict bed rest and/or crutches.

Upper Limb: No carrying or lifting using affected arm.

- Use arm sling with collar and cuff or triangular bandage sling.

R: REST

- Rest means rest!
- Do not allow use of the joint or muscle where possible.

I: ICE

- Regular ice packs can help with pain and reduce swelling.
- Put an ice pack over the affected area for 20 minutes. Repeat every two hours.

DO NOT leave the ice pack on for more than 20 minutes.
DO NOT place ice pack directly on skin (Use a tea towel/cold pack cover)

C: COMPRESSION

- Use an elasticated bandage to compress the affected area to reduce swelling.

E: ELEVATION

- Elevate the affected limb to help reduce swelling.
- Keep the affected joint or muscle above the level of the heart.

3. CONTACT HOSPITAL

For all bleeding episodes contact OLCHC/CUH
For contact details, please see overleaf

Bleeds in the following areas are especially serious & require immediate attention
* HEAD * EYE * NECK * ABDOMEN * GROIN * HIP
Call the Treatment Centre immediately

Do not give aspirin or ibuprofen to a child with a bleeding disorder
Do not give factor or tranexamic acid (® Cyklokapron) if the child has red or black urine