

Treatment of Bleeding Episodes

Contact Information

Our Lady's Children's Hospital,
Crumlin,
Dublin 12.
Telephone: 01 409 6100

(Ask for Haemophilia Clinical Nurse specialist)

After 6pm and weekends phone 01 4096100

(Ask for Haematology Registrar on Call)



Cork University Hospital

Wilton,
Cork
Telephone: 021 454 6400



The Irish Haemophilia Society

1st Floor Cathedral Court,
New Street,
Dublin 8.
Tel: 01 657 9900
Fax: 01 657 9901
Web: www.haemophilia.ie
Email: info@haemophilia.ie



TCP Ltd.,

15 - 16 Willow Business Park,
Knockmitten Lane,
Dublin 12.
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HOW TO RECOGNISE A BLEED

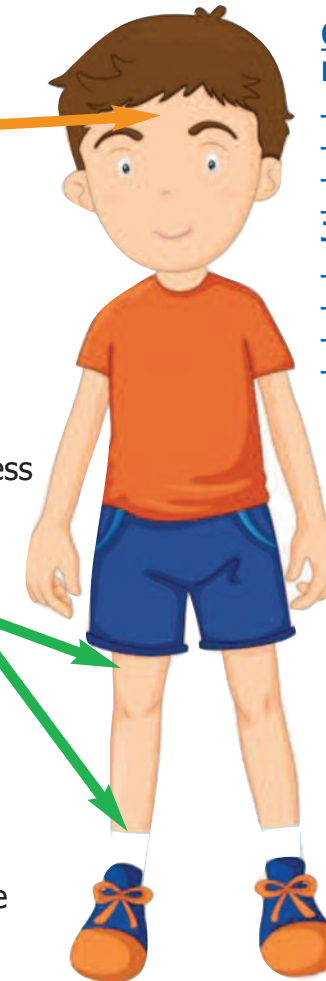
Your child may experience some or all of the following:

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



Calculation of factor dose Head Injury

Joint / Muscle Bleed

FOR OFFICE USE

Date: _____

Name: _____

MRN: _____

Diagnosis: _____

Weight: _____

Prophylaxis: _____

Dose: _____

Frequency: _____

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:

2. FIRST AID

* 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 using affected arm.

- Arm sling with collar and cuff material and or triangular bandage sling.

R: REST

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

I: ICE

- Regular ice packs can help with pain, 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.

* 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 as this might do the trick.
3. Administer tranexamic acid ® cyclokapron 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 ® cyclokapron as prescribed.
4. If bleeding has not stopped after 20-30 mins or if bleeding profusely contact your Haemophilia Centre.

3. CONTACT HOSPITAL

For all bleeding episodes contact OLC HC/ 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 (® cyclokapron) if the child has red or black urine