

Guidelines for School Nurse

STUDENT WITH HEMOPHILIA

OVERVIEW

Hemophilia (Hemophilia A [Factor 8] and Hemophilia B [Factor 9]) is a congenital bleeding disorder carried through the mother on the sex chromosome that affects all races and nationalities. In severe cases, the student (usually male) is missing one of the necessary clotting proteins (factor). In mild/moderate cases, the student has decreased amount of the factor. Bleeding episodes are treatable and early treatment helps to prevent chronic orthopedic problems (degenerative arthritis, chronic synovitis and flexion contractures). Von Willebrand Disease is an autosomally inherited disorder in both males and females and bleeding tends to be from mucosal surfaces.

INFORMATION FROM STUDENT/PARENT

- Treatment Center/Pediatric Hematologist with phone number
- Name of Nurse Coordinator/Case Manager at Treatment Center
- Target Joint(s) including usual symptoms and frequency

INFORMATION FROM PEDIATRIC HEMATOLOGIST

- Factor Number and Percent (%) of Factor Deficiency
- Participation or limitations advised for P.E. activities
- Prophylactic home infusion program: by whom, time schedule and as needed indications for factor concentrate

SCHOOL NURSE AND TEACHER OBSERVATIONS

- Watch for limping, guarding, holding a limb to the body or changes in behavior
- Watch for swelling, warmth, redness and tenderness at a joint
- Field trips: teacher/administrator should inform school nurse 2 weeks prior to trip so arrangements can be made if necessary.

FIRST AID

Joint and Muscle bleeds:

- Keep still
- Apply ice pack
- Elevate the affected body part
- Notify parents/guardians immediately

External Bleeding from cut or scrape:

- Clean with soap and water, cover with bandaid or sterile dressing
- Apply firm pressure and elevate until bleeding stops
- Call parents or treatment center if bleeding does not stop within a few minutes

STUDENT WITH HEMOPHILIA

FIRST AID (Continued)

Nosebleeds:

- Apply pressure to side of bleeding for 20 minutes
- Do not tip head back

Mouth Bleeding (loose tooth comes out or bites lip/tongue):

- Apply pressure
- Apply cold, such as ice or a popsicle

Abdominal Trauma (i.e. falling on bicycle handlebars, hit with ball or punched):

- Notify parents/guardians immediately to pick up child to take for treatment
- Head Injury: any injury from the neck up (i.e. blows to head or falling on hard surface head first) should be considered a medical emergency.
- **911 should be called if school nurse is not on campus**
 - Parents should be called immediately.
 - There may not be a raised lump even after significant head trauma.

EMERGENCY SUPPLIES

- Some students may store Factor 8 Concentrate at school for emergency use by parents or paramedics.
- If Factor 8 is stored at school, it must be kept in a locked refrigerator with the necessary infusion supplies. A letter from the treating health care provider with information on factor concentrate doses should be kept with the supplies.

REFERENCES

National Hemophilia Foundation – www.hemophilia.org

Hemophilia Treatment Center at Orthopaedic Hospital - www.carolkasper.com