

SAN ANGELO ISD HEALTH SERVICES
HEMOPHILIA ACTION PLAN

Student Name _____	DOB _____ Grade _____
School _____	Teacher _____
Parent/Guardian's Name _____	Phone (home) _____
Address _____	Phone (cell/work) _____
Parent/Guardian's Name _____	Phone (home) _____
Address _____	Phone (cell/work) _____
Emergency Contact _____	Relationship _____ Phone _____
Emergency Contact _____	Relationship _____ Phone _____
Physician's Name _____	Phone _____

Present Medication:	Dose	Time
Medication _____	_____	_____
Medication _____	_____	_____

Hemophilia is an inherited disease characterized by bleeding episodes that are either spontaneously or traumatically induced. Hemophiliacs are missing one of the clotting factors in their blood. They do not bleed faster than other people, but they may bleed longer.

HEMOPHILIA HISTORY

1. Does your child wear a "medic alert" bracelet? ____ Yes ____ No
2. What type of hemophilia does your child have? _____
3. Is your child receiving medication (clotting factor) to prevent bleeding episodes on a regular schedule?
____ Yes ____ No
4. How often does he/she have bleeding episodes? _____
5. What joint/body part(s) are affected by bleeding episodes? _____
6. Describe symptoms when a bleeding episode occurs: _____
7. List activities in which your child should NOT fully participate: _____
8. Name medications taken routinely for pain relief or bleeding management: _____

Minor injuries, such as small cuts or abrasions, nosebleeds, and mouth bleeds are usually not serious, but must be assessed and promptly monitored to ensure bleeding has stopped. If possible, a school nurse should assess injuries. Designated staff should be trained in first aid for the student. The student should always be accompanied by an escort to the office. A blow to the head, neck, abdomen, or groin may cause internal bleeding and should be assessed promptly by medical personnel and/or parents. **Use Universal Precautions in all cases of first aid.** Do **NOT** give aspirin or medicine containing aspirin for pain relief.

Note location and treat as follows:

IF THIS HAPPENS	ACTIONS TO TAKE
<p>Nosebleed</p>	<ol style="list-style-type: none"> Position sitting with the head upright, slightly forward. Apply firm continuous pressure to the nose by pinching the nose for 20 minutes (have student do this if possible). Apply a cold pack Call parent to notify of bleeding and possible need for further evaluation.
<p>Mouth Bleed</p>	<ol style="list-style-type: none"> Apply cold compress with firm continuous pressure for 20 minutes. Call parent to notify of bleeding and possible need for further evaluation.
<p>Joint/muscle injury or possible fracture</p> <p><i>Signs/symptoms of bleeding into a joint</i></p> <ul style="list-style-type: none"> Bubbling, prickly, or tingling feeling in the joint Feeling of warmth or swelling in a joint Decreased range of motion, stiffness, pain, or tenderness Blueness or discoloration of surrounding skin <p><i>Signs/symptoms of bleeding into a muscle</i></p> <ul style="list-style-type: none"> Gradually intensifying pain, tightness, swelling Limitation of movement in surrounding joints Numbness or loss of sensation in the limb Blueness or discoloration of surrounding skin Pain in lower abdomen & groin if iliopsoas (hip) muscle bleed <p>Student may say “I am having a bleeding episode”. Teacher and staff should watch for change in gait or guarding.</p>	<ol style="list-style-type: none"> Notify parent of need for evaluation of possible fracture or hemophilia treatment Have student rest and keep calm Immobilize the area of injury Apply ice Elevate area of injury Follow doctor’s orders regarding compression bandage, supports to immobilize area, medication, and exercise after injury Call 911 if possible fracture or severe joint bleed and parent cannot be reached. Call 911 if bleed suspected in iliopsoas (hip) muscle
<p>Blow injury or fall affecting head, neck, abdomen, groin; possible causing internal bleeding</p> <p><i>Signs/symptoms of internal bleeding:</i></p> <ul style="list-style-type: none"> Bruising/dyscoloration/swelling/pain of injured area Blood in urine (urine may be pink, red, or cola colored) Vomit or respiratory secretions with red or brown material Severe headache, irritability, confusion, drowsiness Trouble swallowing or breathing Blurred or double vision, vision changes, unequal pupils Blood in stools (tarry or bloody) <p>Note: slow bleed after trauma may delay symptoms for days.</p>	<ol style="list-style-type: none"> Call parent immediately. Call 911 if parent cannot be reached and there has been a blow to the head/neck/abdomen or as advised by Hematologist. Have student rest and keep student calm. Be prepared to treat for shock as needed.

Parent’s Signature

Date

Phone

Physician’s Signature (Required)

Date

Phone

School Nurse’s Signature

Date plan received