

Bleeds and bruises in children with haemophilia

Muscle and/or joint bleeds call the parent/guardian

P.R.I.C.E.

P: Protection

- Lower limb: take weight off the joint or muscle
- Upper limb: no carrying using affected arm

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

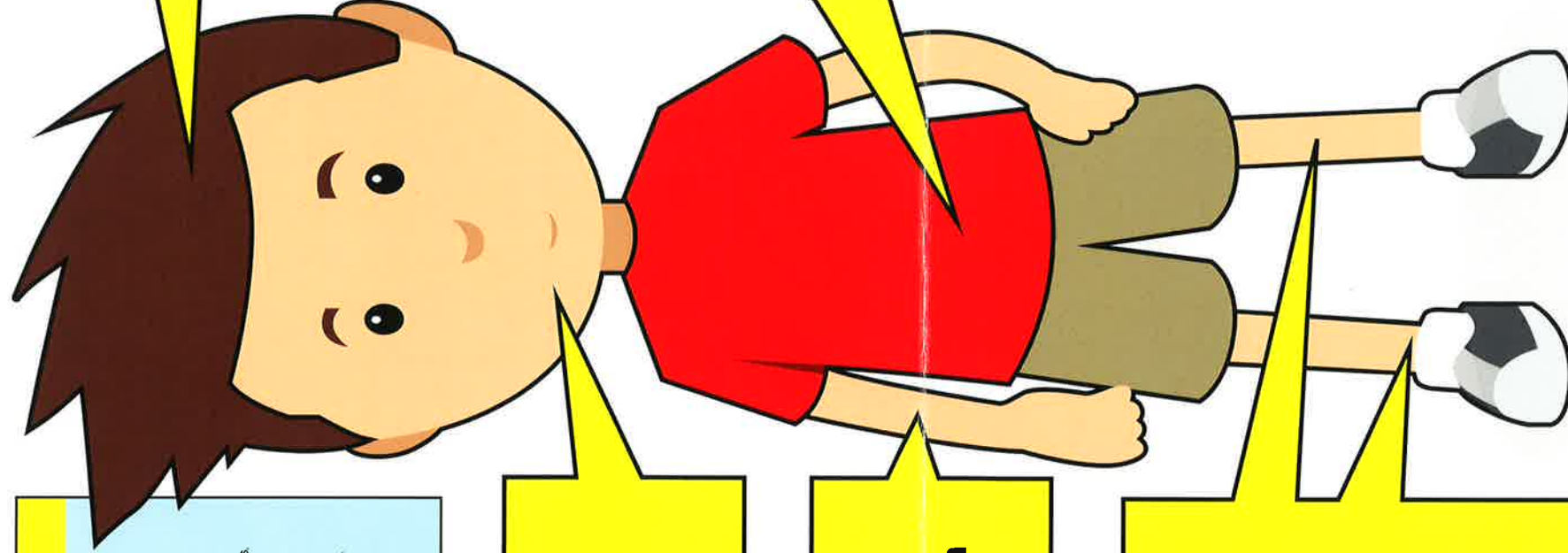
DO NOT place ice pack directly on skin (Use a tea towel/cold pack cover)

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.



If a tooth falls out, treatment may be needed for bleeding. Also report if the tooth has been swallowed.

Signs of a soft tissue bleed

- Bruising, discolouring of skin
- Mild swelling

Signs of bleeding into the joints or muscles

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

Signs of a serious head bleed

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

Signs of an abdominal bleed

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

First Aid

Mouth & Gum Bleeds

These can be hard to control because clots that form are washed away by saliva or knocked off by the tongue or food. Try giving the child an ice cube or ice pop to suck. These bleeds may need treatment by parents or the treatment centre.

Nosebleeds

Tilt head forward and pinch the bridge of the nose below the bone for 10 - 20 minutes and / or put an ice-pack on the bridge of the nose for not more than 5 minutes.

Cuts and Grazes

Cover with a plaster and bandage. Apply pressure for a few minutes. Deep cuts may need stitching, if so contact parents and/or haemophilia treatment centre.

Bruises

Children with haemophilia bruise more easily than children without haemophilia and their bruises will be bigger. Bruises only need treatment if they are very painful.

Bleeds in the following areas are especially serious and require immediate attention:

• HEAD • EYE • NECK • ABDOMEN • GROIN • HIP •

Call parents and Haemophilia Treatment Centre immediately.

In case of emergency, please contact:



THE
HAEMOPHILIA
SOCIETY

To download your copy of the schools booklet, visit: www.haemophilia.org.uk/schoolsbooklet
or to order a printed copy, please call: 0207 939 0780.