

**SAMPLE HEMOPHILIA EMERGENCY CARE LETTER**  
**(\*THIS LETTER NEEDS TO BE TYPED ON PHYSICIAN'S LETTERHEAD)**

Dear Emergency Care Provider,

My patient, \_\_\_\_\_ (patient's name) \_\_\_\_\_  
has Hemophilia A (Factor VIII deficiency) or B (Factor IX deficiency). Hemophilia is a clotting disorder caused by a deficiency of one of the blood clotting plasma proteins. Hemophilia manifests itself by easy bruising, internal bleeding in joints, muscles, organs and occasionally the central nervous system. This bleeding may follow trauma or occur spontaneously. Since the bleeding may be serious and protracted, the patient needs treatment instituted urgently.

In the early stages of a bleed there may be no visible physical abnormalities. Patients are taught to recognize an early bleed via the symptoms of tingling, pain, warmth etc. that they may feel but the examiner cannot. If a bleed is suspected, please treat it! It is imperative that you listen to and believe the patient or their relative.

In the case of trauma, such as a head injury or MVA, it is wise to administer factor concentrates prophylactically rather than wait for any signs of a bleed. Also, it is imperative that factor concentrates always be administered prior to any invasive procedures, such as ABGs, LP, NG tube insertion etc. When bleeding is suspect diagnostic testing, should it be necessary, should always be performed after factor concentrate has been administered. There is no reason to do limb X-Rays for routine joint bleeds in the absence of trauma as they are unhelpful in the clinical management of the patient. The same applies for routine ordering of PTs and PTTs.

Intramuscular injections should be avoided if at all possible, Tetanus immunization may be administered subcutaneously. Aspirin and most Non-steroidal anti-inflammatory agents (NSAIDs) inhibit platelet function and therefore are contraindicated for persons with bleeding disorders. Trilisate and Disalcid are two NSAID agents that do not interfere with platelet function and are safe to use when an NSAID is indicated. Acetaminophen products are safe as are opiates as long as you avoid combinations containing Aspirin.

Attached, please find dosage guidelines for ordering factor concentrates for my patient. If the patient has brought his own factor with him, please allow its use. I would appreciate a copy of the emergency treatment record be forwarded to me. Thank you in advance for ensuring *prompt* treatment for my patient. If I can be of further assistance, please do not hesitate to call me.

Sincerely,

Dr. \_\_\_\_\_

## Dosing Recommendations for Clotting Factor Replacement Therapy

|  | Recombinant factor VIII (Hemophilia A) | Recombinant factor VIII (Hemophilia A) | Recombinant factor IX (hemophilia B) | Recombinant factor IX (hemophilia B) |
|--|--|--|--------------------------------------|--------------------------------------|
| <b>Type of hemorrhage</b>  | <b>Desired level (%)</b>               | <b>Dose (units/kg)</b>                 | <b>Desired level (%)</b>             | <b>Dose (units/kg)</b>               |
| Joint, muscle (except iliopsoas), soft tissue                                      | 40-50                                  | 20-25                                  | 40-50                                | 50-60                                |
| Nasal, oral  | 20-30                                  | 10-15                                  | 20-30                                | 25-35                                |
| Iliopsoas, CNS/head, throat/neck, gastrointestinal, ophthalmic, surgical/traumatic | 80-100*                                | 40-50*                                 | 60-80*                               | 70-95*                               |
| Renal, deep laceration   | 50                                     | 25                                     | 40                                   | 50                                   |

\* When bleeding is severe, the desired level is 80% to 100%. The appropriate dose of factor is 50 units/kg of factor IX, 100 to 120 units/kg.