

## Important Phone Numbers:

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Drug allergies: \_\_\_\_\_

Treatment product and dose: \_\_\_\_\_

Other medications: \_\_\_\_\_

Insurance carrier and policy #: \_\_\_\_\_

Home phone #: \_\_\_\_\_

Mother's/Guardian's name: \_\_\_\_\_

work #: \_\_\_\_\_

cell phone #/beeper #: \_\_\_\_\_

Father's/Guardian's name: \_\_\_\_\_

work #: \_\_\_\_\_

cell phone #/beeper #: \_\_\_\_\_

Backup family/friend name and phone #: \_\_\_\_\_

Hemophilia treatment center (HTC): \_\_\_\_\_

Name of doctor at HTC \_\_\_\_\_

phone #/beeper #: \_\_\_\_\_

Name of nurse at HTC \_\_\_\_\_

phone #/beeper #: \_\_\_\_\_

Name of family physician: \_\_\_\_\_

phone #/beeper #: \_\_\_\_\_

Preferred emergency room and phone #: \_\_\_\_\_

Name of ambulance company and phone #: \_\_\_\_\_

## THE CHILD WITH A BLEEDING DISORDER:

# First Aid for School Personnel

### National Hemophilia Foundation Vision

The vision of NHF is to cure bleeding disorders.

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The information contained in this publication is provided for your general information only. NHF does not give medical advice or engage in the practice of medicine. NHF under no circumstances recommends particular treatment for specific individuals and, in all cases, recommends that you consult your physician or local treatment center before pursuing any course of treatment.

## MEDICATIONS

Some children may need to take medicine (factor) intravenously to control a bleeding episode. Sometimes the child is able to give his medication himself. In some situations, the parent may need to come to the school to give the medication to the child. Prompt treatment ensures that an injury will resolve more quickly, allowing the student to return to class soon after a bleeding episode.

Some children with milder forms of hemophilia, von Willebrand disease or a platelet disorder may be prescribed aminocaproic acid (Amicar) or Stimate Nasal Spray for treatment of bleeding episodes. These medications are often kept at school to use as needed.

Never give a child with a bleeding disorder aspirin or ibuprofen (Advil, Aleve, Motrin). These medications can only make the bleeding worse. Only use acetaminophen (Tempra, Tylenol).

## STANDARD PRECAUTIONS

For all school children, utilize standard precautions to prevent potential transmission of infectious diseases:

- 1 Wear disposable latex gloves when handling blood or other body fluids.
- 2 Wash hands after contact with blood or body fluids.
- 3 Clean all spills of blood and other body fluids with disinfectant (¼ cup of liquid household bleach added to 1 gallon of water).



NATIONAL HEMOPHILIA FOUNDATION  
*for all bleeding disorders*

# THE CHILD WITH A BLEEDING DISORDER: First Aid for School Personnel



## THE CHILD WITH A BLEEDING DISORDER:

# First Aid for School Personnel

## GUIDELINES FOR TREATING SPECIFIC BLEEDING EPISODES THAT MAY OCCUR IN SCHOOL

### INTRODUCTION

Hemophilia, von Willebrand disease and platelet disorders are three bleeding disorders that result in prolonged bleeding in various parts of the body. These bleeding episodes can occur spontaneously or after some kind of trauma. Although hemophilia occurs mostly in males, von Willebrand disease and platelet disorders can occur in both males and females.

In school, a child with one of these bleeding disorders may need extra assistance during a bleeding episode. These guidelines were written to assist school personnel with the initial first-aid treatment during a bleeding episode.

### IF A CHILD:

Suffers a blow to the head, neck or abdomen or has a broken bone or a deep cut that will not stop bleeding with direct pressure

#### You Should:

- Contact the parents immediately for instructions.
- Contact the hemophilia provider or the hemophilia treatment center, if the parents cannot be reached.
- Immediately call an ambulance and transport the child to the designated hospital emergency room, if you cannot reach the doctor, the nurse or the parents.

### IF A CHILD:

- Says he or she is having a bleeding episode or
- Complains of tingling, bubbling, pain, stiffness or decreased motion in any limb or
- Appears to have a part of the body (usually a joint) that is swollen or warm to the touch or
- Appears to favor an arm or leg more than usual *or*
- Limp or refuses to use a limb

#### You Should:

- Contact the parents for instructions.
- Keep the child still to avoid further injury.
- Apply an ice pack and elevate the affected body part.

### IF A CHILD:

Has external bleeding from a cut, scrape or laceration

#### You Should:

- Put on gloves (as with any child—see Standard Precautions).
- Clean the cut, scrape or laceration with an antiseptic soap.
- Apply firm pressure and elevate the body part until bleeding stops.
- Apply a sterile dressing.
- Apply an ice pack to the area over the bandage or dressing.
- Call parent(s) if bleeding does not stop with above measures.

### IF A CHILD:

Has a laceration that requires stitches

#### You Should:

- Put on gloves.
- Clean the cut with an antiseptic soap.
- Apply a pressure dressing and ice pack.
- Elevate the affected body part.
- Call the parents to take the child to the healthcare provider or the emergency room.

### IF A CHILD:

Has a nosebleed

#### You Should:

- Put on gloves.
- Position the child sitting straight up with the head upright.
- Pinch the bridge of the nose using firm continuous pressure for 20 minutes.
- Apply a cold pack to the back of the neck.
- Call the parents for instructions, if the bleeding has not stopped after 20 minutes.

### IF A CHILD:

Has oozing from a cut in the mouth or around a tooth

#### You Should:

- Put on gloves.
- Apply ice compresses with firm, continuous pressure for 20 minutes.
- Apply a wet tea bag wrapped in gauze around the tooth, if available.
- Call the parents for instructions, if the bleeding has not stopped after 20 minutes.

### IF A CHILD:

Is a menstruating teenager with excessive blood flow

#### You Should:

- Believe her if she states she is having excessive bleeding.
- Offer assistance if requested.
- Allow her to contact her parent(s) if requested.

### IF A CHILD:

Has any other complaint or injury

#### You Should:

- Contact the parents for instructions.

