



Haemophilia and Ageing - GPs and Men's Health

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Research Questions

Are men with haemophilia aware of (and participating in) men's general preventative health checks?

Do men with haemophilia go to a General Practitioner?

Background to nursing research

An observed increase in patient concerns around age related comorbidities.

Colonoscopies, prostate surgery, skin cancer removal, cardiac procedures etc.

Literature review

- ↑ Life expectancy = ↑ age related comorbidities
- Bleeding risk and increased length of hospital stay
- Proactive, **preventative** approach is essential
- Men's health + recommended men's health checks throughout lifespan
- Do men with haemophilia go to the GP?
- Do men or GPs **delay** or **avoid** checks and interventions due to bleeding risk?

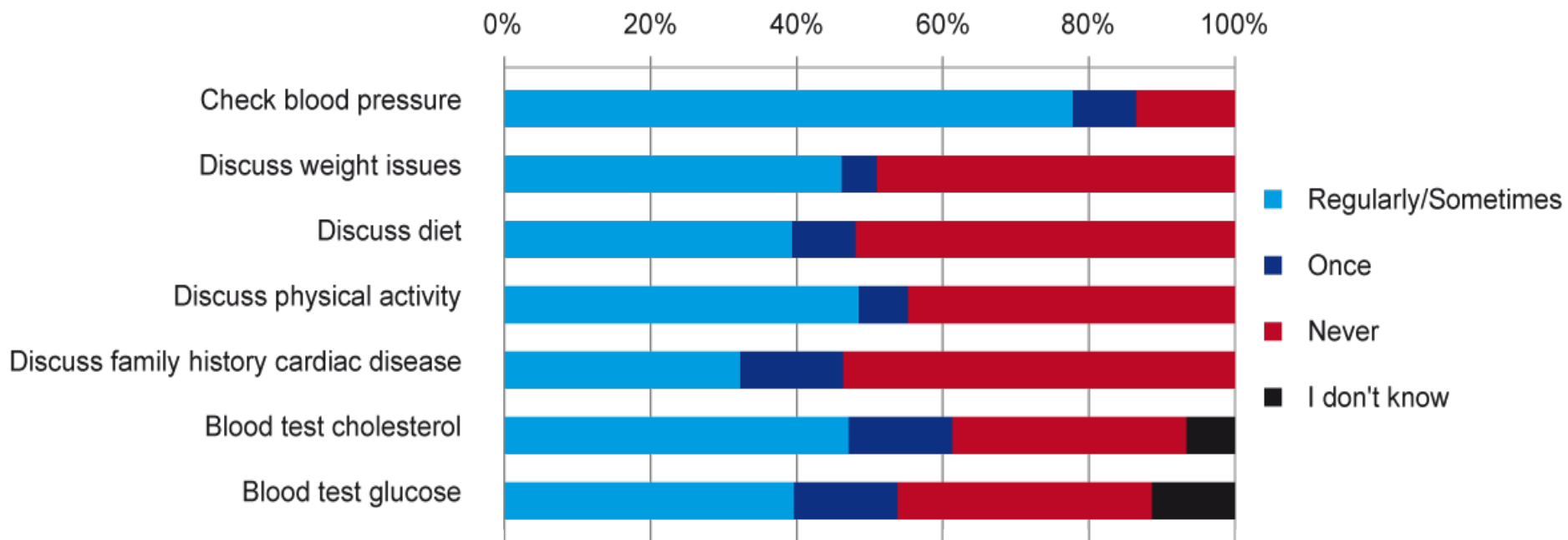
Methodology - Survey

- “Haemophilia, GP’ s and Men’ s Healthy Living Survey”
- Distributed to 258 men with haemophilia over the age of 18 (over 2 months)
- 41% response rate
- Descriptive statistical analysis

Results: Men's health checks

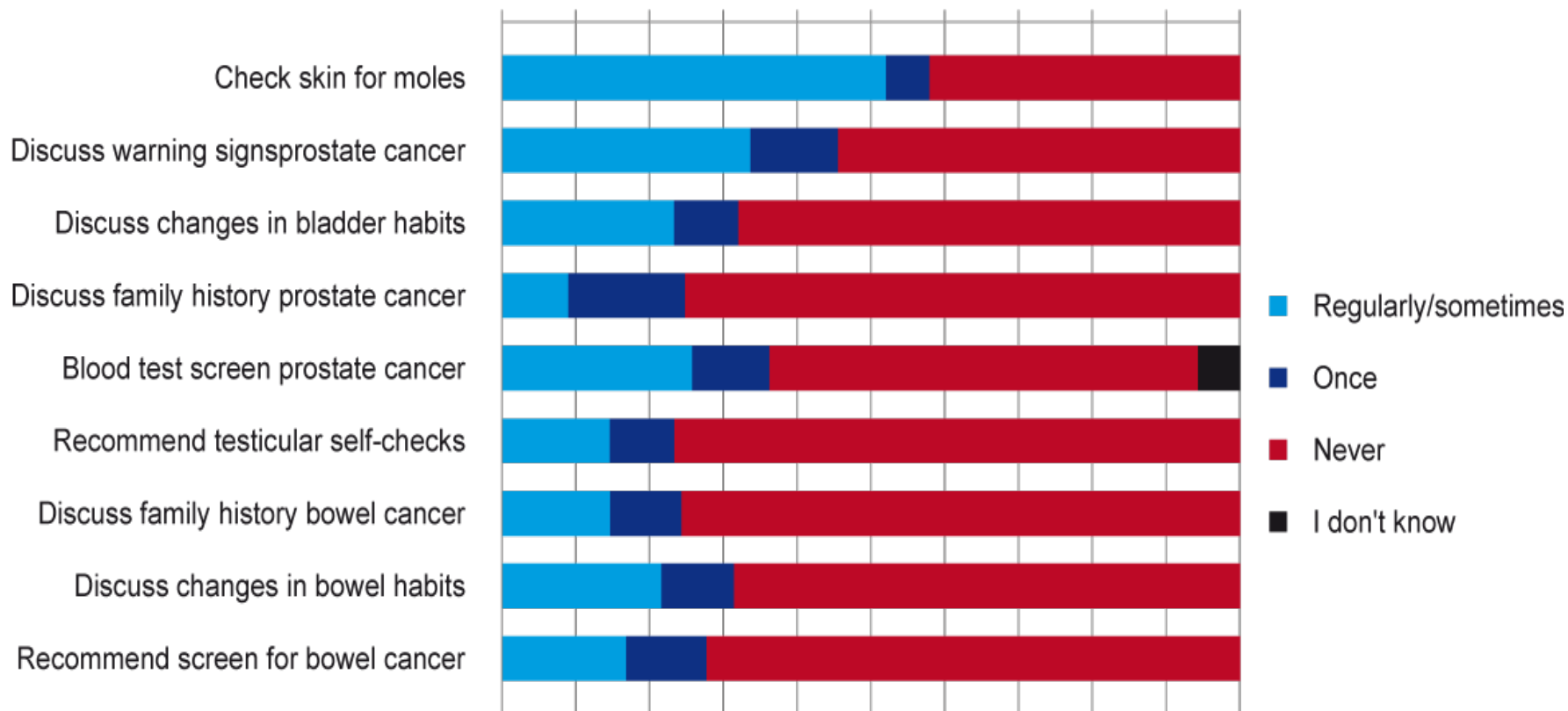
- **70%** aware there are health checks recommended for men
- **32%** report attending the GP specifically for men's health checks
- **<20%** report discussing men's health with a GP.
- Those who are unaware of preventative health checks rarely attend for them ($P < .01$)

Results: Men's participation in health checks for cardiovascular disease/diabetes

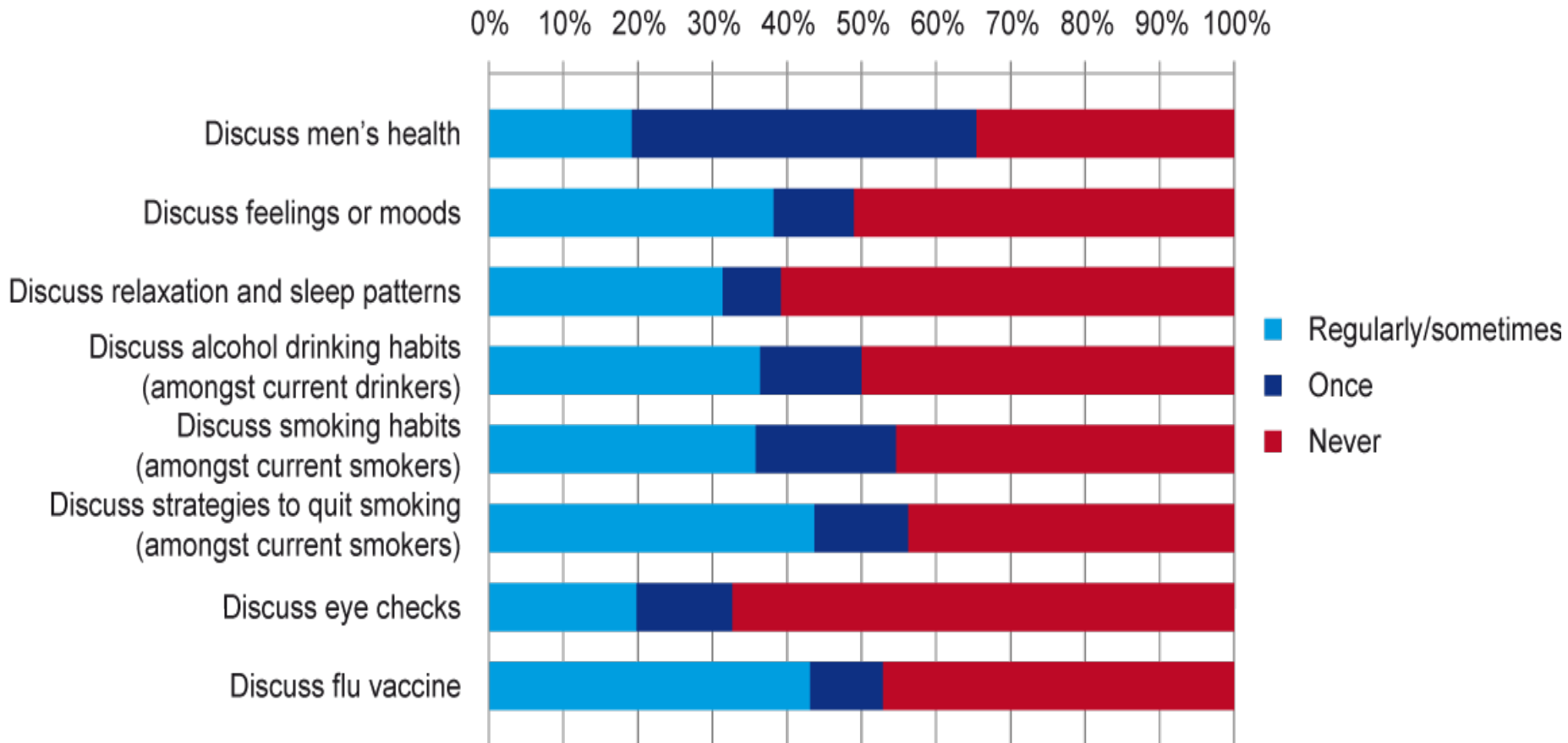


Results: Men's participation in health checks for cancer

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%



Results: Men's participation in other general health checks



Results: General Practitioner Utilization

- **88%** of men do see a GP
- **94%** of those see the same GP all or most of the time
- **91%** feel their GP understands their haemophilia in relation to their general health all or most of the time
- **98%** receive the help they asked for all or most of the time
- **51%** did not know whether their GP contacted the haemophilia specialist if needed or as far as they were aware, the GP never did.

Key discussion points

- Men aren't participating in all recommended health checks BUT they generally have a good level of involvement with GP's and feel confident in their GP
- Haemophilia centre staff are in a good position to educate men/boys from an early age about recommended health checks.

Key discussion points

- Haemophilia staff can educate men about the importance of a good GP in whom they have confidence
- Communication is essential, letters, conversations, email, brochures, reports
- Involve the person with haemophilia in discussions
- Avoid men “slipping through the cracks”

Further nursing research

- Focus groups involving men with haemophilia
- In-depth exploration of barriers and facilitators of participation in men's health checks
- Development of educational materials to help men with haemophilia to initiate a conversation with their GP about healthy ageing.



Thank you!