Haemophilia and Ageing - GPs and Men’s Health

Olivia Hollingdrake
Clinical Nurse - Haemophilia
Royal Brisbane & Women’s Hospital
Queensland, Australia

MPH, University of Queensland
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

- Check skin for moles
- Discuss warning signs prostate cancer
- Discuss changes in bladder habits
- Discuss family history prostate cancer
- Blood test screen prostate cancer
- Recommend testicular self-checks
- Discuss family history bowel cancer
- Discuss changes in bowel habits
- Recommend screen for bowel cancer
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!