Bleeds - Emergency Checklist

EMERGENCY CONTACTS

What to do when your child has symptoms that concern you

As a parent you are not expected to diagnose your child's bleed. If you suspect your child has a bleed or they show symptoms like those described below, don't hesitate to contact your Haemophilia Treatment Centre (HTC) and/or to present to the Emergency Department of your hospital.

First

1 Joint and muscle bleeds: assess your child for

- Pain
- Swelling
- Heat
- Not being able to move an arm or leg normally or being unable to walk or crawl or sit

If any of these are present start as much of PRICER (protect joint/muscle, rest, ice, compression, elevation, referral to physiotherapist) as your child will tolerate.

*See **Recognising a bleed** card for more information and other bleeds.*

2 If they have broken skin and minor bleeding use basic First Aid (e.g., a bandaid or dressing; pressure on the site of the wound; ice wrapped in a towel or a cool pack, if they will tolerate it).

3 Always seek help from your HTC quickly if your child has had a knock to the head. Head injury can be very serious and it is best to call or be assessed early.

4 Contact your Haemophilia Treatment Centre for advice, as per the HTC contact plan

You may choose to treat the bleed if an injury was witnessed or suspected if you already have a treatment plan from your HTC.

You can also give pain relief such as paracetamol (e.g. Panadol™). Do NOT give your child aspirin or ibuprofen (e.g. Nurofen™) regularly without talking to your treating team.

If you are going to hospital for review and treatment, you will need to:

5 Take your factor treatment product with you (if you have any at home).

6 Have your child's ABDR patient card and Medicare card with you.

7 Be prepared for an admission – take familiar items, change of clothes for yourself and your child, toiletries, snacks, distraction tools, eg iPad, bubbles.