

# Recognising a bleed

## Check your child daily for bleeds

- when changing their nappy or dressing them
- at bath time

## Check them after a fall or bump

- Always have the doctor review them if they hit their head



## What to look for

*Check all over, particularly their skin, their arms and legs, around their nappy area*

- Big bruises, lumpy bruises
- Swelling
- A muscle or joint that is tight and shiny, warm, swollen, or painful
- One arm or leg is bigger than the other
- Bleeding from the mouth or tongue
- Persistent bleeding after blood tests, immunisations, cuts or breaks to the skin, surgery

## What are they doing?

- Favouring one leg or arm
- Not reaching for things with the nearest hand
- Reluctant to straighten an arm or leg or unable to kick
- Limping
- Moving differently
- Difficulty in rolling, crawling, standing, walking
- Unexplained crying or irritability
- Telling you they hurt or are sore

# Bleeds in these areas are particularly serious

*Seek medical attention immediately*

## Head, eye, face, neck, throat

- Not wanting to eat or drink, vomiting
- Headache, irritable, sleepy, unable to wake
- Difficulty swallowing or breathing
- Unsteady, problems with crawling or walking
- Bleeding from ears or nose
- Seizures, fits

## Spinal area

- Weak, numb, tingling in arms and legs
- Back pain

## Stomach

- Vomiting or coughing up blood or dark syrupy "coffee grounds"
- Red or brown urine (wee)
- Red or black stools (poo)



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