

Mild bleeding disorder action plan

Student details

Student name

Date of birth

Year level

Hospital treating team

Medical diagnosis

- Von Willebrand disease (VWD)
 Platelet disorders
 Factor VII (7) deficiency
 A / hypo / dys - fibrinogenemia
 Other

Teacher

Parent name

Parent signature

EMERGENCY CONTACT DETAILS

Parents / guardians should always be contacted in the first instance regarding any health concerns.

1. Parents / guardians:

2. Ambulance: **000**3. QCH Switchboard: **3068 1111** (ask for Haematology Consultant on call)

Other (describe your child's bleeding disorder below)

Action plan is accurate as at (today's date)



Trauma, injury and bleeding action plan

1. Use basic First Aid procedures (R.I.C.E.) - Rest, Ice, Compression, Elevation.
2. Apply firm and sustained pressure for 5 - 10 minutes to superficial cuts or grazes.
3. Nose bleeds should normally stop by applying firm pressure to the bleeding nostril for 10 – 15 minutes.
4. Bruises may be common in these children and generally don't need treatment.

ALERT

Do not give aspirin or aspirin-containing products or non-steroidal anti-inflammatories such as Nurofen/Ibuprofen, Voltaren, Indomethacin, Naprogesic to a child with a bleeding disorder. **Give only paracetamol.**

Signs and symptoms of a bleed

- The child says it hurts
- Visible bleeding (nose bleeds, deep cuts and heavy periods)
- The skin over the injured muscle or joint feels warm and/or appears red
- Swelling (the injured area is larger than the other leg or arm)
- Not able to move arm or leg
- Limping
- It hurts when they walk

Contact parents immediately if serious injury to:

- | | | |
|--|--------------------------|----------------------------------|
| • Head (head injury) | • Chest or spinal injury | • Broken bones |
| • Eye | • Abdominal injury | • Severe cuts requiring stitches |
| • Throat and neck (difficulty breathing) | • Joints and muscles | |

