



Hemophilia Emergency Care Guide



Birth date: _____ Treatment Centre: _____
Treatment Centre Contact: _____ Phone: _____
Physician: _____ Phone: _____
Notes: _____



Emergencies

For a serious injury or bleed, especially to the neck, head, chest, or abdomen, you can still give clotting factor, but also go immediately to your Hemophilia Treatment Centre (HTC) or hospital emergency room.

Once you know how to do **first aid** and **infusions**, you will be able to treat most cuts, joint and muscle bleeds at home. Further you'll know the signs of a bleed and the types of injuries that can cause bleeding. And you may have already chosen to wear **MedicalAlert®** identification or carry the **Factor First Card**.



TIPS for Emergency Care

- **Know the location** of the nearest hospital emergency room.
- **Call ahead** to your HTC or hospital to let them know you are coming.
- Use the **RICE** method: **R**est, **I**ce, **C**ompression, **E**levation, on the way to the HTC or emergency room and while waiting.
- Never take or give **aspirin**, since it can worsen the bleed. Use other pain relievers that don't contain aspirin, as your doctor recommends.
- Be ready to explain your condition and the importance of treating with **factor first** (before x-rays or tests) to emergency room triage nurse and staff. They might not be familiar with treating bleeding disorders.
- **Stay calm** and controlled. This will help you relax, and will help you communicate effectively and respectfully with emergency room staff.
- If you do not receive emergency room treatment in a reasonable amount of time, **call your doctor or HTC**.
- **Record** any treatment received at the hospital and update your HTC.

For children:

- Find out as much as you can about **how the bleed started** and any treatment your child has received so far.

Emergency Room Checklist for Children

Information to bring:

- Your child's hemophilia type
- His treatment information, or a doctor's letter if you have one
- The contact information for his doctor, hematologist, and/or pediatrician
- The contact information for his HTC

Items to bring:

- Medication and/or clotting factor, including package insert with reconstitution and infusion instructions
- All necessary infusion supplies
- An ice pack
- Toys
- Snacks
- Books
- A blanket

Communication is Important

Talk with your local hospital emergency room staff or director:

- **Before** you or your child needs treatment, to ensure they are aware of your needs.
- **During** visits to the ER to ensure you or your child's condition is understood and that a factor infusion is received quickly.
- **After** a visit, to follow up on what went well or plan for how things can go better on the next visit.

 For other **Hemophilia Management Guides** visit www.EmbraceLife.ca, or:

- For more emergency planning, visit the Canadian Hemophilia Society at www.hemophilia.ca or call 1-800-668-2686
- For MedicAlert® information and ordering, visit www.medicalert.ca/ or call 1-800-668-1507

Developed with the assistance of members of the Canadian Association of Nurses in Hemophilia Care (CANHC).

Provided as a service by Pfizer Canada Inc.

© 2011
Pfizer Canada Inc.
Kirkland, Quebec
H9J 2M5
www.pfizer.ca

TM Pfizer Inc., used under license



EmbraceLife.ca



Knowing how to take care of yourself takes more than medication. For helpful health and wellness information and tools visit morethanmedication.ca