

# 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.

- Parents / guardians:
- Ambulance: **000**
- 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     |                                  |

