



# Navigating School with a Bleeding Disorder

## Teacher/Nurse Resource

### **South Carolina Hemophilia Treatment Center - Midstate**

14 Richland Medical Park, Ste 410  
Columbia, SC 29203  
803-434-1028

### **South Carolina Hemophilia Treatment Center - Orangeburg**

1724 Village Park Drive  
Orangeburg, SC 29118  
803-434-1028

### **South Carolina Hemophilia Treatment Center - Upstate**

900 W. Faris Road, 2nd Floor  
Greenville, SC 29605  
864-455-8898

### **Medical University of South Carolina**

125 Doughty St., Suite 520, MSC 917  
Charleston, SC 29425  
843-792-2957



**BLEEDING DISORDERS  
ASSOCIATION  
OF SOUTH CAROLINA**

☎ 864-350-9941 🌐 BDA-SC.org

**Bleeding Disorders Association  
of South Carolina**

Green Gate Office Park  
25 Woods Lake Road, Suite #300  
Greenville, SC 29607

## **What is a bleeding disorder?**

“Bleeding disorder” is a general term for a wide range of medical problems that lead to poor blood clotting and prolonged bleeding. Each bleeding disorder has its own range of severity, which is generally categorized as mild, moderate, or severe. Approximately 30,000–33,000 individuals in the United States have hemophilia and up to 1% – 2% of the population has von Willebrand Disease (VWD), the most common type of bleeding disorder. Each of these disorders can result in excessive bleeding and each can be treated.

There are variations in severity and types of bleeding disorders. It is important to talk specifically to your student and to his or her parents to gain personal insight.

## **Are Bleeding Disorders Dangerous to Me or Other Students?**

Bleeding disorders are not dangerous or infectious. A common myth is that someone with a bleeding disorder can die from a paper cut, but that is not true. While you should always use universal precautions, bleeding disorders are hereditary or occur as spontaneous mutations. They are not contagious.

## **Where Can I Learn More About Bleeding Disorders?**

**The Bleeding Disorders Association of SC**  
<http://www.bda-sc.org/>

**The National Bleeding Disorders Foundation**  
<http://www.hemophilia.org/>

**The Hemophilia Foundation of America**  
<http://www.hemophiliafed.org/>

# What Can I Do to Make Students and Parents Feel More Comfortable?

**Meet with the student, his or her parents, and the school nurse. Possible questions to ask the parents:**

- What do I need to know about your child's bleeding disorder?
- Does your child require any special attention or have additional needs?
- What signs do I look for in your child that might signal a bleed?
- What should I do if your child has a bleed during class?
- Under what circumstances should I contact you?
- What should I do in case of an emergency? When should I call 911?
- Are there any activities he or she should not take part in?
- Will he or she be missing a lot of school?
- How will the work be made up?
- Do you have an Individualized Health Plan (IHP) on file, including a 504 plan and an Individualized Education Plan (IEP)?
- What is your insurance company and who is the policy holder in case of an emergency?

**Possible questions to ask the student:**

- What do you think I should know about your bleeding disorder?
- Do you feel comfortable telling your classmates about your bleeding disorder?
- How would you like me to respond if someone in class asks about your bleeding disorder?
- Are there things that other people say that you don't like? I will be careful not to say them and remind your classmates that that is not acceptable.

# What Do I Do if My Student Has a Bleed?

## Common Bleeds

- Mouth
  - Apply ice with pressure for 20 minutes.
  - Apply a wet tea bag wrapped in gauze.
  - Call the parents for instructions if the bleeding hasn't stopped after 20 minutes.
- Nose
  - Position the child sitting straight up with the head upright.
  - Pinch the bridge of the nose using firm continuous pressure for 20 minutes.
  - Apply a cold pack to the back of the neck.
  - Call parents for instructions if the bleeding hasn't stopped after 20 minutes.
- Lacerations/External Bleeding
  - Clean the scrape or laceration with an antiseptic soap.
  - Apply firm pressure and elevate the body part until it stops bleeding.
  - Apply a sterile dressing.
  - Apply an ice pack to the area over the bandage.
  - Call parents if the bleeding does not stop after 20 minutes.
- Life Threatening Bleeds
  - If a child suffers a blow to their back, head, and abdomen or has a broken bone or a bleed that will not stop with direct pressure:
  - Contact the parents immediately
  - Contact the hemophilia treatment center if the parents can't be reached
  - If you cannot reach the parents, nurse, or doctor, you should immediately call an ambulance and transport the child to the designated hospital emergency room.
- Menstruation
  - Believe her if she tells you she's having excessive bleeding.
  - Offer assistance if you can.
  - Allow her to contact her parents.
  - Allow her to use the bathroom.

Student Photo

Students Name: \_\_\_\_\_

Student's Diagnosis: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Hemophilia Treatment Center Information:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Student Medication: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

- Student Keeps Medication at School
- Student Has a Port-a-Catheter
- Student Wears a Medic-Alert
- Student has a 504
- Student has an IEP
- Student has an IHP