

5 signs of bleeding



Easy bruising with indurations



Frequent or prolonged nosebleeds



Heavy menstrual periods



Prolonged bleeding after injury, childbirth and surgery



Prolonged bleeding / mucous membrane bleeding during dental work

« These signs may indicate a coagulation disorder. To investigate further, please turn the page and use the questionnaire.

www.signsofbleeding.com

Brochures on coagulation disorders are also available for other major medical disciplines

Relevant links to more information on von Willebrand disease and other coagulation disorders

www.wfh.org
www.ehaweb.org
www.esh.org
www.hematology.org
www.allaboutbleeding.com

www.nhlbi.nih.gov
www.ehc.eu
www.hemophilia.ca
www.intreavws.com

Address of local haemophilia center:

We would like to thank the international faculty for essential support:

Dr. Andra James (MD)

Dr. Pieter Kamphuisen (MD)

Dr. Johannes Rischewski (MD)

Dr. Elvira Grandone (MD)

Debra Pollard (RN)

Dr. Kai Leimbach (odont.)

Alexandra Eichert-Naumann

Dr. Hubert K. Hartl (MD)[†]

Literature:

- ^[1] Plug I, et al. Bleeding in carriers of hemophilia. *Blood* 2006; 108: 52–56
- ^[2] Minhas HL & Giangrande PLF. Prevention of severe haemophilia – a role for accident and emergency doctors? *Emerg Med J* 2001; 18: 246–249
- ^[3] Fromme A, et al. Participation in sports and physical activity of haemophilia patients. *Haemophilia* 2007; 13: 323–327
- ^[4] Shapiro AD, et al. Defining the impact of hemophilia: the academic achievement in children with hemophilia study. *Pediatrics* 2001; 108: E105
- ^[5] Manco-Johnson MJ, et al. Advances in care of children with hemophilia. *Semin Thromb Hemost* 2003; 29: 585–594
- ^[6] Von Mackensen S. Quality of life and sports activities in patients with haemophilia. *Haemophilia* 2007; 13 (Suppl 2): 38–43
- ^[7] Makris M, et al. Immunization of patients with bleeding disorders. *Haemophilia* 2003; 9: 541–546



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information about coagulation disorders

Coagulation disorders in children

- Approximately 1% of the general population have a mutation in the von Willebrand factor gene
- Female carriers of haemophilia A & B have an increased risk of bleeding after trauma and medical interventions^[1]
- A child with haemophilia may experience spontaneous haemarthrosis (bleeding into a joint) two or three times a week^[2]
- Bleeding complications may affect around 20% of children who do sports^[3]

It would be prudent to spend 5 minutes on '5 signs' in any of the following situations – these could all indicate a coagulation disorder

- Prolonged nosebleeds (epistaxis)
- Large haematomas from trivial injuries
- Haematoma following intramuscular vaccination
- Heavy periods (menorrhagia)

When discussing bleeding, ask the patient about other symptoms of potential coagulation disorders. It only takes 5 minutes – **better safe than sorry!**

5 minutes

5 signs

to be safer

Management of coagulation disorders in school

Children with coagulation disorders

- Show increased school absenteeism and lower academic performance (relative to potential)^[4]
- May initially show symptoms at certain times or in particular situations
 - When they start contact sports
 - After menarche
 - Following surgical procedures

Management

- Care has moved from hospital wards to the home, school and community^[5]
- Sporting activities can provide emotional and social benefits, in addition to improving physical health, and should therefore be encouraged with appropriate medical care^[6]
- All vaccinations recommended by the country of residence should still be given at the recommended age^[7]

If you suspect a coagulation disorder, please determine the patient's 'bleeding history'



» Bleeding history

For further investigation, please ask these questions:

Medication and treatment

- Are you currently taking or have you recently received
- Antithrombotic medication: aspirin, heparin, clopidogrel, ticlopidine, vitamin-K antagonists (e.g. Marcumar, Warfarin)?
 - Non steroidal anti inflammatory drugs: diclofenac, ibuprofen?
 - Antibiotic medication: penicillin, tetracycline, sulfonamides, fluoroquinolones (e.g. Ciprofloxacin)?
 - Other drugs interacting with the coagulation system: valproic acid, megadoses of vitamin E?
- Have you ever had anaemia that required treatment, or have you received a blood transfusion?

Coagulation

- Have you ever had a spontaneous nosebleed that either persisted for 10 mins or required medical attention?
- Have you ever experienced prolonged bleeding (duration of 15 mins, or spontaneous recurrence within 7 days) from minor wounds?
- Women only: Have you ever had heavy menses where you needed to change a pad, or a tampon, more than hourly?
- Have you ever experienced heavy, prolonged or recurrent bleeding following a surgical procedure?

Family History

- Can you recall any coagulation disorders among family members (these must be blood relatives)?
- Do any members of your family (blood relatives) regularly experience any of the '5 signs of bleeding'?

If an answer concerning coagulation or family history is positive, consider referring the patient to a haematologist