



Hemophilia of South Carolina  
439 Congaree Road Box #5, Greenville, SC 29607  
[www.hemophiliasc.org](http://www.hemophiliasc.org)  
864-350-9941

## First Aid for School, Sports, and Daycare Personnel for Child with Hemophilia or Bleeding Disorder

### If A Child...

**Suffers a blow to the head, neck, or abdomen; or has a broken bone or a deep cut that will not stop bleeding with direct pressure:**

- Contact parents immediately for instructions
- If parents cannot be reached, contact hemophilia provider, treatment center, or family physician
- If neither parents nor healthcare provider can be reached, call ambulance and transport child to the designated hospital emergency room



**Says he or she is having a bleeding episode; complains of tingling, bubbling, pain, stiffness or decreased motion; appears to have a part of the body that is swollen or warm to the touch; appears to favor one arm or leg; limps or refuses to use a limb; or has external bleeding from a cut, scrape or laceration:**

- Put on gloves
- Keep child still to avoid further injury
- Clean cut, scrape or laceration with antiseptic soap
- If necessary, apply sterile dressing and firm pressure
- Apply ice pack and elevate affected body part
- Contact parents for instructions
- If bleeding continues, or is severe, take child to healthcare provider or emergency room



**Has a nosebleed; or has oozing from a cut in the mouth or around a tooth:**

- Put on gloves
- Position the child sitting straight up with the head upright
- For nose bleed, pinch bridge of nose and apply ice compresses for 20 minutes
- For mouth or tooth bleed, if available, apply wet tea bag wrapped in gauze
- Call the parents for instructions if the bleeding has not stopped after 20 minutes

**Is a menstruating teenager with excessive blood flow:**

- Believe her if she states she is having excessive bleeding
- Offer assistance if required
- Allow her to contact her parent(s) if requested



**For any other complaints or injuries:**

- Offer assistance if requested
- Contact parents for instructions

### Additional information:

Hemophilia, von Willebrand disease and platelet disorders are three bleeding disorders that result in prolonged bleeding in various parts of the body. These bleeding episodes can occur spontaneously or after some kind of trauma. Although hemophilia occurs mostly in males, von Willebrand disease and platelet disorders can occur in both males and females. In school, a child with one of these bleeding disorders may need extra assistance during a bleeding episode. These guidelines were written to assist school personnel with the initial first-aid treatment during a bleeding episode.

Some children may need to take medicine (factor) intravenously to control a bleeding episode. Sometimes the child is able to give his medication himself. In some situations, the parent may need to come to the school to give the medication to the child. Prompt treatment ensures that an injury will resolve more quickly, allowing the student to return to class soon after a bleeding episode. Some children with milder forms of hemophilia, von Willebrand disease or a platelet disorder may be prescribed aminocaproic acid (Amicar) or Stimate Nasal Spray for treatment of bleeding episodes. These medications are often kept at school to use as needed. Never give a child with a bleeding disorder aspirin or ibuprofen (Advil, Aleve, Motrin). These medications can only make the bleeding worse. Only use acetaminophen (Tempra, Tylenol).

Acknowledgements: Augustyniak, L., Butler, R., Carroll, B., Frick, N., Johnson, M., Osip, & J.M. (n.d.), "The Child With A Bleeding Disorder: First Aid for School Personnel," National Hemophilia Foundation, [www.hemophilia.org](http://www.hemophilia.org).



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