Welcome to the Adult Haemophilia service
Information for patients moving into the adult service
What is this leaflet for?

As you have now transferred to the adult haemophilia service, this leaflet is to explain the care you can expect from us and how we can help you.

Routine care

You will be expected to come to the centre every six months, where you will be seen by a nurse, doctor and physiotherapist. Adult haemophilia clinics are held on Tuesday and Wednesday mornings.

We will continue to measure trough levels and on occasions we may ask you to adjust your prophylaxis in order for us to do this.
If you have a bleed

Please contact us if you have a bleed. Treat yourself promptly using your “on demand” dose. This will help to prevent long term damage.

Remember PRICE:

• P – PROTECTION
Protect or support the injured joint or muscle. Using a sling, splint or crutches may help. If you have a lower limb bleed, you should use elbow crutches. Remember to contact your physiotherapist.

• R – REST
The affected area should be rested completely. This allows the swelling to go down (which usually happens within 48 hours) and prevents further bleeding. The injured area should not be forced into a position, but instead rested in the most comfortable position possible.

• I – ICE
Ice helps to reduce swelling, prevent further bleeding and eases pain. Apply something cold; frozen peas will do or crushed ice wrapped in a cloth. 10 minutes on/10 minutes off, several times a day (remember ice can burn so be careful not to leave it on too long or let it touch bare skin).

• C – COMPRESSION (applying pressure)
More swelling will give you more pain. Compression reduces swelling and therefore reduces pain. You may benefit from wearing an elasticated bandage. You can be shown how to fit this correctly by a physiotherapist or nurse at the haemophilia centre. Try not to allow wrinkles in the bandage and remember to remove it at night.

• E – ELEVATION (raising)
This helps to reduce swelling and relieve pain by increasing blood flow away from the injured area. The injured area should
be raised above the level of your heart. Elevate frequently for around 20 minutes at a time.

**To help us provide you with the best possible care, we would like you to:**

- Keep a record of any bleeds and treatment using Haemtrack.
- Carry a bleeding card with you at all times and contact us for a replacement should it become lost.

**Leaving home, going to college or university?**

- If you move to another area, such as another county, you will need to register with a local GP (general practitioner).
- Ensure that the company who deliver your factor have an address where it can be delivered and accepted by a designated person.

If you are moving away to go to college or university we will continue to provide routine follow up care for you during the holidays. We can also make sure you have contact details for a local haemophilia centre should you require emergency treatment during term time.
Contact details
Telephone: **01865 225 316**  
9am - 5pm, Monday to Friday

**After 5pm, weekends and bank holidays:**
Telephone: **01865 741 166**  
Ask for the specialist registrar in haematology
Useful websites:

www.haemophilia.org
The Haemophilia Society is the only national, independent charity for all people affected by bleeding disorders.

www.wfh.org
The World Federation of Haemophilia.
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk