



Hemophilia and School: Developing an Individualized Healthcare Plan(IHP)



Ideal Setting

- Collaboration
 - School
 - Parent
 - Medical Team



School Issues

- Frequent absences
 - Hard to catch up
 - Decreased peer support
- Activity restrictions
 - No contact sports
 - Immobilization during bleeding episodes
- Pain
 - Chronic/acute
 - Medication side effects
- Infectious diseases



Medical Management at School

- Acute management
 - Factor replacement
 - Joint support
 - R.I.C.E.
 - Pain medications
 - Tylenol
 - Narcotics
 - NASIDS



Medical Management at School

- Subacute management
 - Exercise
 - Education
 - Counseling



Individualized Healthcare Plan

- History
 - Type/severity
 - Bleeding patterns
 - Hemophilia Treatment Center (HTC)
 - Medical Plan
 - Treatment Plan
 - Student's participation
 - Past attendance patterns
 - Participation
 - Activities
 - PE
 - Other sports



Individualized Healthcare Plan

- Assessment
 - Knowledge/perception about hemophilia
 - School
 - Student/family
 - Students ability to do self care
 - Motivation for self care
 - Barriers
 - Health Status
 - Environmental Assessment



Individualized Healthcare Plan

- Nursing Diagnosis
 - Potential for injury related to factor deficiency
 - Potential for alteration in comfort
 - Potential for alteration in mobility
 - Knowledge deficit related to disease/management
 - Potential for noncompliance
 - Potential for alteration in student role



Individualized Healthcare Plan

- Goals
 - Prevent injuries/safety measures
 - Not always able to prevent bleeds
 - Develop emergency plan
 - Comply with medical treatment
 - Prevention
 - Treatment
 - Good decision making
 - Good attendance
 - Maximum participation



Individualized Healthcare Plan

- Nursing Interventions
 - Environmental assessment to prevent injury
 - Safety measures
 - Emergency plans for bleeding episodes at school
 - Adequate knowledge of medications and side effects
 - Appropriate authorizations
 - Obtain needed equipment/supplies



Individualized Healthcare Plan

- Nursing interventions
 - Keep accurate records
 - Discuss bleeding prevention with staff
 - Inservices as needed
 - Provide/coordinate health education opportunities
 - Choose and implement motivators to compliance
 - Remove barriers
 - Monitor attendance patterns/academic performance



Individualized Healthcare Plan

- Outcomes
 - The student will:
 - Describe disease and treatment
 - Identify healthy lifestyle decisions
 - Take appropriate safety measures/protective equipment
 - Maintain good attendance
 - Be a normal kid!



Individualized Healthcare Plan

- History
- Assessment
- Nursing Diagnosis
- Goals
- Nursing intervention
- Outcome



The School Nurse's Source Book of Individualized Healthcare Plans

M.J. Gerber et al. Vol 1, Sunrise
River Press