

# Hemophilia

## An overview for school professionals

**Hemophilia** is an inherited bleeding disorder in which a person lacks or has low levels of certain proteins called “clotting factors” and the blood doesn’t clot properly as a result. This leads to excessive bleeding. People with hemophilia can experience spontaneous or internal bleeding and often have painful, swollen joints due to bleeding into the joints. This rare but serious condition can have life-threatening complications.

### What are some common symptoms of hemophilia?

- Blood in the urine or stool
- Deep or large/unexplained bruising
- Excessive bleeding
- Bleeding gums
- Frequent nosebleeds
- Pain in joints
- Tight joints
- Irritability (in children)

**The following symptoms constitute a medical emergency. You should get treatment/call 911 right away for any of these symptoms:**

- a severe headache
- vomiting repeatedly
- neck pain
- blurred or doubled vision
- extreme sleepiness
- continuous bleeding from an injury

### What type of support plan is appropriate for a student with hemophilia?

Students with hemophilia should have a 504 plan/IEP. The diagnosis of **hemophilia** gives reasonable cause to bypass the SST process, which will allow you to provide immediate accommodations to the student. All teachers who provide instruction for your student should be made aware of these accommodations.

### What accommodations are necessary for a student with hemophilia?

**ATTENDANCE:** Students with hemophilia frequently miss school. They may require hospitalizations from time to time, sometimes for several days or weeks.

- full-time and/or intermittent hospital homebound services
- suspension of attendance requirements for absences due to medical appointments and illness, including allowances for student to participate in extra-curricular programs and events without penalty due to absences.
- partial-day attendance, as necessary
- ability to sit out during strenuous activities and not participate in contact sports and/ or P.E. while in school

**ASSIGNMENTS:** It is important for teacher and parents to ensure that student receive assignments in a timely manner so student does not get further behind. It may also take the student with hemophilia longer to complete assignments due to fatigue, pain, and/or frequent trips to the restroom.

- a system for providing advance assignments to the parent or student for absences due to planned medical appointments
- a system for providing make-up assignments in a timely manner when patient is absent due to illness or hospitalization
- modified assignments: Shorten assignments to emphasize mastery and to limit repetition.
- extra time to make up missed assignments

**ACTIVITY RESTRICTIONS:** Students with hemophilia are at an increased risk for bleeding. Students with hemophilia may attend school and participate in most activities. They may participate in sports that are of low risk for bleeding internally or externally such as physical education, walking, light jogging, light calisthenics, swimming as they feel able. However, they should be excused from all contact sports and all activities that involve high risk of traumatic injury, such as football, basketball, gymnastics, hockey, etc. and any activities that may cause joint pain/ injury.

The list of accommodations above is not meant to be exhaustive; each student's unique needs will dictate the appropriate accommodations to be listed in his/her 504 plan.