

HEMOPHILIA



DEFINITION:

Hemophilia is a sex-linked recessive disorder of the blood clotting mechanism. It is believed to be caused by a clotting deficiency in one of the plasma proteins. Hemophilia occurs in approximately 1 in 10,000 males and 1 in 100,000 females.

POSSIBLE SIGNS, SYMPTOMS, AND CHARACTERISTICS:

Characteristics of students with hemophilia will vary depending on the severity of the condition. Generally, problems include:

- Internal bleeding around the bones, joints, stomach, intestines, throat, and nasal passages
- Excess bleeding
- Rebleeding with surgery and trauma
- Joint deformity
- Muscle atrophy
- Contractures
- Central nervous system bleeding
- Poor school attendance
- Low morale
- Motor coordination that is below normal

TEACHING TIPS AND SUGGESTED ACTIVITIES:

- Physical education programs should be carefully designed based on the severity of the student's condition and with continuous input from a physician.
- Most noncontact games and activities are highly recommended, including: jogging, stationary cycling, golf, tennis, and badminton. Outdoor cycling should be avoided due to the risk of falling.
- Swimming should be avoided during periods of external bleeding or oozing.
- Low resistance strength training activities to prevent atrophy and help stabilize joints. High resistance strength training should be avoided.
- High impact activities should be avoided (i.e., football, diving).
- Flexibility exercises to restore joint mobility in students with contractures.
- Provide activities that allow initial success.
- Activities to improve coordination may help reduce bleeding episodes caused by falling or running into objects.

Information on this sheet contains only suggested guidelines. Each student must be considered individually, and in many cases, a physician's written consent should be obtained.