

(HEMOPHILIA) NURSING CARE PLAN

Medical Diagnosis: Hemophilia		
Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Irritability (infants) • Pain or tightness in the joints • Sleepiness or lethargy • Double vision 	Assess the patient for signs of bleeding; cuts, scrapes, bruises, swollen joints.	Patients often experience deep bruising from minimal contact or minor injuries. The deep bruising may lead to bleeding into joint spaces and vital organs.
	Assess patient for evidence of pain (non-verbal cues)	Patients may report painful joints or aching muscles; younger children may not know how to express pain and exhibit symptoms through guarding or irritability and fussiness.
	Provide passive ROM exercises	<p>This is not advised during acute phase or with active bleeding, but encouraged when the patient's condition is stable to maintain or improve joint and muscle mobility.</p> <p>Physical deformity of joints may occur due to bleeds into joints, which may cause limited mobility. Provide assistance and devices as necessary.</p>
Objective Data: <ul style="list-style-type: none"> • Large or deep bruises • Unexplained nosebleeds • Blood in urine or stool • Excessive bleeding from cuts or after dental work 	Initiate bleeding precautions per facility protocol	Small and simple injuries may cause excessive bleeding. Clients should avoid blade razors (use electric razors), use soft-bristle toothbrush, and avoid blowing nose during nosebleeds.
	Monitor coagulation tests; hemoglobin and hematocrit levels	<p>Monitor for effectiveness of interventions and therapeutic levels of medication and supplements</p> <p>Expect bleeding times to be reduced from the client's baseline</p>

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	Nursing Intervention (ADPIE)	Rationale
	Anticipate need and administer blood products as required	Excessive blood loss may require transfusions; have O-neg blood immediately available in case of hemorrhage.
	Avoid unnecessary invasive tests and techniques.	Avoid heel or finger sticks and IM injections if possible Be prepared for excessive bleeding with administration of vaccines (opt for subcutaneous routes if available). Apply pressure to site for several minutes to allow time to clot
	Administer medications orally as available; administer replacement clotting factors as necessary.	Replacement of clotting factors is the primary treatment for hemophilia; other supplements, antibodies and antifibrinolytics may be required.
	Educate patient and caregivers on safety and prevention of injury	Prevention of injury is most important; patient should avoid physical contact sports and high risk activities; use soft toothbrush, give appropriate (not sharp-edged) toys, use helmets and padding for sports, supervise playtimes.