

WEBINAR

MAINTAINING JOINT HEALTH FOR PEOPLE WITH BLEEDING DISORDERS DURING COVID-19

Glenn Pierce, MD, PhD

Greig Blamey, BPE, BScPT, CHT

Pamela Narayan, BPT, MSc Physiotherapy

Cesar Haddad, Physiotherapist specialized in hemophilia care

Andrew Selvaggi, Qualified personal trainer

Thursday, 30 July 2020



SPEAKERS & PANELISTS



Dr. Glenn Pierce
MD, PhD



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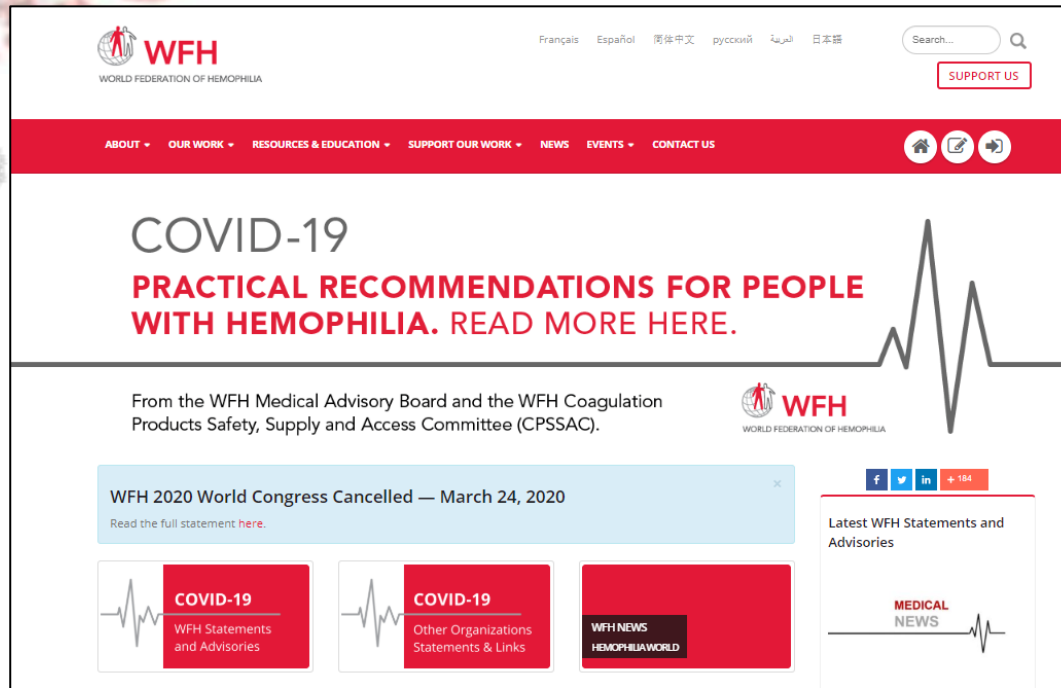


AGENDA

- **Impact of the Pandemic on joint and muscle health** *Greig Blamey*
- **Home based exercises - Tips from the field** *Pamela Narayan*
- **Telemedicine – best practice and practical tips to be most effective** *Cesar Haddad*
- **“Stuck at home” challenges for patients** *Andrew Selvaggi*



WFH COVID-19 STATEMENTS

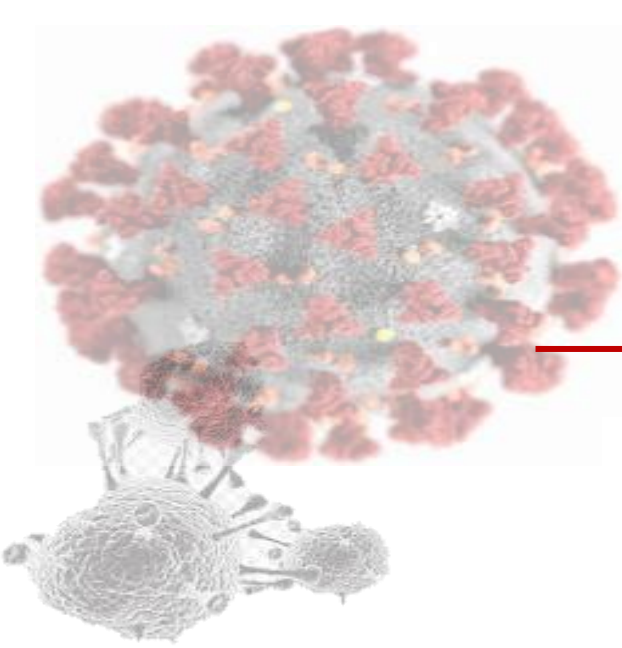


- Practical recommendations
- Specific risks of COVID-19
- Humanitarian aid news
- Company statements

Specific Risks of COVID-19 to the Bleeding Disorders Community

World Federation of Hemophilia - April 2, 2020
Also available in: **Español, Français**

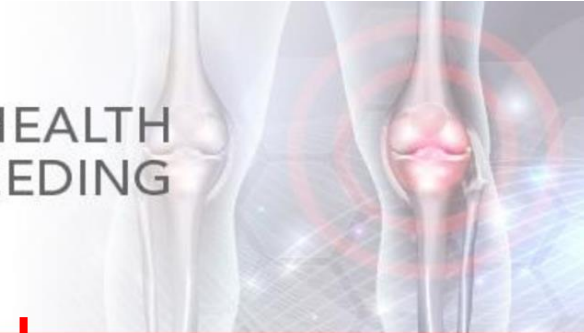
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ASKING A QUESTION

WEBINAR

MAINTAINING JOINT HEALTH
FOR PEOPLE WITH BLEEDING
DISORDERS DURING
COVID-19



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If you have not sent your question to programs@wfh.org, you can ask a question in the Question & Answers section.
We will address as many questions as time allows.



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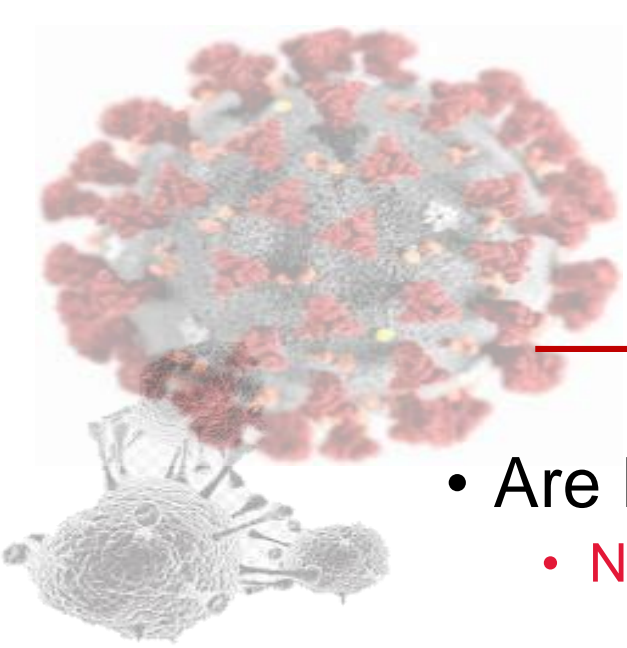


WEBINAR RECORDING

The recording of the webinar will be available on the WFH eLearning Platform.
A summary of the transcript will also be made available in English, Spanish, French, Arabic, Russian and Simplified Chinese.

<https://elearning.wfh.org/>





COVID-19 & Bleeding Disorders

- Are PWH at increased risk of having COVID-19?
 - No. Risk factors for severity of disease
- Can COVID-19 be transmitted through plasma products?
 - Thought to be highly unlikely, being closely monitored
- Does COVID-19 treatment protocol require special care for people with bleeding disorders?
 - Yes. Management of coagulation deficiency is complex during severe COVID-19...

IMPACT OF THE PANDEMIC ON JOINT AND MUSCLE HEALTH

GREIG BLAMEY



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HOME BASED EXERCISES - TIPS FROM THE FIELD

PAMELA NARAYAN

TELEMEDICINE – BEST PRACTICE AND PRACTICAL TIPS TO BE MOST EFFECTIVE

CESAR HADDAD

“STUCK AT HOME” CHALLENGES FOR PATIENTS

ANDREW SELVAGGI



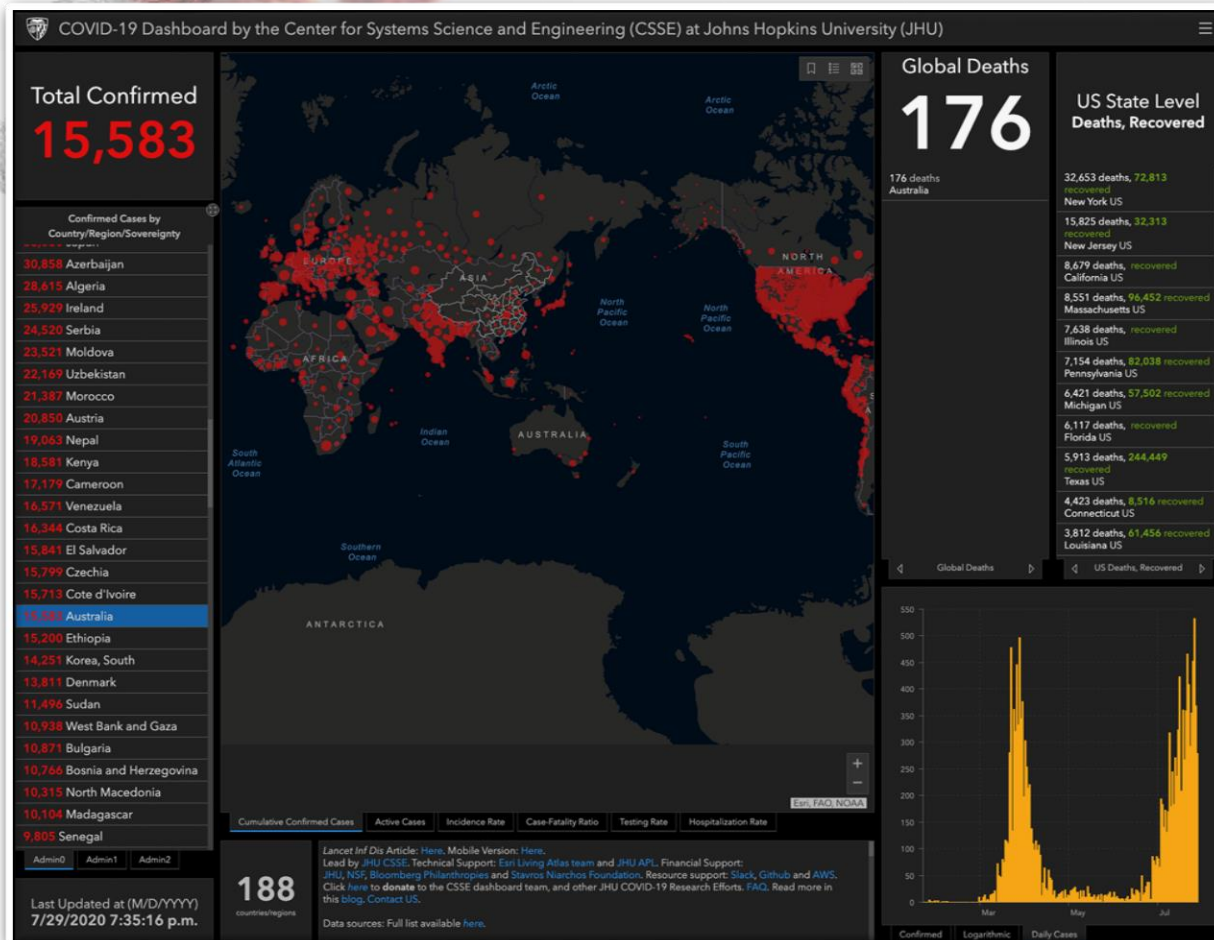
Introduction

- 33yro
- Melbourne, Australia
- PWH
Severe A with Inhibitors
- Qualified Personal Trainer
- Senior Project Manager @
University of Melbourne
- Currently @ Alfred Hospital
Melbourne
- Age 20 lost 30kg/66lb
- 2 Total knee replacements
- Bi-lateral ankle fusion
- Chronic arthritis in old target
joints
- 4 years Hemlibra
(Haven 1 trial)

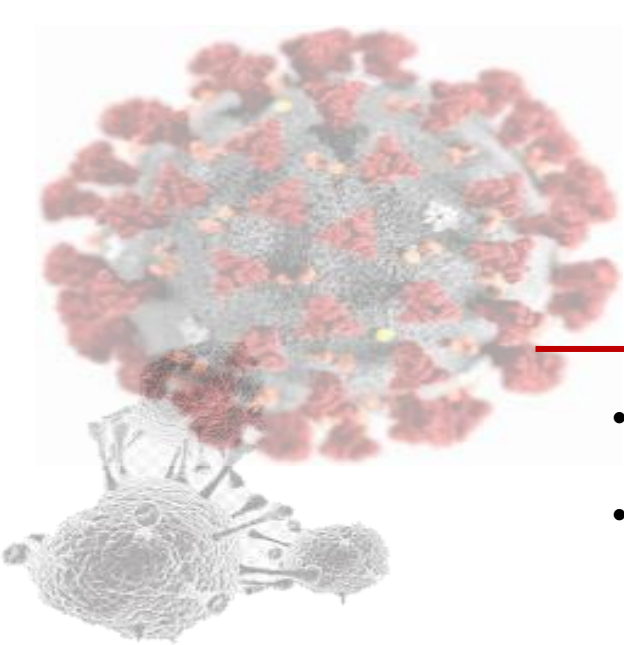


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COVID-19 Impact Australia

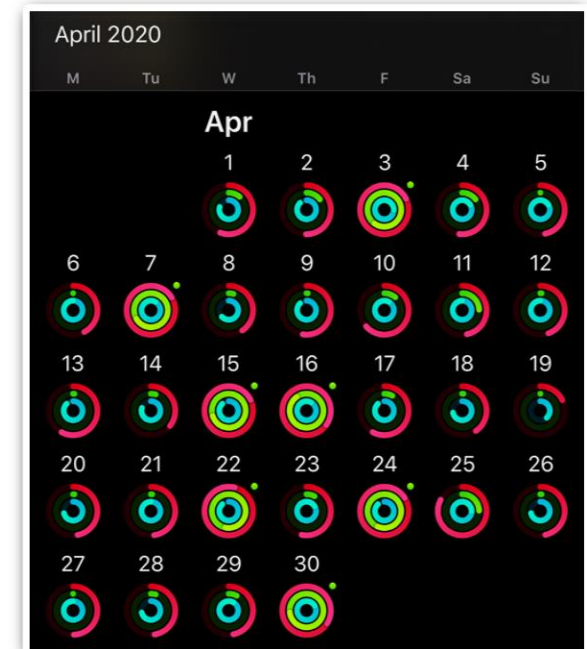


- Nation wide lockdowns from late March - May
- Easing of restrictions in June
- 2nd wave in late June leading to further state-based lockdowns for 6 week minimum from July 9 – August 20
- Large increase in community transmission compared to first wave leading to harsher restrictions including compulsory mask wearing
- Daily case numbers currently 14 p/million



A Tale of 2 Lockdowns

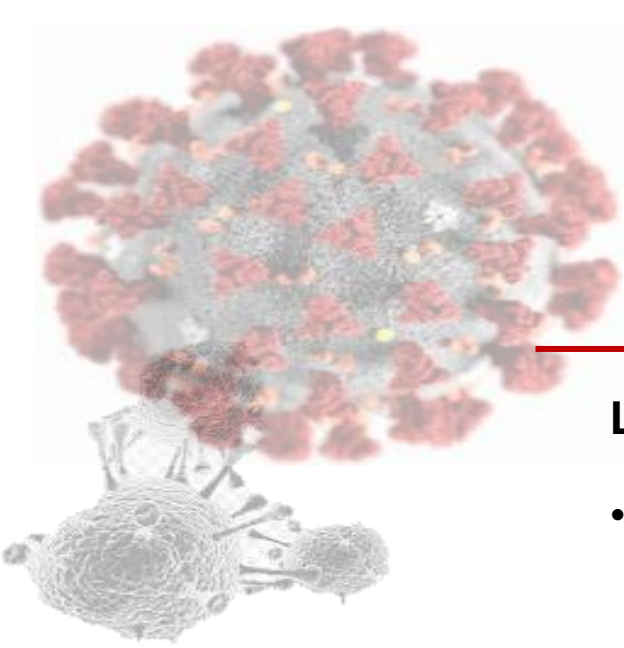
- **Lockdown 1.0**
- Sudden onset of COVID-19 and sweeping lockdowns meant all gyms and parks were closed
- Last 10 years have always worked out in a gym, all shops had sold out of all equipment
- Baseline 10,000 steps per day dropped to 2,000. Activity levels dropped to non-existent
- Joint pain, mobility and function decrease
- Diet, sleep, mood and self awareness varied day to day
- Relationship strains and anxiety levels were high



*A.Selvaggi Apple Watch activity data April 2020



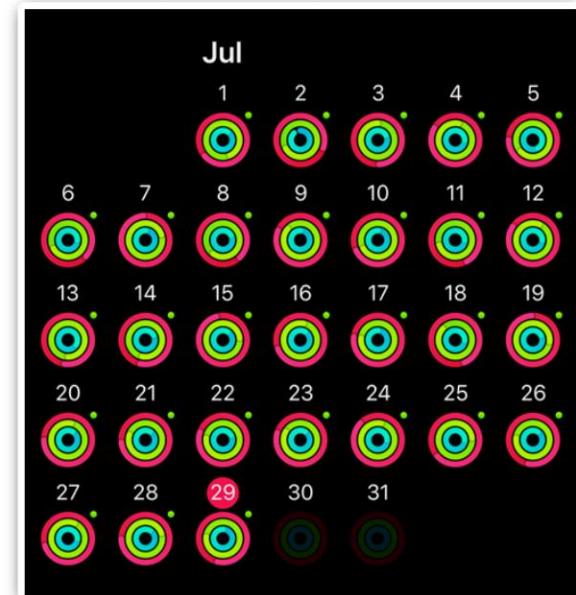
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A Tale of 2 Lockdowns

Lockdown 2.0

- Late June gyms reopened and then closed 10 days later
- How to keep motivated? Set a 6 weeks lockdown challenge to come out fitter than I was 10 years ago
- Lack of movement, being stuck in the house and not able to run due to joint health, meant focusing on spin cardio and functional body weight exercises
- Tracking movement and activity became a powerful tool to see if I'd been active enough

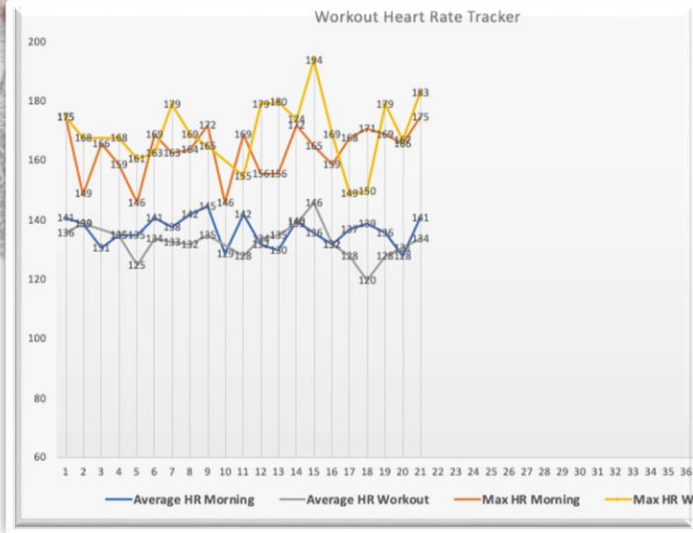


*A.Selvaggi Apple Watch activity data July 2020



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The Data



Day	Weight (kg)	Workout 1	Type	Time	Duration	Average HR	Max HR	Calories	Workout 2	Type	Time	Duration	Average HR	Max HR	Calories
Day 1	75.5	Yes	Spin	8:45	20	141	175	250	Yes	Chest/Core	18:22	50	136	175	653
Day 2	74.6	Yes	Spin	7:51	20	139	149	241	Yes	Legs/Core	12:32	50	139	168	614
Day 3	74.6	Yes	Spin	9:00	30	131	166	369	No						
Day 4	75.1	Yes	Spin	9:19	24	135	159	250	Yes	Back	13:55	60	135	168	677
Day 5	74.9	Yes	Spin	8:14	20	135	146	208	Yes	Cardio/Core	18:17	50	125	161	408
Day 6	74.9	Yes	Spin	8:49	20	141	169	235	Yes	Shoulders	12:47	50	134	163	512
Day 7	74.9	Yes	Spin	7:58	25	138	163	278	Yes	Cardio/Core	13:34	60	133	179	660
Day 8	74.3	Yes	Spin	8:32	20	142	164	230	Yes	Chest	16:47	60	132	169	665
Day 9	74.3	Yes	Spin	7:57	25	145	172	304	Yes	Back/Core	13:44	50	135	165	552
Day 10	73.9	Yes	Spin	9:28	40	129	146	425	No						
Day 11	73.9	Yes	Spin	9:10	35	142	169	419	Yes	Legs/Core	15:42	55	128	155	536
Day 12	74.8	Yes	Spin	8:20	20	132	156	246	Yes	Cardio/Shoulders	17:28	60	134	179	659
Day 13	74.2	Yes	Spin	8:25	21	130	156	245	Yes	Cardio/Core	17:41	55	135	180	589
Day 14	74.1	Yes	Spin	7:42	30	140	172	361	Yes	Chest	14:07	45	139	174	499
Day 15	74.3	Yes	Spin	8:53	20	136	165	259	Yes	Cardio/Core	20:38	60	146	194	687
Day 16	74.3	Yes	Spin	7:51	25	132	159	258	Yes	Back	15:30	60	132	169	620
Day 17	73.9	Yes	Spin	8:19	22	137	168	258	Yes	Cardio/Core	19:20	40	128	149	387
Day 18	74	Yes	Spin	10:27	22	139	171	274	Yes	Legs	17:48	50	120	150	450
Day 19	74.3	Yes	Spin	8:00	20	136	169	248	Yes	Shoulders	17:14	65	128	179	628
Day 20	74.1	Yes	Spin	8:44	25	128	166	276	Yes	Cardio/Core	16:47	65	131	167	628
Day 21	74.1	Yes	Spin	9:16	20	141	175	280	Yes	Chest	18:29	55	134	183	540
Day 22															
Day 23															
Day 24															
Day 25															
Day 26															
Day 27															
Day 28															
Day 29															
Day 30															
Day 31															
Day 32															
Day 33															

Total Energy Burn (Cal)	16878
Average Energy Burn (Cal)	422
Average HR	135
Peak Heart Rate	194
Total Workouts	40
Total Workout Time (min)	1544

*A.Selvaggi fitness and activity tracker



Results & Advice

Keeping active at all levels

- Increase in joint function
- Decrease in arthritic pain
- Better sleep and routine
- Healthier diet and weight management
- Lower stress
- High focus and output while working from home
- Better mood and relationships





WITH SPECIAL THANKS TO



HEMOPHILIA
ALLIANCE

Serving the Bleeding Disorders community since
1999



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QUESTION & ANSWER PERIOD

GLENN PIERCE
GREIG BLAMEY
PAMELA NARAYAN
CESAR HADDAD
ANDREW SELVAGGI



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STAY SAFE THANK YOU!



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