Chapter 7
TREATMENT OF SPECIFIC HEMORRHAGES

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• The primary clinical hallmarks of hemophilia are prolonged spontaneous and/or traumatic hemorrhages.
• The main treatment for bleeding episodes in patients with severe hemophilia is prompt clotting factor replacement therapy and rehabilitation.
• The aim of management of specific hemorrhages is not only to treat the bleed, but also to prevent bleed recurrence, limit complications, and restore tissue and/or organ function to a pre-bleed state.

1. Intracranial hemorrhage

   Symptoms:
   • Head injury
   • Headache
   • Sleepiness
   • Severe back pain

   Treatment:
   • Immediate treatment with CFCs (before investigations begin)
   • Immediate hospitalization and medical evaluation by a neurologist

2. Renal hemorrhage

   Symptoms:
   • Abdominal pain
   • Abdominal swelling
   • Flank and back pain
   • Urination of blood

   Treatment:
   • Immediate treatment with CFCs
   • Adequate hydration
   • Bed rest

3. Gastrointestinal and abdominal hemorrhage

   Symptoms:
   • Vomiting blood
   • Rectal passage of blood
   • Melena (black stools)

   Treatment:
   • Immediate treatment with CFCs (before investigations begin)
   • Immediate hospitalization and medical evaluation
   • Antifibrinolytics
   • Treat underlying condition

4. Joint hemorrhage

   Symptoms:
   • Swelling
   • Skin hot to the touch
   • Increase of pain
   • Loss of ROM

   Treatment:
   • Immediate CFCs
   • Analgesics for pain
   • RICE (rest, ice, compression, elevation), PRICE (protection, rest, ice, compression, elevation), or POLICE (protection, optimal loading, ice, compression, elevation)
   • Physical therapy and rehabilitation
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1. Ophthalmic hemorrhage

Symptoms:
• Bleeding in the eye

Cause:
• Possible trauma or infection

Treatment:
• Immediate treatment with CFCs (before investigations begin)
• Monitor every 6-8h until bleed has resolved

2. Epistaxis

Symptoms:
• Bleeding in the nose

Cause:
• Irritation
• Trauma

Treatment:
• Elevate head
• Compression
• Gauze soaked in antifibrinolytics
• Avoid nasal packing
• CFCs if warranted
• It may not be necessary to go to the hospital (unless epistaxis is not isolated or if the epistaxis does not improve)

3. Oral hemorrhage

Symptoms:
• Bleeding in the mouth

Cause:
• Dental extraction
• Gum disease
• Trauma

Treatment:
• Apply direct pressure 15-30 min / sutures and adrenaline if needed
• Immediate treatment with CFCs
• Dentist consultation
• No intense sports, soft diet x3-5 days
• No smoking for 24 hrs
• Soft splint if necessary

4. Throat and neck hemorrhages

Symptoms:
• Increase swelling in neck area
• Increase pain in neck area

Cause:
• Local pathology
• Trauma
• Coughing

Treatment:
• Immediate treatment with CFCs (before investigations begin)
• Immediate hospitalization and medical evaluation by an otolaryngologist