Chapter 7
TREATMENT OF SPECIFIC HEMORRHAGES

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Treatment of Specific Hemorrhages: WHAT YOU NEED TO KNOW

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 (bleeding in kidneys)
   - 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
   - Treatment:
     • Immediate CFCs (before investigations begin)
     • Immediate hospitalization and medical evaluation
     • Antifibrinolytics
     • Treat underlying condition

4. Joint hemorrhage
   - Symptoms:
     • Tingling sensation and tightness within the joint
     • Swelling, skin warm to the touch
     • Increase of pain
     • Loss of range of motion
   - 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

CFC = clotting factor concentrate replacement therapy
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1. Ophthalmic hemorrhage
   (bleeding in the eye)
   
   **Cause:**
   - Possible trauma or infection
   
   **Treatment:**
   - Immediate treatment with CFCs
   - Monitor every 6-8h until bleed has resolved

2. Epistaxis
   (bleeding from the nose)
   
   **Cause:**
   - Irritation
   - Trauma
   
   **Treatment:**
   - Elevate head
   - Compression
   - Gauze soaked in antifibrinolytics
   - Avoid nasal packing
   - CFCs if warranted

3. Oral hemorrhage
   
   **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
   
   **Cause:**
   - Local pathology
   - Trauma
   - Severe coughing
   
   **Treatment:**
   - Immediate treatment with CFCs
   - Immediate hospitalization and medical evaluation by an otolaryngologist