

LEARNING TO INFUSE—Your Steps to Success!

Find 2 possible veins that you could use for an infusion.

PREPARING FOR INFUSION AND GATHERING SUPPLIES

- Factor
- Syringes
- Butterfly Needle
- Tourniquet
- Alcohol wipes
- Log sheets
- Gauze pad or cotton
- Tape
- BAND-AID®
- Sharps container
- Wastebasket

Grab your supplies!

Wash your hands with soap and water.

Clean infusion area.

PREPARE YOUR FACTOR CONCENTRATE

Check:

- Name of factor _____
- Number of units _____
- Lot number _____
- Expiration date _____

Mix factor, being careful not to touch the sterile parts.

Examine the mixed factor to make sure it is clear.

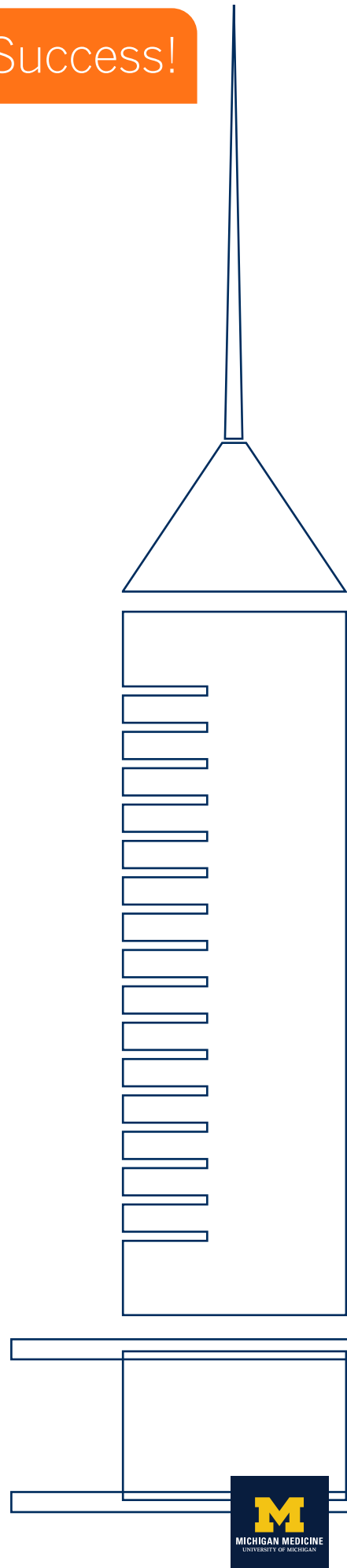
PERFORMING INFUSION

- Locate a vein
- Apply the tourniquet just above the area of the vein
- Clean the site in a circular motion with alcohol
- Insert the butterfly needle, bevel up like an airplane landing
- Check for the blood return
- Remove the tourniquet
- Infuse the factor into the vein
- Remove the needle, apply pressure to site with cotton or gauze
- Apply a BAND-AID®

CLEAN UP / LOG INFUSION

Dispose of medical waste in appropriate container.

- Disinfectant / Bleach/ cleanup of surface
- Wash hands
- Log infusion



LESSON 1 - CONCEPTS

1. What is hemophilia?
2. Normal response of blood vessels to injury, abnormal response with bleeding disorder
3. Severity levels—what does it mean?
4. Factor and non-factor products
5. Signs and symptoms of bleeding
6. Philosophy of early treatment/prophylaxis
7. Factor infusions—dosing, half-life

LESSON 1 - SKILLS

1. Gathering supplies
2. Review handwashing. 20-second minimum
3. Clean, distraction-free workplace required
4. Mixing factor
5. No touch areas when mixing and preparing infusion
6. What is a vein?
7. Discussion about butterfly needle

LESSON 2 - CONCEPTS

1. Different kinds of bleeds
2. Dangerous/life-threatening bleeds
3. Signs and symptoms of different kinds of bleeds
4. Is treatment working? What to do if not
5. What is a head bleed? Signs and symptoms
6. Why is it important to treat as soon as possible?
7. What is RICE?

LESSON 2 - SKILLS

1. Importance of hydration
2. Use of warm compresses, squeeze ball
3. Applying and removing tourniquet
4. Identify 3 possible vein sites
5. Demonstration of workspace preparation, mixing factor, venipuncture on artificial arm

LESSON 3 - CONCEPTS

1. Discuss benefits of infusing at home
2. Discuss responsibilities that come with home infusion
3. Discuss nervousness, what to do when discouraged or frightened
4. It is OK to make a mistake; this will help you learn
5. Talking about bleeding disorder/infusions with friends

LESSON 3 - SKILLS

1. Possible unplanned situations
2. Troubleshooting
3. “No touch,” sterile parts of infusions
4. Importance of proper cleansing before infusion
5. Removing needle, applying pressure
6. Right drug, right dose

LESSON 4 - CONCEPTS

1. What is a joint?
2. What happens when you have a joint bleed
3. Treatment of a joint bleed, rehabilitation
4. RICE, crutches, braces, ACE wrap, splinting, ice
5. Potential complications of a joint bleed
6. Benefits of exercise and physical therapy
7. Home exercise and sports, how to prepare for exercise and sports

LESSON 4 - SKILLS

1. How many infusion attempts is too many?
2. Logging infusions
3. Keeping a supply of factor at home
4. Storage of factor and supplies
5. Traveling with supplies and factor

LESSON 5 - CONCEPTS

1. Communication with HTC
2. HTC involvement with home infusions
3. Treatment records/logs
4. Eligibility/requirements for home therapy
5. What to do when bleeds do not respond to treatment

LESSON 1 - CONCEPTS

1. What is the name and severity of your bleeding disorder?
2. Describe your bleeding disorder
3. What is the name of your medication?
4. What is the difference between demand treatment and prophylaxis?
5. What medication do you use for prophylaxis; what is your treatment schedule?
6. What medication do you use for treatment of a bleed; is this the same medication that you use for prophylaxis?

LESSON 1 - SKILLS

1. Identify name of factor, number of units, expiration date on your factor at home
2. Gather supplies for infusion at home by yourself this week
3. Mix your own factor at home this week
4. Apply your own tourniquet at home this week
5. Record infusions on checklist and bring to class next week

LESSON 2 - CONCEPTS

1. Name 3 places where you can have a bleed
2. Name a dangerous kind of bleed
3. What are signs and symptoms of a head bleed?
4. Give an example of something that might happen if a bleed is not treated right away
5. What is RICE?
6. Why do you need to know how to infuse if you are on prophylaxis treatment?

LESSON 2 - SKILLS

1. Name 3 things you might do to help find a vein
2. Identify the vein that you will use for infusion at home this week
3. Complete all steps in preparation for infusion at this week, attempt venipuncture if comfortable doing so
4. When do you apply the tourniquet? When do you take it off?
5. Record infusions on checklist and bring to class next week

LESSON 3 - CONCEPTS

1. Why do you want to learn self-infusion?
2. What can you do if you are afraid to do your infusion?
3. What happened when kids had a bleed before home infusions were available?
4. Identify two places at home that would be good places to do your infusion
5. What would happen if you had a bleed at school?
6. Why do you need to know how to infuse if you are on prophylaxis treatment?

LESSON 3 - SKILLS

1. Using the checklist, attempt your own infusion at home this week
2. Log the infusion, using method of your choice
3. Clean up and dispose of equipment at home this week
4. What could happen if you treated a bleed with a dose of factor that was too small?
5. Record infusions at home and bring back to class next week

LESSON 4 - CONCEPTS

1. Describe a joint
2. List 3 physical activities that are safe for you
3. List 3 things that you can do to prepare for physical activity
4. What should you do first if you have pain in your knee, ankle or elbow?

LESSON 4 - SKILLS

1. What would happen if you could not find a vein for an infusion at home
2. Perform infusions at home by yourself for the next 2 weeks
3. Record infusions done at home and bring back to class next week

LESSON 5 - FINAL CLASS

1. Log sheets- keep log sheets for one month at home and mail to HTC
2. Complete infusion evaluations at home and return to us by mail
3. Send us a photo of you doing your own infusion at home!

