

## LESSON PLAN

# SESSION I: Concepts

**TOPIC: General overview of hemophilia**

**PRESENTER: RN or Hematologist**

**DATE:**

### OBJECTIVES:

1. Learner will be able to give brief description of hemophilia
2. Learner will be able to state type and severity of their bleeding disorder
3. Learner will be able to describe rationale for prophylaxis and demand treatment ASAP

### 20 MINUTES

#### REVIEW OF PROGRAM OBJECTIVES

Meal/beverages served

### 20 MINUTES

#### PRESENTATION

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 treatment products
5. What is prophylaxis?
6. What is demand treatment?
7. Factor infusions — dosage calculation, treatment schedules, half-life

### 60 MINUTES

#### INFUSION PRACTICE

Food must be removed from work area

Refer to Session 1 Skills Sheet

### 20 MINUTES

#### DISCUSS TODAY'S INFUSION PRACTICE – FEEDBACK

What went well, what didn't

Troubleshooting

Plan for next week

### DISMISSAL

Giveaways: Home infusion placemat, infusion checklist, tourniquet, log sheet

### TAKE HOME ASSIGNMENT:

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

# SESSION I: Learning Self-infusion

**TOPIC: Preparing for self-infusion**

**DATE:**

**OBJECTIVES:**

1. Learner will understand principles of sterile technique
2. Learner will be able to correctly describe all steps of infusion and perform mock infusion on artificial arm
3. After doing this correctly, learner may attempt venipuncture on himself

**DISCUSSION POINTS**

1. Discuss how infusions will be done in class — instruction, observation, correct performance on artificial arm before attempting self-infusion
2. Finding a clean, distraction-free workspace
3. Gathering supplies
4. Review handwashing — 20 second minimum
5. Mixing factor
6. No touch areas when mixing and preparing infusion
7. What is a vein?
8. What is the bevel of the needle?
9. Demonstration on artificial with concurrent verbal description of process by RN
10. Learners return demonstration on artificial arm
11. If all of the above is done correctly, learners may attempt self-infusion
12. Disposal of material, logging of infusions

**TAKE HOME ASSIGNMENT:**

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 back to class next week



Name \_\_\_\_\_

1. What is the name and severity of your bleeding disorder?

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2. Describe your bleeding disorder:

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3. What is the difference between demand treatment and prophylaxis?

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4. What medication do you use for prophylaxis?  
What is your treatment schedule?

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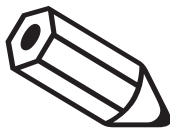
5. What medication do you use for treatment of a bleed?  
Is this medication the same or different?

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6. Identify name of your factor, number of units and expiration date on your factor bottle at home.



Factor \_\_\_\_\_

Number of Units \_\_\_\_\_

Expiration date \_\_\_\_\_



**Try these things at home this week!**

- Gather all supplies for infusion at home this week
- Mix your own factor at home this week
- Apply your own tourniquet at home this week
- Record infusions on checklist and bring back to class next week