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?
________________________________________________________________________
________________________________________________________________________

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?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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