

SESSION 2: Concepts

TOPIC: Recognition and treatment of bleeds

PRESENTER: RN or Hematologist

DATE:

OBJECTIVES:

1. Learner will be able to describe signs and symptoms of bleeding
2. Learner will be able to describe treatment of bleed and why it is important to treat ASAP
3. Learner will be able to describe signs and symptoms of a head bleed

20 MINUTES

REVIEW OF LAST SESSION TAKE HOME ASSIGNMENT

Discussion about treatment experiences at home since last session
Meal/beverages served

20 MINUTES

PRESENTATION OF NEW INFORMATION

1. Where can you have a bleed, different kinds of bleed?
2. Dangerous/life-threatening bleeds
3. Signs and symptoms of bleeds in different areas
4. Can you have a bleed if you are on prophylaxis?
5. What to do if you are having a bleed
6. What is a head bleed? Signs and symptoms
7. Why it is important to treat as soon as possible
8. What else can you do — RICE

60 MINUTES

INFUSION PRACTICE

Food must be removed from work area
Refer to Session 2 Skills Sheet

20 MINUTES

DISCUSS TODAY'S INFUSION PRACTICE – FEEDBACK

What went well, what didn't
Troubleshooting
Plan for next week

DISMISSAL

Giveaways: water bottle, washcloth, squeeze ball

TAKE HOME ASSIGNMENT:

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?

SESSION 2: Learning Self-infusion

TOPIC: Finding and accessing a vein

DATE:

OBJECTIVES:

1. Learner will be able to correctly describe all steps of infusion and perform mock infusion on artificial arm
2. If mock infusion is done correctly without assistance, learner will attempt self-infusion
3. Learner will be able to identify 3 possible sites for infusion
4. Learner will be able to state 3 methods to help distend veins

DISCUSSION POINTS

1. Importance of hydration
2. Use of warm compresses, squeeze ball
3. Applying and removing tourniquet
4. Identify 3 possible vein sites — importance of having more than one
5. Review sterile technique
6. Demonstration of workspace preparation, mixing factor, venipuncture on artificial arm
7. Why do you need to know how to infuse?

TAKE HOME ASSIGNMENT:

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



Name _____

1. Name 3 places where you can have a bleed:

1. _____
2. _____
3. _____

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. Why do you need to know how to infuse if you are on prophylaxis?

6. What is RICE? R _____
 I _____
 C _____
 E _____

7. Name 3 things you might do to help find a vein:



1. _____
2. _____
3. _____

8. Why do you apply the tourniquet? When do you take it off?



Try these things at home this week!

- Identify the vein that you will use for your infusions at home this week.
- Use one of the tips or tricks to help find a vein for your infusions at home this week.
- Complete all steps in preparation for infusions at home this week, try to do your own poke!
- Record infusions on checklist and bring back to class next week.