

LESSON PLAN

SESSION 4: Concepts

TOPIC: Orthopaedics/Physical therapy

PRESENTER: Physical Therapist

DATE:

OBJECTIVES:

1. Learner will be able to give a general description of joint anatomy
2. Learner will be able to describe what a joint bleed is, how it is treated, and discuss potential complications
3. Learner will be able to describe benefit of exercise and physical therapy

20 MINUTES

REVIEW OF LAST SESSION TAKE HOME ASSIGNMENT

Review of last session take home assignment
Review of experiences at home since last session
Meal/beverages served

20 MINUTES

PRESENTATION OF NEW INFORMATION

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 (recommended and to avoid)

60 MINUTES

INFUSION PRACTICE

Food must be removed from work area
Refer to Session 4 Skills Sheet

20 MINUTES

DISCUSS TODAY'S INFUSION PRACTICE – FEEDBACK

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

DISMISSAL

Giveaway: Ace wraps

TAKE HOME ASSIGNMENT:

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?

SESSION 4: Learning Self-infusion

TOPIC: Practice

DATE:

OBJECTIVES:

1. Learner will be able to correctly describe all steps of self-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 properly record infusions
4. Learner will be able to properly clean up after infusion and dispose of materials

DISCUSSION POINTS

1. How many attempts should you make before seeking assistance? What if no one else is around?
2. Logging infusions — paper log sheet, phone app, calendar
3. Keeping supply of factor at home — for prophylaxis treatments and possible bleeds
4. Storage of supplies and factor — do you need to refrigerate?
5. Traveling with supplies and factor

TAKE HOME ASSIGNMENT:

1. What would you do if you cannot find a vein or give an infusion?
2. Perform infusions at home by yourself for the next 2 weeks
3. Record infusions on checklist and bring back to class in 2 weeks

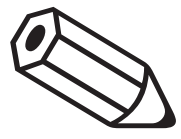
SEE YOU IN 2 WEEKS! GOOD LUCK.



Name _____

1. Describe a joint:

2. List 3 physical activities that are safe for you:



1. _____
2. _____
3. _____

3. List 3 things that you can do to prepare for physical activity:

1. _____
2. _____
3. _____

4. What should you do first if you have pain in your knee, ankle or elbow?

5. What would you do if you cannot find a vein or give an infusion?



**Try these things at home
over the next two weeks!**

- Perform infusions at home by yourself for the next 2 weeks.
- Record infusion on checklist and bring to class next week.