



Inherited Bleeding Disorders in the Schools:

Information for School Healthcare Providers, Teachers, and Families

What is Hemophilia?

Hemophilia is a bleeding disorder. It is a lifelong condition that affects the blood's ability to clot. Hemophilia is not contagious, and there is no cure. Hemophilia can affect a child's ability to participate in school activities.

Students with hemophilia:

- Are **missing a blood protein** (called "clotting factor" – or just "factor") that helps blood clot normally
- **Bleed longer** than other students from cuts or scrapes, not faster
- **Bruise easily**, will have more bruises than other students, and may not even know where their bruises come from
- Are more **at risk from internal bleeding into muscles, joints, and organs** than from scrapes and cuts
- **May have difficulty with mobility** (like walking, running, and using arms or hands) because of bleeding into joints or muscles
- **May be aware that they are bleeding internally** (they may say they are "having a bleed") before we see any outward signs
- Are **usually treated at home** with infusions of replacement clotting factor into a vein or a port; so students are typically not seen by a physician each time they need treatment
- **Should avoid aspirin or NSAIDs** (like Advil or Aleve) because these medications increase bleeding
- **Should be active** because safe, appropriate physical activity strengthens and protects joints; see the [National Hemophilia Foundation's \(NHF's\) recommendations for physical activity](#)
- **Vary in severity**, based on the amount of missing clotting factor in their blood (students with severe hemophilia can bleed without injury):
 - severe (less than 1% of clotting factor)
 - moderate (1 to 5% of clotting factor)
 - mild (6% to 50% of clotting factor)