

# Evaluation of the therapeutic education of 35 patients with hemophilia

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## Introduction

- Therapeutic education aims to help patients to achieve or maintain the skills they need to better manage their lives with hemophilia. Therefore, it was one of the priorities of the multidisciplinary team treatment of hemophilia and bleeding disorders setting up in the hematology department of the academic hospital center of Constantine in 11<sup>th</sup> january, 2009.
- This national program is structured around six monthly workshops for each group session.

## Objectives

- Demonstrate the importance of therapeutic education in:
  - ✓ Understanding of the disease and its complications
  - ✓ Training for self-treatment
  - ✓ Reducing bleeding
  - ✓ Reducing the cost of care for hemophiliacs

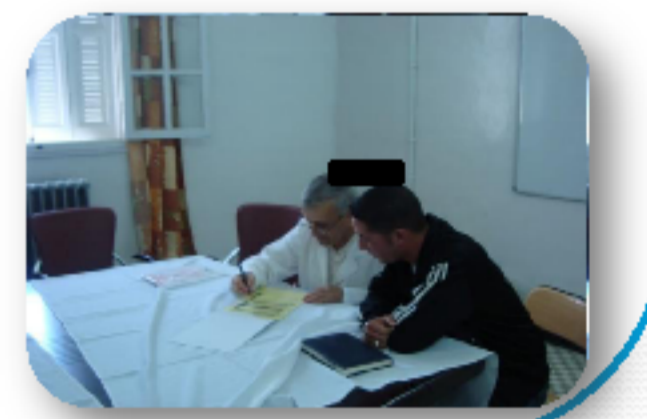


## Materials and methods

- Prospective study of 35 hemophiliacs who participated in therapeutic education between May 2009 and June 2011
- Work support:
  - ✓ Assessment questionnaire completed by patients (age > 10 years) or parents (children < 10 years)
  - ✓ Record books of hemophilia care
- We analyzed the following points before and after the therapeutic education :
  1. Understanding of the disease:
    - ✓ Types of hemophilia
    - ✓ Severity
    - ✓ Definition of bleeding
    - ✓ complications



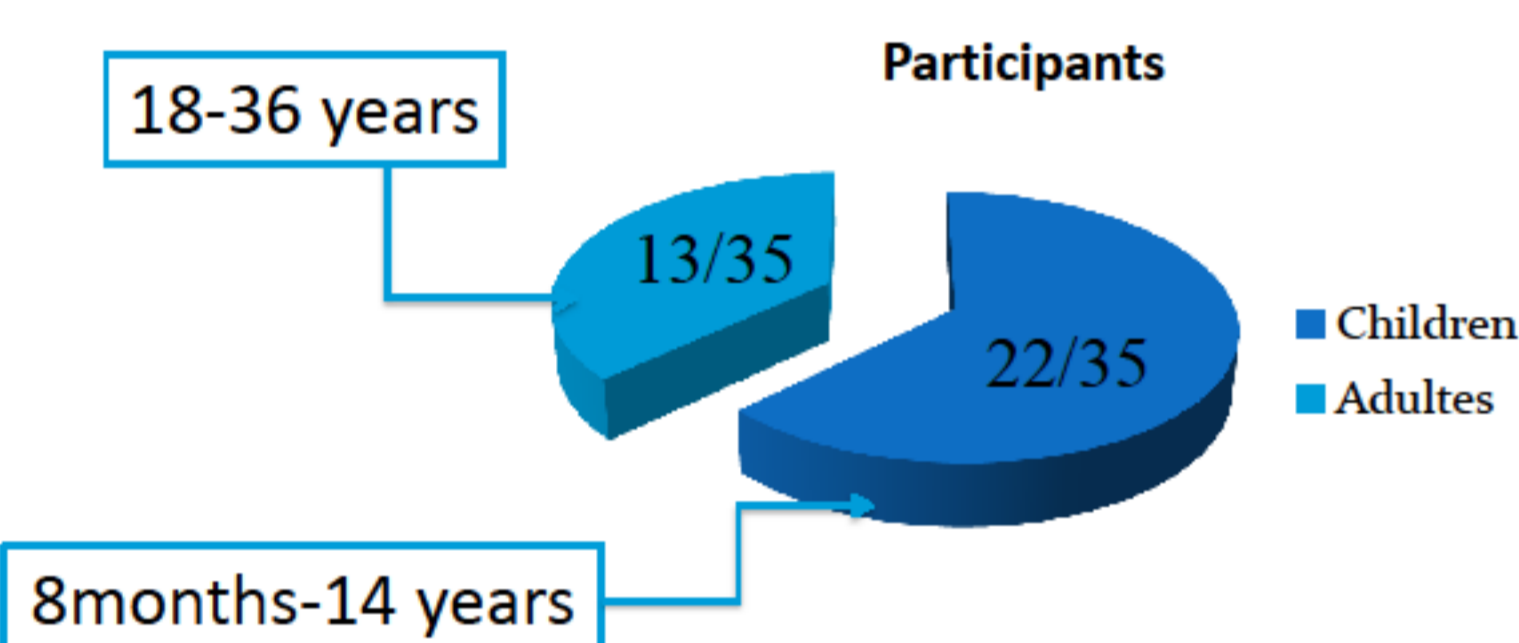
2. Management of the bleeding, prohibited actions, quality of life :
  - ✓ therapeutic means
  - ✓ Indications of treatment
  - ✓ Gestures and drug proscribed
  - ✓ Vaccination
  - ✓ Sport
  - ✓ Tooth brushing
3. Genetics:
  - ✓ Transmission mode
  - ✓ Definition of conductive
4. Practice self-treatment
5. Clotting factor management



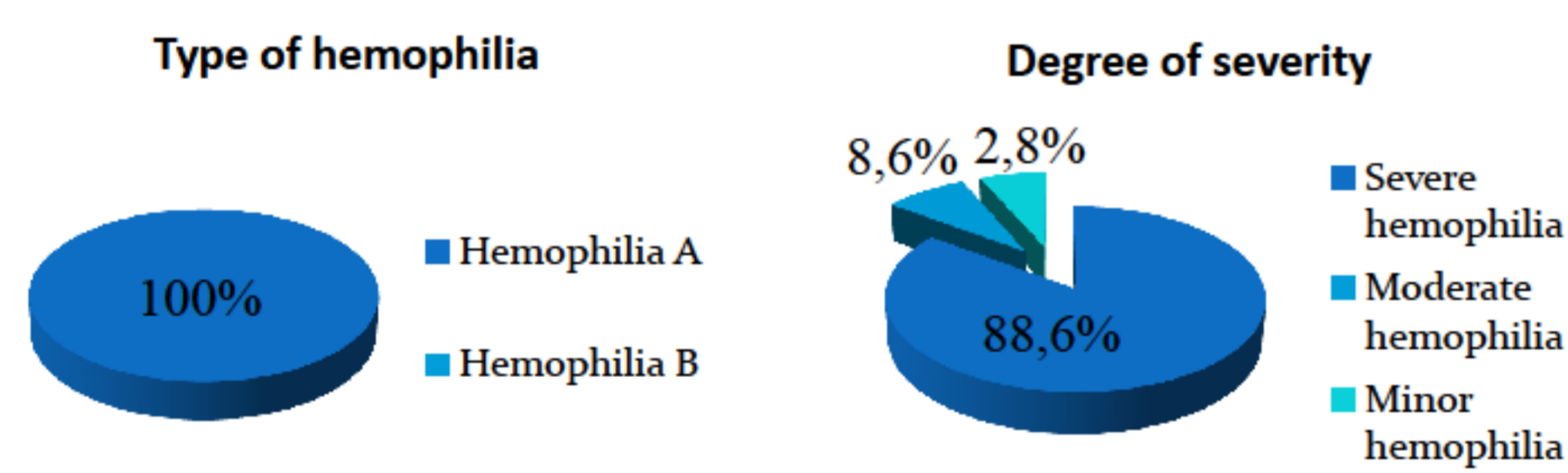
## Results

- **Participants** : 22 children and their parents, 13 adults
- **Age** : Children ( 8 months - 14 years ) : 1<sup>st</sup> group  
Adults ( 18 years – 36 years ) : 2<sup>nd</sup> group
- **Type of hémophilia**: 100 % hémophilia A ; 88,6% severe, 8,6% moderate et 2,8% minor
- The therapeutic education session take place in the department of hematology, every Saturday of each month with the same care givers
- The program includes six workshops for theory and practice courses
- 83% of the participants followed all the training

### Distribution of hemophiliacs according to age

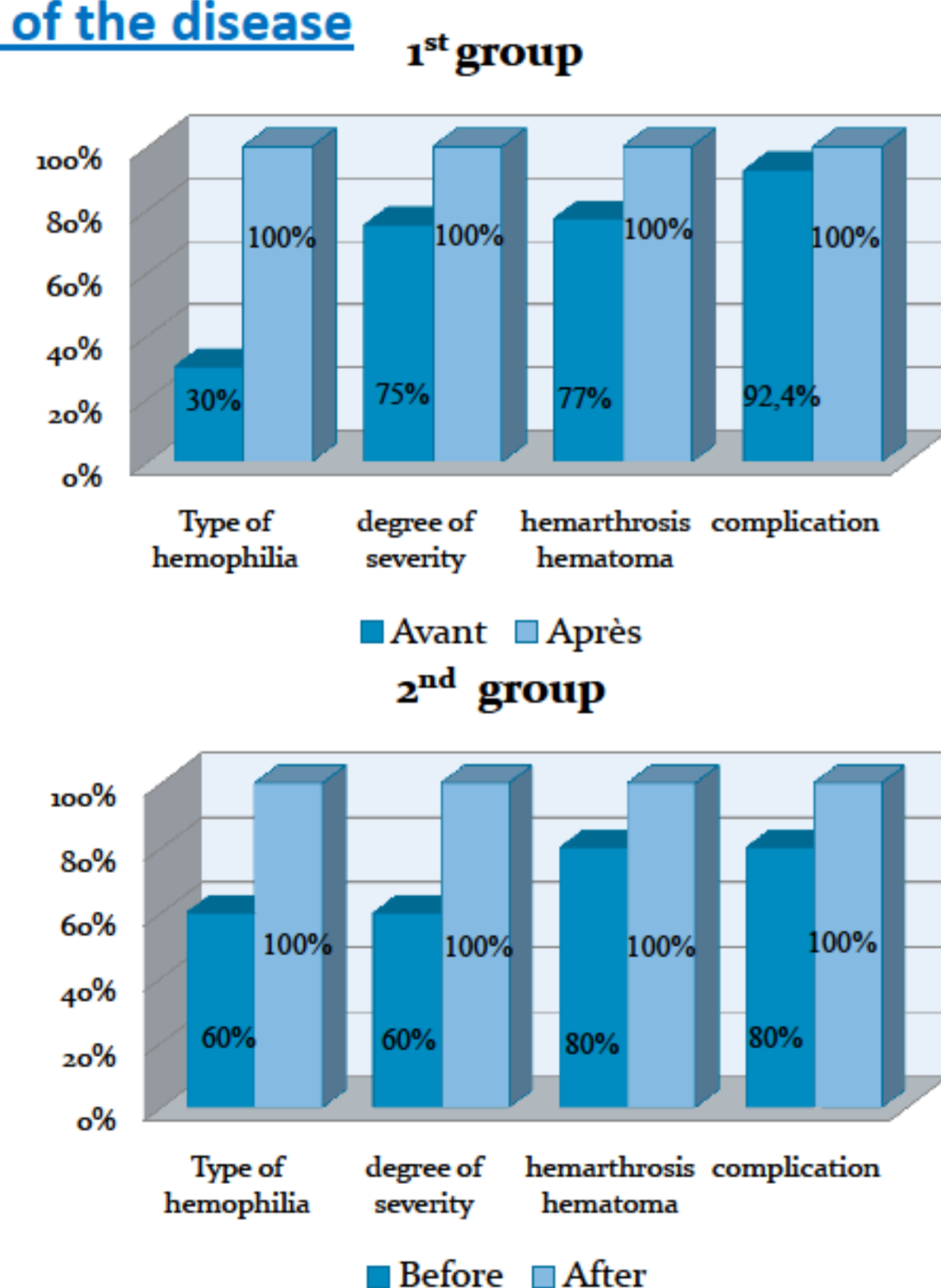


### Distribution of hemophiliacs according to type and degree of severity

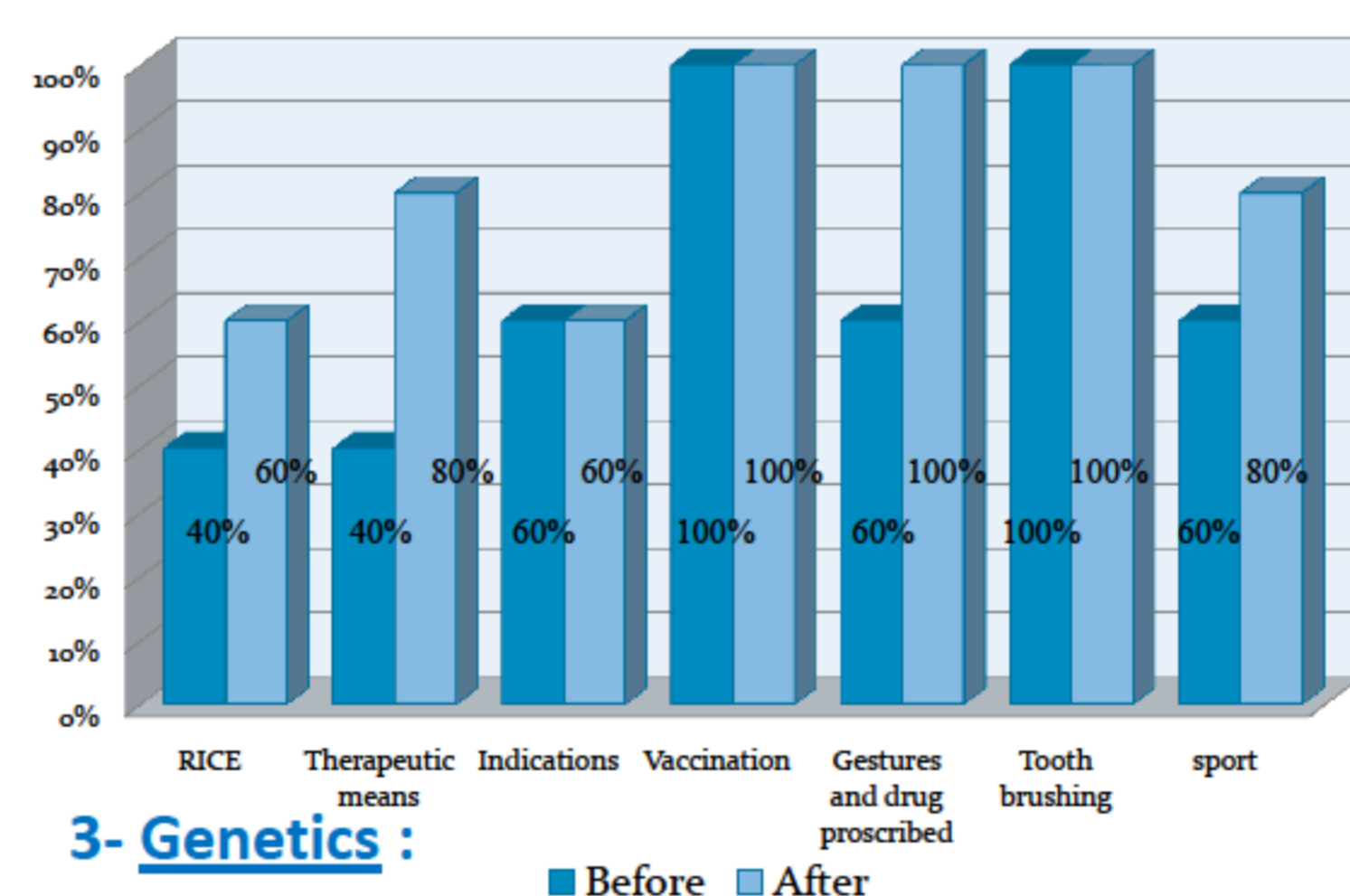
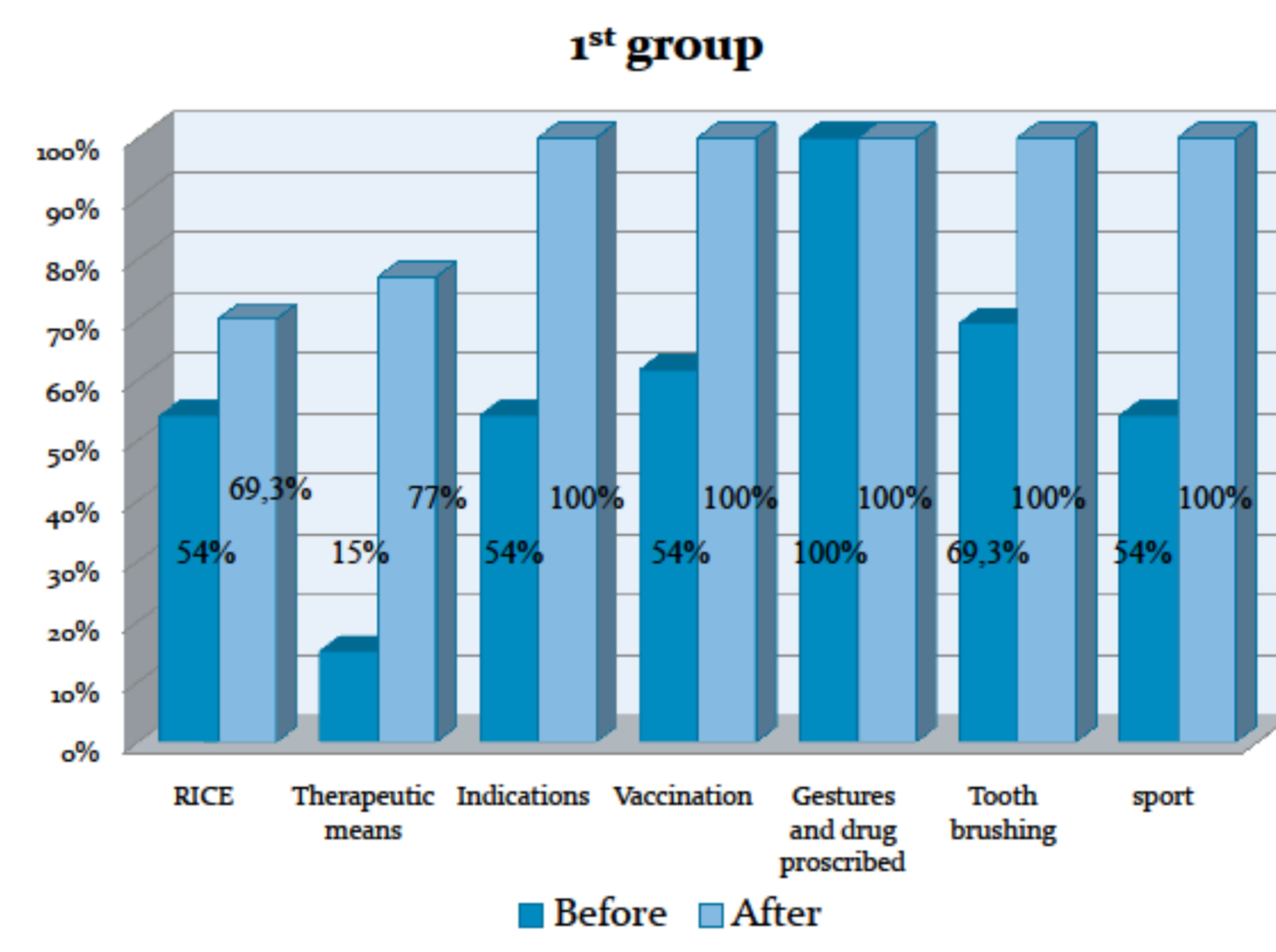


### Results of knowledge assessment of hemophiliacs

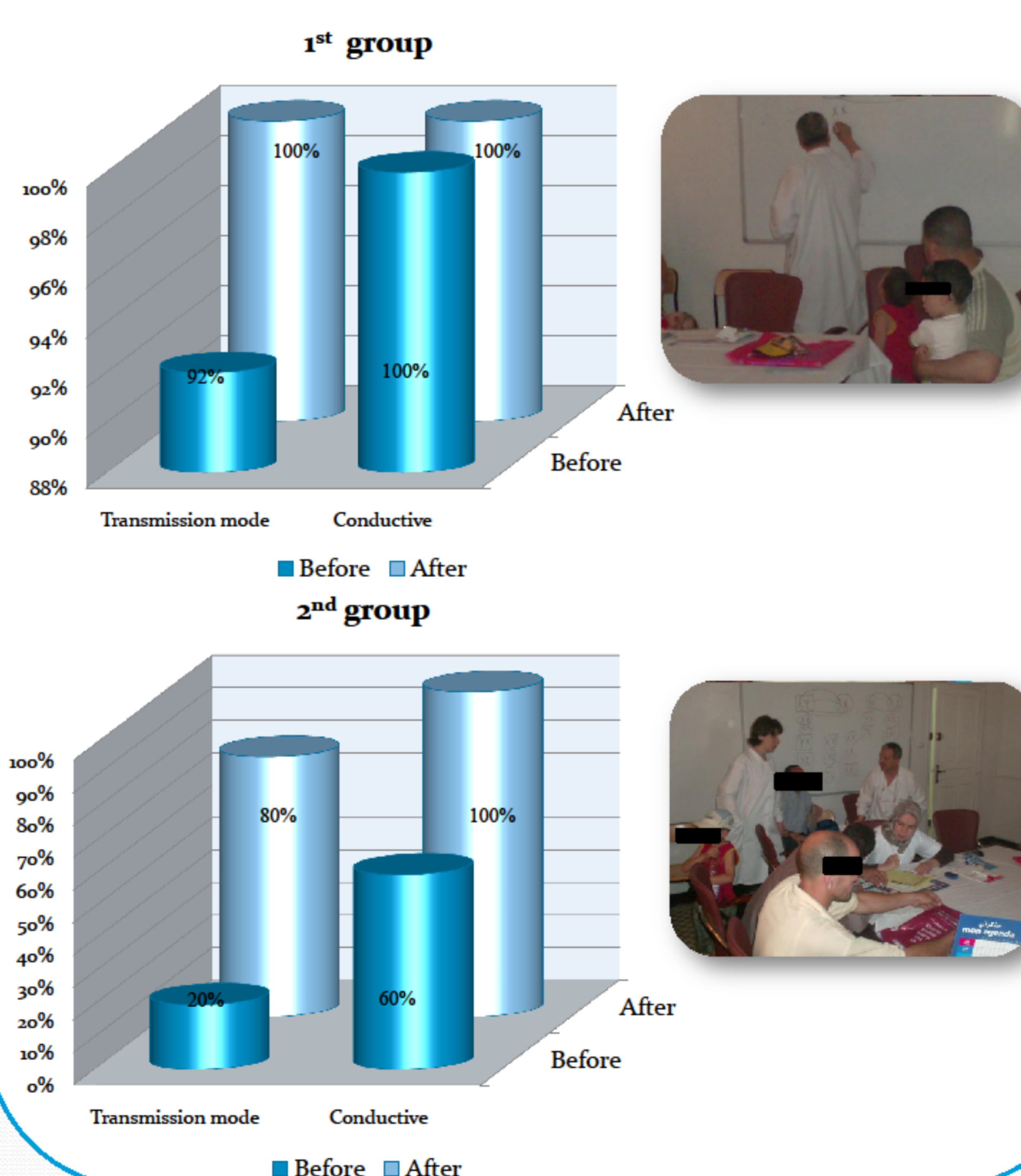
#### 1- Understanding of the disease



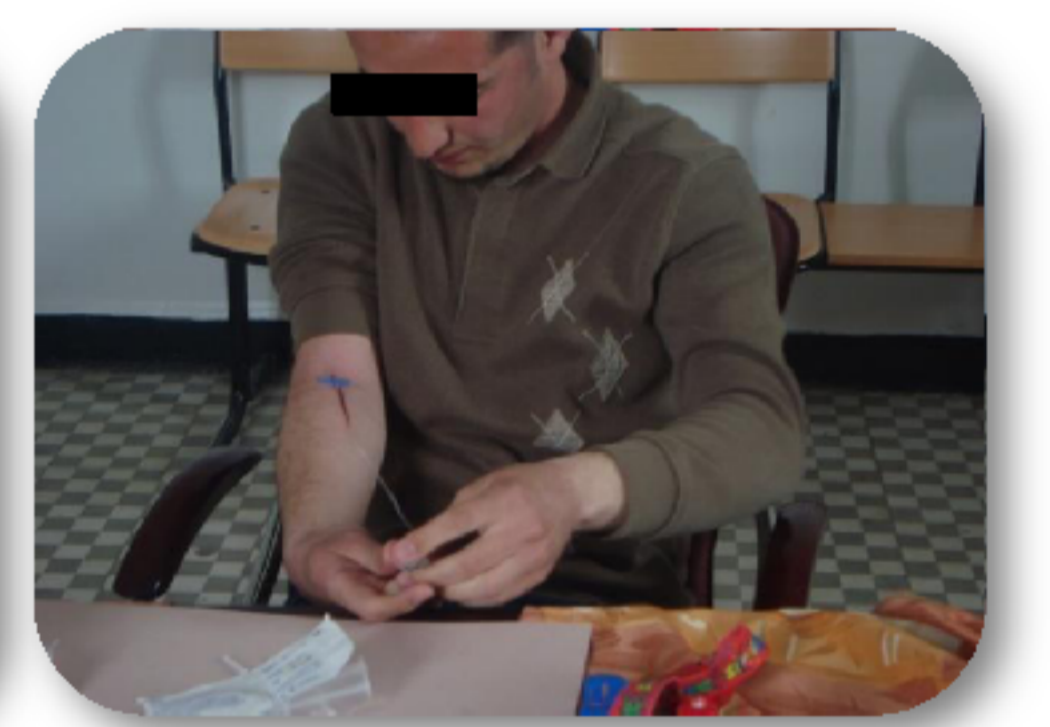
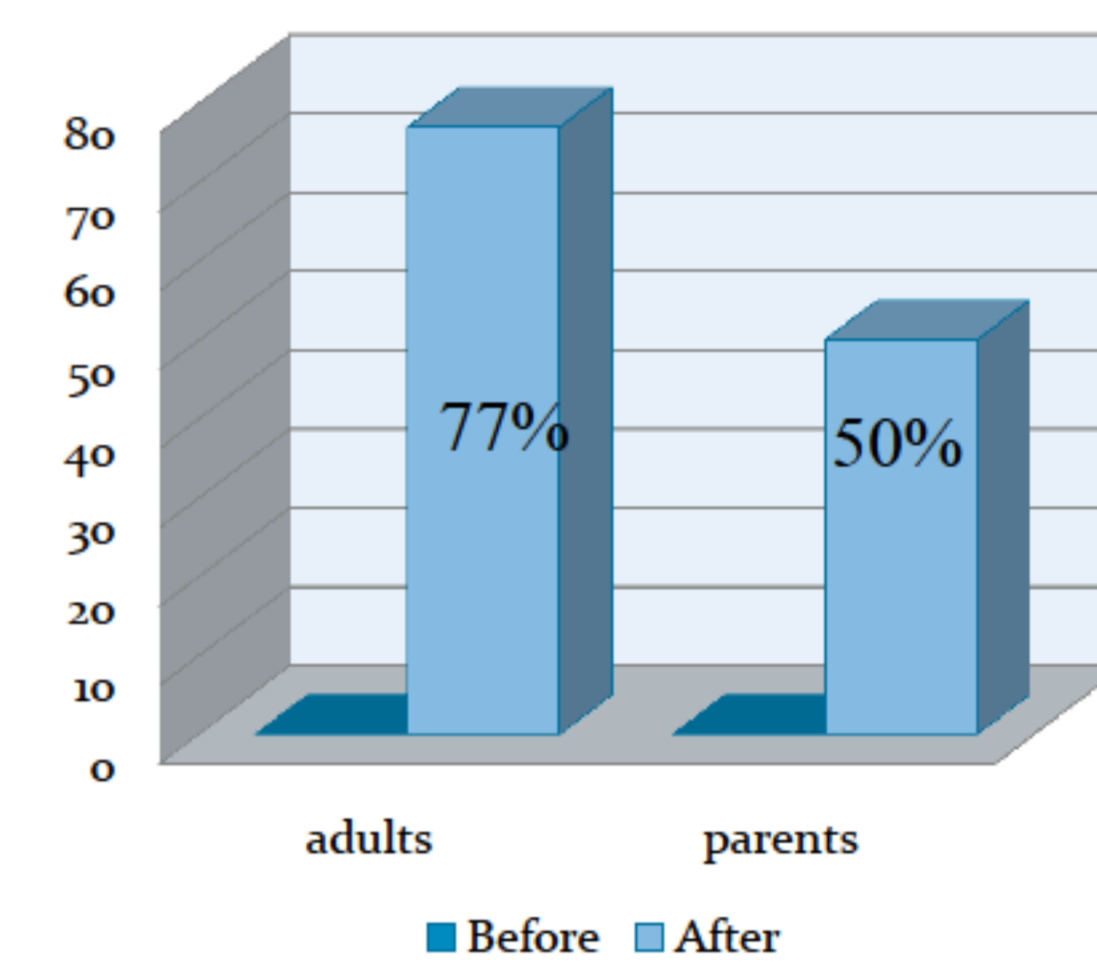
#### 2- Management of the bleeding, prohibited actions, quality of life :



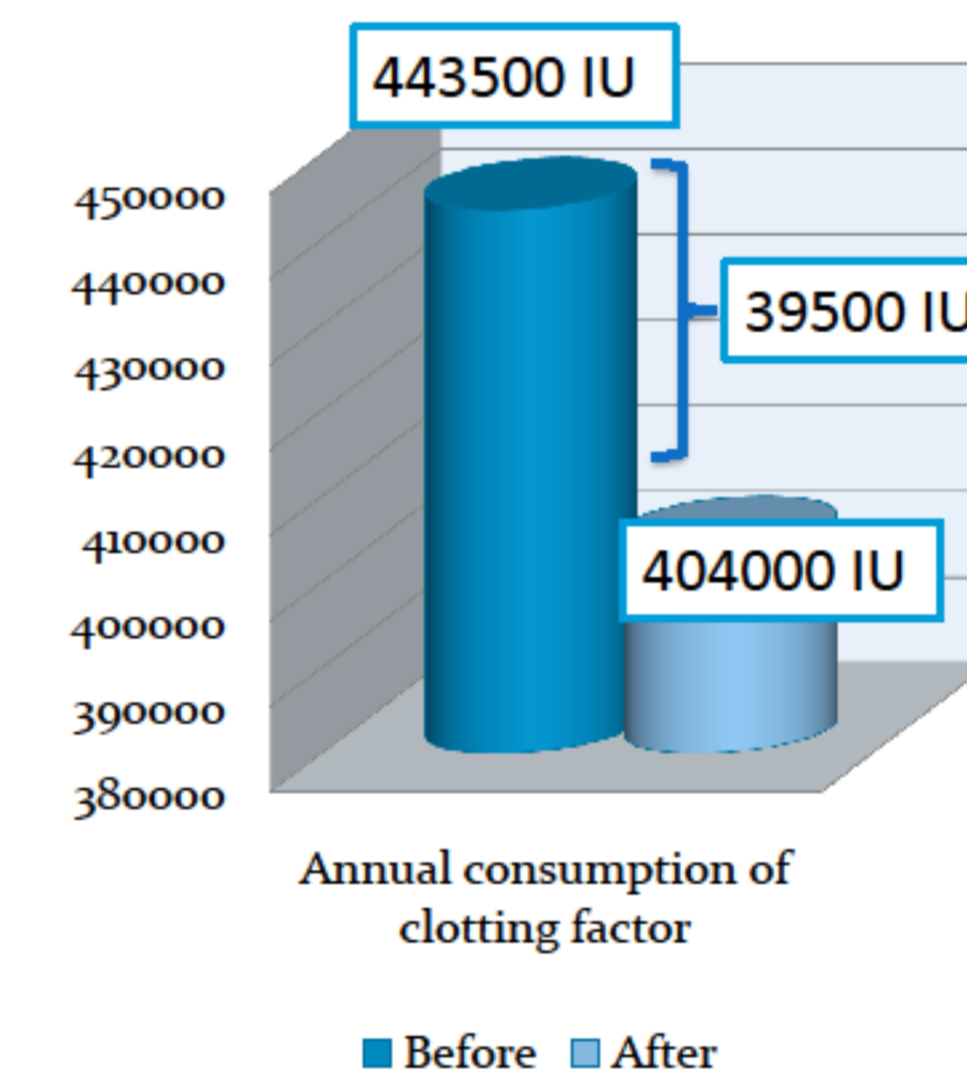
#### 3- Genetics :



#### 4- Practice of self treatment:

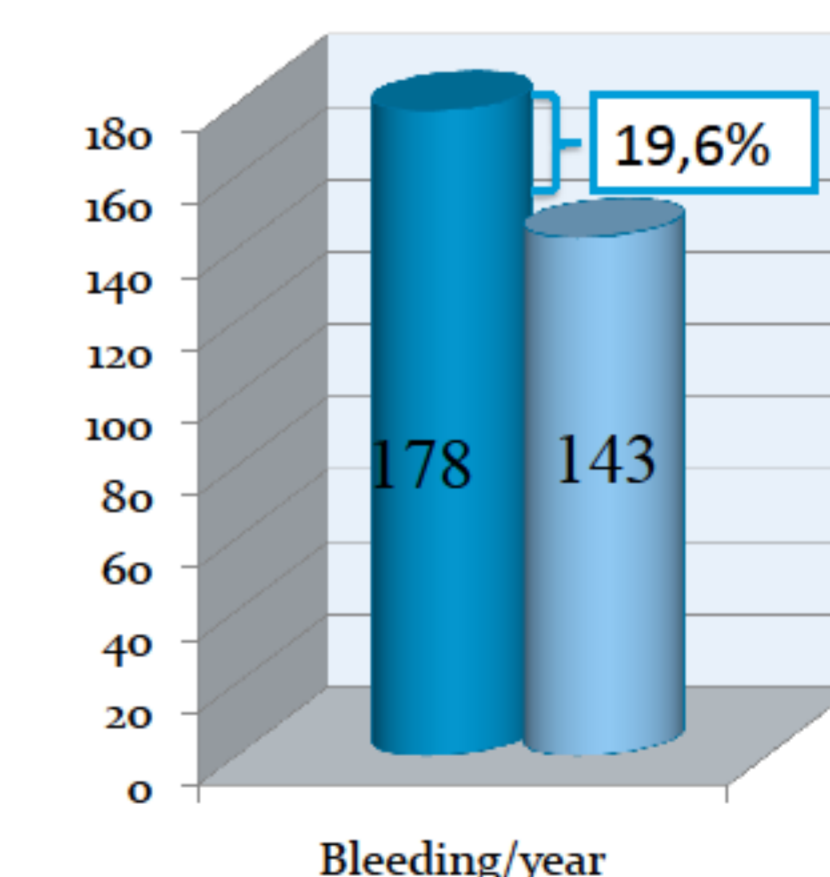


#### 5- Clotting factor management:



We chose a group of 10 patients with severe haemophilia A from the province of Constantine, who participated in education sessions, to calculate the annual consumption of clotting factor before and after training

#### Reduction of bleeding after the therapeutic education:



For the same group of 10 patients with severe haemophilia A in the province of Constantine, who participated in education sessions, we calculated the number of bleeding episodes/ year before and after training

## Comments

- Knowledge acquisition was considered as good in all participants but was better for young children and their parents
- Seventy seven percent of adults and 50% of parents (especially parents of very young children who preferred medical assistance) acquired the capacity of self-infusion.
- This training allowed to reduce the consumption of clotting factor concentrate and the frequency of bleeding.
- In addition, the program has strengthened the relationship between care givers and patients.
- The direct testimony by patients in improving the management of their disease has been recognized as beneficial by the participants and extremely motivating.

## Conclusion

- The therapeutic education program allowed us to achieve our two goals by reducing the consumption of antihemophilic factor and bleedings for patients who completed the training.

