

# THE IMPACT OF HOME TREATMENT IN THE MANAGEMENT OF HEMOPHILIA IN DEVELOPING COUNTRIES



## The Moroccan experience

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### Introduction:

Self treatment involves the injection of anti hemophilic concentrates by the patient himself or a close member of his family. Home treatment is not a luxury. It not only improves the quality of life for patients with hemophilia, but it reduces the cost of care significantly and especially it prevents the severity of bleeding.



Pr El Khorassani during a session of self-treatment of hemophilia patients

### Importance of home treatment

#### Parents:

- Fear of accidents
- Need for autonomy
- Distance between the hospital and home
- transport : time and costs
- Urgency of hemophilia in case of bleeding
- Less stress

#### children:

- Taking on responsibility
- Taming the disease
- Self-confidence
- More social integration
- Ability to play sports



A haemophiliac patient who learns self-treatment



A Child after the home treatment session

### Organization of home treatment sessions

#### Part 1:

- Icebreak between the group and caregiver (group as homogeneous as possible: adaptation of speech, development of links in the group)
- Explanation of what will happen in the session
- Giving voice to the group to speak on the problems they face every day and focus about the importance of this type of sessions

#### Part 2:

- Theoretical part made by the caregiver
- Simplified explanation of hemophilia
- Explaining the importance of immediate treatment of bleeding including hemarthrosis
- Reassure patients and their parents compared to home treatment and highlight its advantages:
  - Cost reduction
  - Less stress
  - More freedom of movement
  - Live a "normal" life

#### Part 3:

- Practical part: the caregiver
- Emphasize aseptic technique
- Preparation of Product
- Injection technique
- Accompany patients / parents in their experience
- Video KID K
- Emphasize to repeat the experience at home and that other meetings will be scheduled to master the technique
- Open debate



This young child learns with his mom how to self treat at home



10 days later, he made an orbital trauma over the weekend. Without self-treatment, he could lose sight

#### Some figures:

- **More than 20 families have benefited from self-treatment sessions at the Centre for Hemophilia of Rabat between 2009 and 2011**
- Training groups did not exceed 5 families per group for better communication
- On average, after two sessions of self treatment, patients begin to self inject.

#### Conclusion

In emerging countries, the distance increases the risk of complications and death from hemorrhage Home treatment is necessary to reduce the level of motor disabilities, reduce processing costs and improve quality of life of hemophilia patients.

