



Collaboration between National Member Organisation (NMO), French Hemophilia Society (AFH)-Comity Midi-Pyrénées and Belgian Hemophilia Society (AHVH) during **diving** courses.



INSTITUTION:

AFH Midi-Pyrénées (French hemophilia society of patients) : Francis Fort (President)

AHVH ((Belgian hemophilia society of patients) : Herman De Smet (President) / Patrick Finders-Binje(Vice-president)

Aurélié Finders-Binje (Responsible Adolescents) / Patrick De Smet (Administrative Coordinator)

INTRODUCTION:

- ❖ diving course in France (Cerberus)
- ❖ Initiator of the "Diving for Hemophiliacs" by Prof Schved and Martial De Haro with a great diving experience.
- ❖ 6 dive-levels with certification.
- ❖ Other activities such as walking, fishing, beach, bowling, evening activities.
- ❖ Through this project participants have the opportunity to experience this new environment and to practice it in a secure environment (surrounded by routined monitors and medical personnel)
- ❖ Important that hemophiliacs youngsters feel privileged with their hemophilia, this project is only done for them, young people want to fully participate to this activity, the only criteria to take part to this activity is to have a clotting problem.

RESULTS:

- ❖ It is by living 24/24 with the Hemophilia of the other one and observing, that they learn the most.
- ❖ The Youngsters are very motivated to perform this activity.
- ❖ Positive evolution of their autonomy in different domains. (Responsibilities, structure,...)
- ❖ Positive results regarding social aspects (Team behavior, listening to each other's story, ...)
- ❖ Long lasting friendship.

CONCLUSIONS:

- ❖ NMO's Experience sharing.
- ❖ A Go-back movement to swimming.



CATEGORY: SPORT

OBJECTIVES:

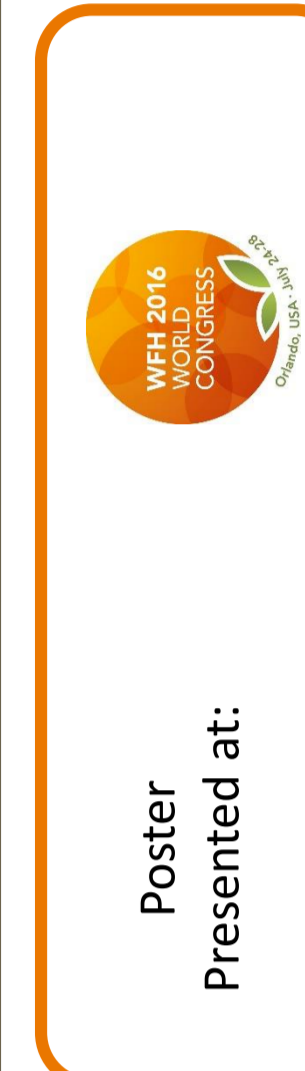
- ❖ During informal moments their friendship and trust in each other, allow them to discuss some live questions they might have on their mind. (Relations, children, bullying at school).
- ❖ Reinitiate the swimming activity through a different sport. The youth don't like to swim anymore as this was proposed as a recommended activity by their doctors and parents in their past.

METHODS:

- ❖ The organization is done by 2 countries (FR-BE) and one is invited (NL).
- ❖ BE : 15-25 years FR: 15 to 65 years (Hemophiliacs and von Willebrand).
- ❖ All participants are patients with clotting problems, 2 Monitors and one Medical Doctor.
- ❖ Adaptation of the diving courses regarding the different cultures of the participating countries :
- ❖ Be : Bilingual coaching(In Belgium 2 official languages are spoken) Only youngster are participating.(Young mentality, they do not want to be separated from their parents as they are very autonomous).
- ❖ FR : 15 to 65 years (Hemophiliacs and von Willebrand). The older once explain to the younger once their experiences.

REFERENCES/BIBLIOGRAPHY:

- ❖ Book: Hémophilie et plongée (Hemophilia and Diving), OCBP Santé, Pages 77, 2011, Prof. Jean-François Schved, Michel Schved, Marc Dauty, Philippe Codine, Martial de Haro, Bénédicte Flieller Bayer Healthcare.
- ❖ AFH Midi-Pyrénées (French hemophilia society of patients):Initiator
- ❖ AHVH (Belgian hemophilia society of patients) Co-initiator



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