



Psychoeducation with updated flashcards: let's Play and learn about INHIBITORS, TREATMENTS and HAEMOPHILIA

IN-HEMOACTION

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Introduction and Objectives

After 9 years, the Hemoaction flashcards have been re-visited to ADD more information about Haemophilia and its different issues. **IN-HEMOACTION** brings new complex topics such as **INHIBITORS, ITS TREATMENTS** and several new cards.

The objective is to do **PSYCHOEDUCATION** and deliver information in a playful and more simple way.

LET'S PLAY, MEMORIZE AND LEARN



Psychoeducation empowers the patient and carers with early knowledge about the chronic condition, clarifies doubts about symptoms, helps to detect bleedings and treat faster.

Gaining knowledge from an early age and in a playful way promote a good self-management and acceptance of haemophilia.

Flashcards are one of the several techniques used in psychoeducation which is a flexible and preventive intervention that several health care professionals can adopt in haemophilia treatments.

Results

Regional workshops with families and health care professionals have been set to introduce and practice with the educational tool. By dividing the set of cards in domains, different professionals like nurses, physiotherapists and haematologists for example, can approach the topic of their interest to explain easily the importance of prophylaxis, exercises or inhibitors and its treatments.

In our country, where literacy is an issue, flashcards are a useful approach to learn by using cognitive functions such as perception, comparison and memory. And if used also as an interactive game, motivation and joy can be part too of the learning process in children with haemophilia.



Methods

The renewed 30 pairs of flash cards come along with a short descriptive manual. They provide a logic sequence of information that can be used to explain a specific topic or to customize explanations depending on the patient's needs.

New topics related to haemophilia and its treatments are presented in **4 domains**:

1

Vascular system and kind of bleedings



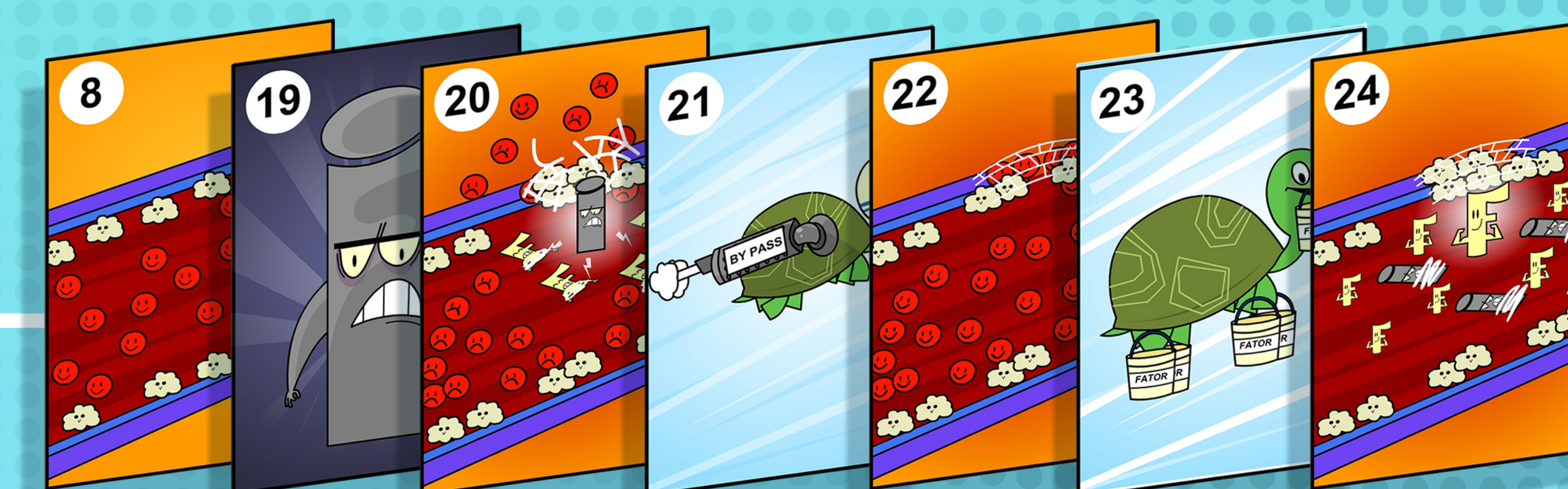
2

The clotting process and prophylaxis



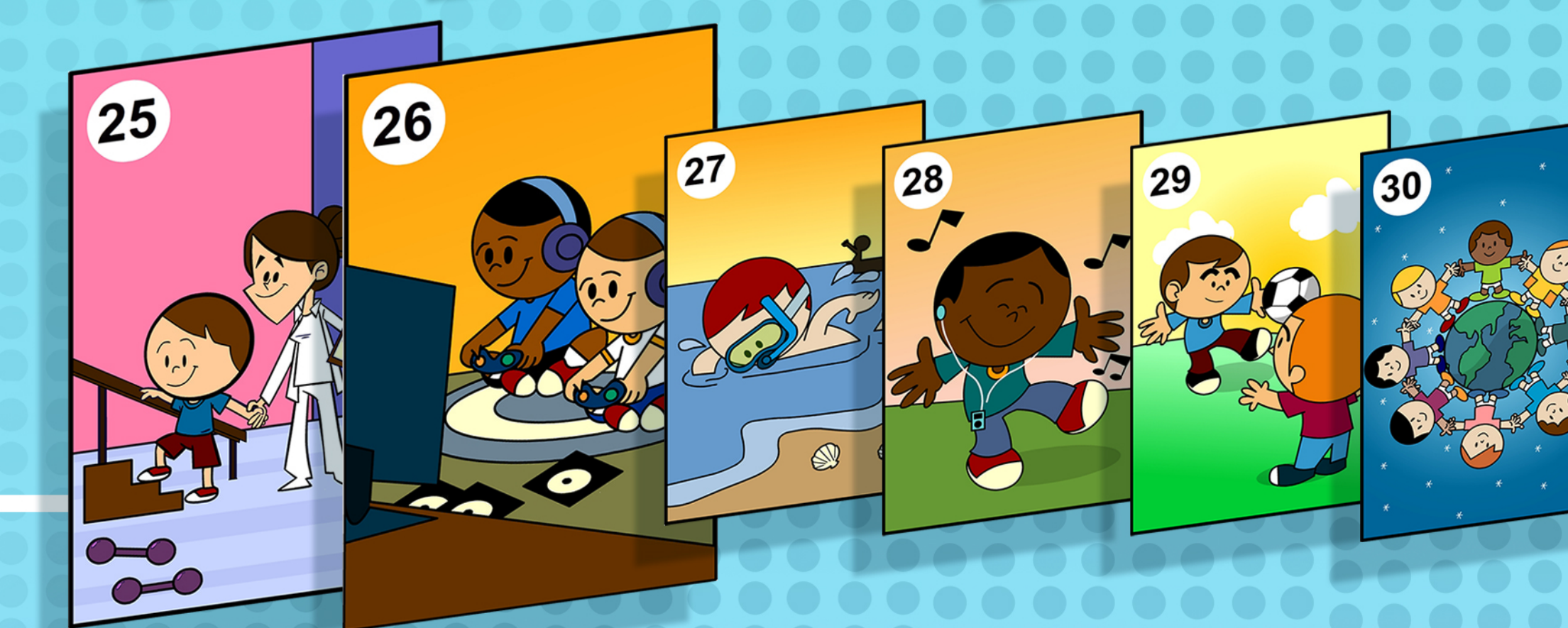
3

Inhibitors and treatments



4

Physiotherapy and sport activities



Children from an early age, can start play Memory game and get familiarised with images that are fun, friendly and related to treatment. For example, different cards show Turtles symbolising slowness in clotting, carrying the Factor happily or helping in the Immune tolerance therapy.



Poster
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Educational and Communication Models
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