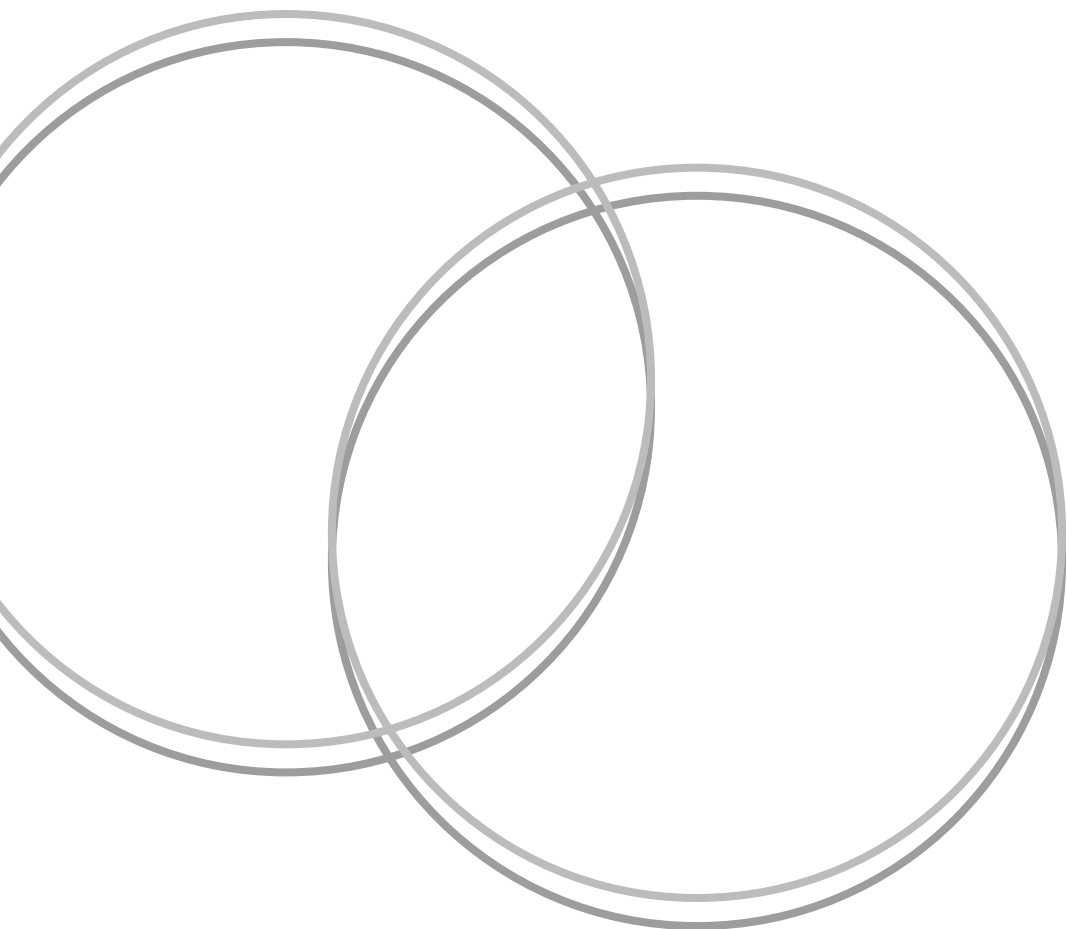




Oxford University Hospitals  
NHS Foundation Trust

# Welcome to the Paediatric Haemophilia and Bleeding Disorders Service

**Information for children and young  
people new to the service**



## **What is this leaflet for?**

You have been given this leaflet to help explain the care you can expect from the Oxford Paediatric Haemophilia and Bleeding Disorders Service and how we can help you.

## Who are we?

The Oxford Paediatric Haemophilia and Bleeding Disorders Service cares for young people with haemophilia and other bleeding disorders who live in the Thames Valley region and beyond. We are here to support you and answer any questions you might have.

### **Our team is made up of:**

- consultant paediatric haematologists – who oversee your care
- specialist nurse practitioners – who help support you with your day to day care
- research nurse – who will support you if you are on a clinical trial
- a physiotherapist – who will help you to keep your joints and muscles healthy
- a psychologist – who will support you if you have any worries or concerns
- a secretary – who will make appointments and send your clinic letters
- Please visit our website for further information  
[www.ouh.nhs.uk/kamrans/haemophilia/default.aspx](http://www.ouh.nhs.uk/kamrans/haemophilia/default.aspx)

## Regular appointments

You will have an appointment at the Paediatric Haemophilia and Bleeding Disorder clinic at least once a year, depending on your age and your diagnosis.

At your appointment you will be seen by a nurse, doctor and, if needed, a physiotherapist. The clinics are on Tuesday afternoons and Thursday mornings in 'Lion' room, in the Children's Outpatient Department, on lower ground 1 (LG1) of the Children's Hospital.

## Shared care

Your local hospital will still be the place you should go to if there is an emergency (such as if you have injured your head), as you will need to be checked urgently. This is called 'shared care.'

Your shared care hospital will arrange for you to come to their Children's Ward or A&E immediately, if you need to. They will be copied in on all your hospital letters, so they are kept up to date with what is going on with your care.

My shared care ward, hospital:

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Contact phone number:

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## **It is important that you:**

- Contact the Paediatric Haemophilia and Bleeding Disorders team if you have a bleed, as we will be able to give you advice immediately and may need to see you
- Keep a record of your treatment and any bleeds using Haemtrack (if you are on regular factor prophylaxis)
- Contact us if you have any surgery or procedures planned
- Carry a bleeding card with you at all times and contact us for a replacement if you lose it
- Contact us if you need to change or cancel an appointment. If possible, please give us at least two weeks' notice, so we give the appointment to someone else

## How to contact us

Paediatric Haemophilia and Bleeding Disorder Specialist Nurses

Tel: 01865 226 562

(9.00am to 5.00pm, Monday to Friday)

### **For appointments and enquiries:**

Paediatric Haemophilia and Bleeding Disorders Secretary

Tel: 01865 234 212

Email: [paediatric.haemophiliaclinic@ouh.nhs.uk](mailto:paediatric.haemophiliaclinic@ouh.nhs.uk) (non-urgent only)

(9.00am to 4.00pm, Monday to Friday)

**For emergency advice or treatment outside office hours, at weekends and on Bank holidays, telephone the Oxford University Hospitals switchboard.**

Tel: 0300 304 7777

Ask to speak to the 'on-call Specialist Registrar for Haematology'.

The Specialist Registrar may give you advice over the telephone or, if you need treatment, they may ask you to come in to Kamran's Ward, which is on Level 0 of the Children's Hospital at the John Radcliffe Hospital.

Kamran's ward Tel: 01865 234068/9

## **Clinical trials**

Clinical research allows us to constantly improve the care given to our patients. This might include trials of new agents, new procedures or devices, or even new ways of using existing treatments. At the Children's Haemophilia Centre, we are part of many clinical research studies. If there is a clinical trial available which relates to your bleeding disorder, we will let you know about it and any options available to you.

## **Moving home or starting at a new school?**

If you move to another area, you will need to register with the local doctor's surgery (general practitioner or GP). You will need to make sure the company that delivers your factor have your new address.

If you are starting at a new school, please speak to the specialist nurses about them visiting your school or sending the school information, so that your teachers and staff know about your condition.

If you are moving further away and would like to transfer your care to another Haemophilia Centre closer to you, we can arrange this.

## **Peer support**

If you have haemophilia, have regular factor prophylaxis and are interested in learning how to give yourself factor, we can discuss this with you. We organise a self-infusion day, which is a fun activity day where you can meet other boys of a similar age to share your experiences and practise giving yourself factor. You will be able to practise intravenous access on a dummy arm, on willing volunteers or on yourself!

## **Moving to adult services?**

Transition is the process of preparing, planning and moving from the Paediatric Haemophilia Service to the Adult Haemophilia Service.

We use the 'Ready...Steady...Go' programme, which is designed to help you get the knowledge and skills to manage your condition by yourself, as you become an adult. You will be supported by the doctors and nurses throughout this time.

The Paediatric and Adult Haemophilia Services are part of the Oxford Haemophilia and Thrombosis Comprehensive Care Centre. This means you can access all the care you may need for your bleeding disorder in one place.

## **Additional support**

If you need any additional support, such as an interpreter or information in another way or language, help with finding out about benefits, ways to give feedback (including how to make a complaint), or spiritual support, we can give you advice about who you can talk to.

We also carry out a patient survey of our service each year. Please let us know if you'd like to complete the survey and help improve our service.



## Useful websites

### **The Haemophilia Society**

[www.haemophilia.org.uk](http://www.haemophilia.org.uk)

This is the only national, independent charity for all people affected by bleeding disorders. The website has useful information for patients, families and schools. They organise weekends away for people who have just been diagnosed and inhibitor patients (and their families), as well as many other events, some which our patients and their families have been involved in and found helpful.

### **World Federation of Hemophilia**

[www.wfh.org](http://www.wfh.org)

This website has useful patient information on a wide range of bleeding disorders. It is useful if you want to go on holiday, as it has details of haemophilia centres all over the world.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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