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## Treatment Guidelines for Haemophilia in South Africa

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These guidelines have been compiled by the South African Haemophilia Foundation Medical Advisory Committee (SAHFMAC) to facilitate the appropriate management of people with haemophilia (PWH).

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Prof Glynn Wessels	Sr Alda Booyens
Dr Marius Coetzee	Mr Richard Johnson
Dr Elsa Gort	Dr Andrew Mc Donald
Dr Paddy Hartley	Dr Chris Sutton
Dr Johannes Opperman	Mrs Ethelwyn Remmers
Sr Katie Bester	Sr Frida Kgopa
Mr Janek Glazewski	Sr Anne Louise Cruickshank
Sr Tsidee Naree	Sr Anne Gillham
Dr Amanda Krause	Prof David Stones
Dr Ella Hartman	Dr Cecile DuToit
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## Note to Healthcare Personnel

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This booklet is intended as a guide for healthcare personnel who might not be familiar with haemophilia. Individuals with haemophilia and their physicians should be advised by a Comprehensive Haemophilia Treatment Centre staffed by a multidisciplinary team skilled in the care of this uncommon chronic bleeding disorder.

Parents of patients with severe haemophilia are usually trained in home infusion of the clotting factor when their child is about four years old and self infusion is normally accomplished by 12 - 14 years of age. However, infants and boys with mild haemophilia must rely on a Haemophilia Centre or other medical facility for clotting factor infusions.

**Please contact Sr Anne Gillham or Sr Mirriam Mokwena (phone 011 787 6710; or cell phone 083 225 9850 or 082 896 3833) or your nearest Haemophilia Treatment Centre if you have any uncertainty regarding management.**

### Comprehensive Haemophilia Treatment Centres

TOWN	HOSPITAL	PHYSICIAN	PHONE
Bloemfontein	Universitas	D. Stones / M.J. Coetzee	051 405 3911
Cape Town	Red Cross Children's	F. Desai	021 658 5297
Durban	Albert Luthuli	R. Thejpal	031 240 1536
Johannesburg	Johannesburg	R. Schwyzer	011 488 3294
Polokwane	Polokwane	C. Sutton	015 287 5043
Port Elizabeth	Dora Nginza	R. Mitchel	041 452 4107
Pretoria	Pretoria Academic	J. Opperman	012 354 5274

Telephone numbers of other Haemophilia Treatment Centres in South Africa are listed on page 17.



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## HAEMOPHILIA OVERVIEW

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Haemophilia is an inherited, x-linked, lifelong bleeding disorder which affects males almost exclusively. Most frequently haemorrhage involves joints or muscles. Bleeding patterns differ with age: infants usually bleed into soft tissues or from the mouth but as the boy grows, characteristic joint bleeding becomes more common.

**Haemophilia A** is the most common form of haemophilia and is due to a deficiency of clotting factor VIII.

**Haemophilia B** is due to a deficiency of clotting factor IX.

### Severity

Haemophilia is classified as severe, moderate, or mild according to the levels of circulating factor VIII or IX and indicates the expected frequency of bleeding:

- **Severe:**  
**factor VIII or IX < 2%**  
Factor VIII or IX replacement is needed several times per month for traumatic or apparently spontaneous bleeding.
- **Moderate:**  
**factor VIII or IX 2 - 5%**  
Less frequent bleeding which usually follows trauma, surgery or dental work.
- **Mild:**  
**factor VIII or IX 5 - 25%**  
Occasional bleeding, usually only after severe trauma or surgery.



### ***Factor VIII Inhibitors in Haemophilia***

Inhibitors may develop in 15 - 35% of persons with haemophilia A but are much less common in haemophilia B.

Risk factors for the development of inhibitors:

- severe haemophilia
- family history of inhibitor development
- more frequent in black patients

If a child is going to develop an inhibitor, this usually happens within a few months after starting factor VIII replacement therapy.

Inhibitors titres are measured in Bethesda units (BU)

Low Responders: titre remains below 5 BU

High Responders: titre above 5 - 10 BU. The level may increase markedly and rapidly after factor VIII infusion (may have rapid anamnestic response in 3 days)

#### **Rules for Inhibitor Management**

- 1. Monitor all patients every 3 - 6 months for the development of inhibitors. This is particularly important and should be done more frequently in newly diagnosed black children with severe haemophilia A, who are at greater risk.**
- 2. Never undertake a surgical procedure or joint aspiration in a person with haemophilia without checking for inhibitors.**
- 3. If there is no response to appropriate replacement therapy, test for inhibitors.**
- 4. Call a Haemophilia Treatment Centre for advice on patient management.**

Refer to page 13 for factor VIII inhibitor management options.



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## TYPES OF BLEEDING IN HAEMOPHILIA

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### Major bleeding episodes

- Central nervous system
- Gastrointestinal
- Neck/throat
- Severe injury
- Hip or iliopsoas
- Advanced joint/muscle
- Forearm compartment

#### Important

- May cause death or crippling. Advice should be sought from a Haemophilia Treatment Centre physician.
- Start appropriate factor replacement urgently. Hospitalisation is usually required to maintain adequate factor levels.
- If the patient has an **inhibitor**, the Haemophilia Treatment Centre must be consulted for major bleeding problems.

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### Minor bleeding episodes

- Joint (early)
- Muscle/soft tissue
- Mouth/gums
- Epistaxis
- Painless haematuria

#### Important

- Although considered minor bleeds, complications may occur. If there are uncertainties about medical management, consult a Haemophilia Treatment Centre.
  - Treat early to avoid long term complications.
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## Haemarthrosis

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### Commonly affected joints

Knees, elbows, ankles,  
(shoulder, hip and other joint  
bleeds are rare).

- After one or several haemarthrosis with synovitis, a joint may become 'targeted' for recurrent bleeding and damage.
- These patients should be referred for synovectomy

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### Symptoms & Signs

- Tingling sensation (early)
- Stiffness
- Pain
- Limited range of motion
- Swelling
- Limp or refusal to use limb

- **Do not delay treatment.**
- **Early bleeding** can be felt by the patient before signs are apparent.
- **Obvious joint swelling** is a late sign of bleeding.

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### Treatment Guidelines

Replace missing factor see:  
page 11 haemophilia A  
page 12 haemophilia B

Rest the affected joint/limb

- posterior splint
- sling for arm
- no weight bearing

- Treat **early**.
- **Repeat infusions** in 12 to 24 hours.
- Ice packs may reduce bleeding:  
Apply 5 minutes on 10 minutes off.
- No circumferential casting.
- X-ray **not** indicated - only if fracture is suspected.







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## Dental / Gum Bleeding / Epistaxis / Tongue

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- Bleeding can be profuse
- Swallowing blood:  
vomiting blood  
dark tarry stools
- May need Hb and HCT

- **Torn frenulum** (upper lip) bleeding is problematic in the young child.
- **Dental** injection or extraction requires prior infusion to raise factor levels.

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### Treatment

Replace missing factor refer to:  
page 11 haemophilia A  
page 12 haemophilia B

- Cool, soft, or liquid diet following gum bleeding or dental extraction.

- Local pressure.
  - Ice 5 minutes on, 10 minutes off.
  - If tooth extracted use deep silk or Vicryl suture.
  - Tranexamic acid may be useful (Refer to page 15).
  - Red cell transfusion if necessary.
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## Gastrointestinal Bleeding

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### Potential emergency

- Bleeding can be profuse
- Blood/coffee-ground emesis
- Dark/tarry stools

- **Abdominal pain** - regard as a bleed until proven otherwise: infuse factor first, then investigate as for all GIT bleeds.

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### Treatment

- Immediate factor replacement refer to:  
page 11 haemophilia A  
page 12 haemophilia B
- Consult a Haemophilia Treatment Centre.
- Check BP, Hb & HCT.

- Hospitalise to maintain factor level and monitor ongoing blood loss.
  - Investigate for site of bleeding.
  - May need red cell transfusion.
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## Genito-urinary Bleed

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- Usually spontaneous

- Persistent or recurrent haematuria should be investigated

### Signs & Symptoms

- May have renal angle tenderness
- Red or dark urine
- Usually no dysuria

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### Treatment

- Increase fluid intake (1 glass/hour)
- Bed rest
- If not resolved in 24 hours treat with factor replacement

- Tranexamic acid is contraindicated

Refer to:

page 11 haemophilia A

Page 12 haemophilia B

- Continue to increase fluids and bed rest for 7 days
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## TREATMENT OF BLEEDING EPISODES

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### Factor VIII Treatment Guidelines

Refer to page 16 for the products available in South Africa

- **Always refer to the Haemophilia Treatment Centre physician's instructions**
- **Treatment products may change: always read the package insert**
- **Patients with inhibitors require special treatment**

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### Factor VIII replacement for Haemophilia A, no inhibitor

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**Dose** depends on bleeding severity

**Minor bleed:** 15-25 IU/kg

**Major bleed:** 40 IU/kg

**Expected response:** 1 IU/kg = 2% rise in factor VIII level

**Half life**      Factor VIII: 8-12 hr

For serious bleeding **factor VIII assay** may be required to monitor the response to the infusion.

If there is no response to appropriate replacement therapy, test for inhibitors.

- **The Haemophilia Treatment Centre** physician chooses the most suitable product for each patient. Please follow these recommendations.
- **Plasma-derived factor VIII** is treated with heat or solvent/detergent to inactivate viruses.
- **Round off** dose to the nearest vial; do not discard excess factor VIII but rather infuse it.
- **Repeat doses** may be required depending upon the severity of bleeding: Always needed for major bleeds every 12 - 24 hours.





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## Factor VIII Inhibitor Management Options

Refer to page 16 for the products available in South Africa

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### 1. Acute bleeding episodes

Ice/cold pack - 5 minutes on, 10 minutes off

Immobilise joint with a splint

#### Low Responder (< 5 BU)

- Give factor VIII at 2 - 3 times the normal dose
- Monitor response clinically

#### High Responder (> 5 - 10 BU)

- **Activated Prothrombin Complex Concentrate (APCC)**

Dose: 50 - 100 IU/kg q12 - 24h

Infuse at 2 IU/kg/h

Do not exceed a single dose of 200 IU/kg

- **Do not** use antifibrinolytic drugs (eg. Tranexamic acid) concurrently because of the risk of thromboembolism
- **Recombinant factor VIIa**  
90 µg per kg q2 - 3 h or by continuous infusion (at 20 µg/kg/hr) until clinical improvement. Factor VIIa activates factor X and leads to the formation of a haemostatic plug.  
Tranexamic acid 15 - 25 mg/kg/dose po q6- 8h may be used concurrently with recombinant factor VIIa.

### 2. Long term

#### Management - Immune tolerance (IT)

- IT should be initiated at a Haemophilia Treatment Centre.
- Successful therapy (eliminating the inhibitor) may take months. Several regimens are effective - the Dutch regime (25 IU factor VIII/kg 3 times per week) is the most affordable.



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## Rehabilitation Exercises After Joint or Muscle Bleeds

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Rehabilitation after a bleed is essential to maintain strength and range of motion.

**When to start rehabilitation exercises?**

As soon as the pain is gone.

**What exercises?**

1. Static exercise.
2. 3 days after resolution of the bleed:  
free active exercises where the only resistance is gravity.
3. 10 days after the resolution of the bleed:  
weight bearing exercises to build up muscle strength and bulk.

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## Hepatitis

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- Any PWH may have transfusion acquired infection.
  - Test regularly for HAV, HBV, HCV.
  - Antibody/antigen negative patients should be immunised.
  - Active infection should be excluded in positive patients.
  - Patients with chronic active hepatitis should be referred to a hepatologist for management.

**NB:** Patients with hepatic dysfunction may have other factor deficiencies (test PT or INR) or a low platelet count.





## Haemophilia Treatment Products Available in South Africa

Product Name	Company	Contact Details
<p><b>Factor VIII Products</b> Haemosolvate Factor VIII</p> <p>Virally Inactivated Factor VIII</p>	<p>National Bioproducts Institute</p> <p>Western Province Blood Transfusion Service</p>	<p>Ronnie Ramphal 031 719 6789 083 229 5339</p> <p>021 507 6300</p>
<p><b>Factor IX Complex Products (Prothrombin Complex Concentrates [PCC])</b> Haemosolvex Factor IX</p>	<p>National Bioproducts Institute</p>	<p>Ronnie Ramphal 031 719 6789 083 229 5339</p>
<p><b>Activated Prothrombin Complex Concentrates (APCC)</b> FEIBA</p>	<p>Adcock Ingram Critical Care</p>	<p>011 494 8000</p> <p>Renata Friebus 082 561 5390</p> <p>Tersia Coetzee 082 561 5388</p>
<p><b>Recombinant Factor VIIa</b> NovoSeven</p>	<p>Novo Nordisk</p>	<p>Dr Willem Roux 083 357 6270</p>



## HAEMOPHILIA INFORMATION

### Haemophilia Treatment Centres and Treaters

Contact person	Hospital	Phone
<b>Johannesburg</b>		
Dr J Mahlangu	Johannesburg	083 644 5659
Dr D Brittain	Johannesburg	011 475 8451
		page 011 321 0111
		code DB001
Dr R Schwyzer	Johannesburg	011 488 3294
Sr B Mbele	Johannesburg	011 488 3294/5
Sr A Gillham	Johannesburg	011 787 6710
		083 225 9850
Sr M Mokwena	Johannesburg	011 787 6710
		082 896 3833
Prof A Krause (Genetics)	Johannesburg	011 489 9219
Prof E Hartman	Chris Hani Baragwanath	011 933 1530
Prof M Patel	Chris Hani Baragwanath	011 933 8000
		072 437 4680
Mr C Moodley	Johannesburg	011 489 8418
<b>Cape Town</b>		
Dr A Mc Donald	Groote Schuur	021 404 3084
		084 566 0838
Sr AL Cruickshank	Groote Schuur	082 788 1038
Dr F Desai	Red Cross Children's	021 658 5297
		021 658 5185
Prof C Karabus	Red Cross Children's	072 521 1395
Sr R Olivier	Red Cross Children's	083 258 6163
Dr M Du Toit		082 416 0024
Dr A Schmidt	Tygerberg	021 938 4911
		(bleep 315)
		021 938 5888
		084 676 8614
Dr G Sissolak	Tygerberg	072 795 0828




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**Haemophilia Treatment Centres and Treaters cont.**


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Contact person	Hospital	Phone
<b>Cape Town cont.</b>		
Tygerberg Paediatric Clinic	Tygerberg	021 938 4564
Prof G Wessels	Tygerberg	021 938 4570
		084 554 1540
Dr A Dippenaar	Tygerberg	082 372 8622
Dr A Bird	WPBTS	021 507 6318/9
<b>Port Elizabeth</b>		
Dr R Mitchel	Dora Nginza	041 452 4107
		084 207 3045
Dr N Littleton	PE Complex	041 392 3281
Mrs A Agherdien	Livingstone	041 451 3317
		083 244 3634
Sr A De Klerk	Dora Nginza	041 405 2415
		084 551 3829
<b>East London</b>		
Dr M Painter	Frere	043 709 2511
		082 326 1769
Sr S Sogcwe	Frere	043 709 2370
		083 207 1998
Dr P Knox	SANBS	043 704 8200
		082 807 3362
<b>Durban</b>		
Dr F Bassa	King Edward VIII	031 260 4375
		083 231 4766
Dr R Thejpal	Albert Luthuli	031 240 1536
		082 562 4491
Haemophilia Clinic	King Edward VIII	031 360 3680
		083 265 5248
Dr V Poovalingam	SANBS	031 719 6630




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**Haemophilia Treatment Centres and Treaters cont.**


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<b>Contact person</b>	<b>Hospital</b>	<b>Phone</b>
<b>Pretoria</b>		
Dr J C Opperman	Pretoria Academic	012 354 5274 072 288 0890
Dr J Potgieter	Pretoria Academic	012 319 2187
Sr K Bester	Pretoria Academic	012 354 2251 082 794 5073
Mrs E Remmer (Physiotherapy)	Pretoria Academic	012 354 1645 072 247 7352
<b>Bloemfontein</b>		
Prof D Stones	Universitas	051 405 2820 083 444 7233
Dr M Coetzee	Universitas	051 405 3116 082 550 1968
Haemophilia Clinic	Universitas	051 405 3069
<b>Polokwane</b>		
Dr C Sutton	Polokwane Provincial	015 287 5043 082 800 6778
Sr P Adolf	Polokwane Provincial	015 287 5043 082 474 5144




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## S A Haemophilia Foundations

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<b>Foundations</b>	<b>Phone</b>
<b>Johannesburg</b> Craig Walter	082 807 2230
<b>Durban</b> John Schimper	031 710 6911 (w) 082 800 7812
<b>Port Elizabeth</b> Mark Morris	082 800 9477
<b>Bloemfontein</b> Steve Swanepoel	051 433 2882 (w) 051 436 6954 (h)
<b>Pretoria</b> Marchaine Wright	084 504 9149
<b>Cape Town</b> Bradley Rayner	021 781 0915 (h) 082 882 6420
<b>Limpopo</b> David Lephatsi	083 979 3633

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