Managing Female Patients with Bleeding Disorders - - it's as easy as A.B.C.D.

Awareness • Build • Consult and Collaborate • Develop

Did You Know?

• 12-30% of women and girls with heavy menstrual bleeding have an underlying bleeding disorder?[^4]

• 1 in 6 girls presenting to ED with menorrhagia may have von Willebrand disease (VWD)

• VWD and platelet disorders are the most common bleeding disorder characterized by epistaxis, gastrointestinal bleeding, and menorrhagia

• Prolonged bleeding from the gums after a dental procedure is a key symptom of VWD[^3]

Awareness of Women with Bleeding Disorders

• Learn about common bleeding disorders among women

• Learn how to recognize bleeding disorder signs and symptoms

• Become aware of a patient's predisposition to bleeding during restorative, periodontal, or surgical procedures

Build

Conduct a thorough exam, and obtain an accurate, comprehensive patient assessment including a detailed medical history that answers the following: Does the patient have[^1]:

- a known history or family history of a bleeding disorder
- heavy menstrual bleeding since menarche
- a history of bleeding episodes related to dental procedure(s)
- prolonged bleeding after an injury or surgical procedure[^5]
- hysterectomy (if yes, what age?)
- medication Hx: OCPs, anticoagulants, antiplatelet, iron therapy
- clotting problems
- epistaxis, one or two times per month
- frequent gum bleeding
- a history of anemia or has received treatment for anemia[^3]
- easy bruising with minimal trauma[^3,5]
- frequent nose bleeds, lasting for 10 minutes or more[^3,5]
- joint bleeding or other sites of bleeding
- areas of petechiae, purpura and ecchymosis

Consult and Collaborate

• Contact the patient’s leading provider and/or hematologist[^1,2] (CDC HTC Directory: http://www.cdc.gov/ncbddd/hemophilia/treatment.html)

• Obtain additional information the provider may have about the patient’s bleeding history or disorder; decide if further testing is needed

• Review any laboratory tests; obtain clearance to treat (if necessary)

Develop

• Develop an appropriate, patient-specific treatment plan[^1]

• Set up a schedule for routine cleanings and exams

• Teach patients' good oral hygiene in order to help prevent the need for invasive procedures in the future


For more information on women and girls with bleeding disorders visit www.fwgbd.org