If bleeding occurs, control blood loss using gentle pressure, and protecting the skin from damage.

- Use safety measures in personal care. For example, use an electric razor rather than a razor blade to shave. Use of an electric razor minimizes the opportunity to develop superficial cuts that may result in bleeding.

- If bleeding occurs, control blood loss using gentle pressure, ice, or a topical hemostatic agent, such as an absorbable gelatin sponge, microfibrillar collagen hemostat, or topical thrombin. Direct pressure occludes bleeding vessels. Ice, a vasoconstrictor, may facilitate bleeding control, as do topical hemostatic agents.

- Instruct to avoid activities that increase the risk of trauma, including contact sports, physical exertion associated with job performance, and to eliminate safety hazards in the home. Depending on the severity of the clotting factor deficit, even minor trauma can lead to serious bleeding episodes. Safer activities such as noncontact sports (e.g., swimming, golf) and occupations that do not require physical labor may be substituted.

**Risk for Ineffective Health Maintenance**

Hemophilia is a chronic disorder, requiring active management to prevent and control bleeding and complications. Frequent visits to the physician or clinic may be necessary. In addition, the client may need to learn to self-administer clotting factors and measures to prevent complications. The lifelong nature of the disorder may interfere with compliance, especially during early adulthood.

- Assess knowledge of disorder and the related treatments. Assessment allows identification of knowledge gaps and provides a basis on which to provide additional information. Impaired disease management may be due to lack of knowledge or a conscious decision not to follow the recommendations of the healthcare provider.