



**ORIGINAL RESEARCH PAPER**

**Nursing**

**LEARN THROUGH WHAT YOU GO THROUGH  
-HTC ALUVA MODEL HOMETHERAPY IN  
HEMOPHILIA**

**KEY WORDS:**

**Syamraj  
Santhappan**

Nurse coordinator, Hemophilia Treatment centre Aluva, Kerala India

**BACKGROUND**

Home therapy is a standard treatment method in hemophilia widely accepted by many countries across the globe. This ensures optimum care to the patients with bleeding disorders requiring bleeding episodes are treated as quickly as possible. So taking the patient to a healthcare facility or a health professional will take much time. In order to avoid that somebody in the family can infuse factors within their homes. 350 patients in our treatment centre are on home therapy because they have experienced the benefits ., once Hemophilia is diagnosed; it inflicts a chronic disease treatment burden on the patients and their families. The burden includes unpredictable spontaneous bleeds, major bleeds like intracranial bleed, Gastro-Intestinal bleed and other musculoskeletal bleeds like iliopsoas bleeds. Sometimes the bleeds may be life-threatening or put the patient into a complete disability state. Replacement therapy with appropriate clotting factor concentrate is the first-line management for both spontaneous and traumatic bleeds that emerged. CFC is administered through intravenous infusions which require technical skills and specific procedures. CFC infusions can be either On-Demand or prophylaxis modality may be delayed while the patient is transported to hospitals. This lag in the treatment will make further bleeding complications on the already existing bleeds which might be very difficult to manage with a minimum dose of factor concentrates and mandated long stay at the hospitals

**DISCUSSIONS**

**Challenges of homotherapy**

- Patients with poor venous Access
- Patients who have not achieved the skills
- Patients who have less confidence level
- A patient who is infrequent to infusions

**CONCLUSION**

Through this study, I came to understand that anyone can learn and practice homotherapy if they put a little effort into it. And also Homotherapy can make drastic changes in the life of haemophilia patients such as reduction in pain, Avoid transportation to the hospital, complications of major bleeds and improvement in quality of life.

**OBJECTIVE**

This study is used as a tool for practising homotherapy in haemophilia patients and Make every patient and their caregivers aware of how it can be performed with minimum resources and skills.

**MATERIALS AND METHODS**

- \* Patients and caregivers are selected for home therapy if they are interested in learning it
- \* Children at least 10 years of age or above are chosen
- \* Took consent from the patients/ caregivers for invasive procedure taught by the Nurse coordinator
- \* Three consecutive days of homotherapy training has been given on an individual basis including basic anatomy of infusion sites.
- \* One demonstration session has been performed followed by the three days training
- \* A YouTube video has been made by one of the patients at the centre and the link was shared to patient WhatsApp groups to follow the steps if they forget any.
- \* Invited the patients once in 3 months for follow-ups

**HTC Aluva Breakup in Home Therapy**

