<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults over 40</td>
<td>3</td>
</tr>
<tr>
<td>Bleeding disorders in women</td>
<td>6</td>
</tr>
<tr>
<td>Carriers of hemophilia A or B</td>
<td>8</td>
</tr>
<tr>
<td>Emergency care - hemophilia and von Willebrand disease</td>
<td>9</td>
</tr>
<tr>
<td>Emergency care - rare inherited bleeding disorders</td>
<td>10</td>
</tr>
<tr>
<td>Hemophilia</td>
<td>11</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>15</td>
</tr>
<tr>
<td>Inhibitors</td>
<td>16</td>
</tr>
<tr>
<td>Physical activity and sports</td>
<td>17</td>
</tr>
<tr>
<td>Platelet function disorders</td>
<td>18</td>
</tr>
<tr>
<td>Rare factor deficiencies</td>
<td>19</td>
</tr>
<tr>
<td>Relevant to all bleeding disorders</td>
<td>22</td>
</tr>
<tr>
<td>Resources for children</td>
<td>25</td>
</tr>
<tr>
<td>Von Willebrand disease</td>
<td>26</td>
</tr>
</tbody>
</table>
The CHS wallet travel card contains information about how to access care and treatment when away from home. Among other things, and especially to help globetrotters, the wallet card contains 16 key phrases in English, French and Spanish that can be used in an emergency situation.

Identifying common joint & muscle bleeds
An information booklet designed to help people living with bleeding disorders identify common joint and muscle bleeds in their earliest stages, so that proper treatment can begin as soon as possible. It is written to help people of all ages perform a self-assessment and to help parents assess their children. Developed by the Canadian Physiotherapists in Hemophilia Care.

Challenges, Choices, Decisions: A Guide on Orthopedic Surgery for People with Hemophilia
This educational resource has been developed as a guide to help hemophilia patients, not affected by an inhibitor, and their families understand what is involved in orthopedic surgery. Available in PDF only.
Adults over 40

Challenges, Choices, Decisions: A guide on orthopedic surgery for people with hemophilia and inhibitors
This educational resource was developed as a guide to help hemophilia patients and their families understand what is involved in orthopedic surgery in the presence of inhibitors.

Pain: The Fifth Vital Sign
A resource on managing pain for people with bleeding disorders.

Dental Care for People with Bleeding Disorders
People with bleeding disorders have the same kinds of dental problems as other people. When dental problems occur, however, treatment may require more planning. This booklet includes basic guidelines on how to recognize and cope with dental problems.
Adults over 40

The *Passport to well-being* program provides people with bleeding disorders, at all stages of their lives, with information, skills and strategies to enable them to maximize their quality of life.

**Roadmap for managing pain**
Raising awareness of ways to manage the pain that is so common to people with bleeding disorders.

**Navigating the emergency department**
Helping people with bleeding disorders prepare for visits to the emergency department.

**Bon Voyage! Travelling with a bleeding disorder**
Helping people with bleeding disorders reduce the risks of travel so they can enjoy their adventure to its fullest.

**FactorFirst** and **TreatFirst** resources
The *FactorFirst* and *TreatFirst* cards were developed as a resource for the individual to carry in his/her wallet for presentation to emergency department staff when accessing emergency care. The card contains important patient information including details on diagnosis and treatment guidelines and contact names and phone numbers of the patient’s bleeding disorder treatment centre.

**MyCBDR: The best way to report treatments and bleeds to your health care team.**
This flyer has been produced by the CHS to promote the use of MyCBDR to patients. It includes, among other things, a list of the benefits of using MyCBDR, its special features and information on how to register.
Emergency care for patients with von Willebrand disease
An instructional manual with guidelines on the treatment and management of von Willebrand disease emergencies including recommended dosage.

Guidelines published by the Society of Obstetricians and Gynaecologists of Canada (SOGC)- Available in PDF only
Published in the July, 2005 issue of the Journal of Obstetrics and Gynaecology Canada. Publication of these guidelines was one of the key recommendations arising from the 2003 1st Canadian State of the Art Conference on von Willebrand Disease organized by the Canadian Hemophilia Society. This material is under copyright and is accessible for educational purposes only. It cannot be copied or reproduced without approval from The Society of Obstetricians and Gynaecologists of Canada.
Bleeding disorders in women

**Cyklokapron - A Guide for Patients and their Caregivers**
This simple brochure provides basic information on the uses and administration of this drug. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.

**Desmopressin - A Guide for Patients and Caregivers**
This simple brochure provides basic information on the uses and administration of DDAVP, Octostim and Octostim Spray. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.
Carriers of hemophilia A or B

All About Carriers
A comprehensive guide for carriers of hemophilia A or B. Developed and published by the Canadian Hemophilia Society. An interactive animated video that provides potential pre-teen and teenage carriers with relevant and age appropriate information about what it means to be a carrier of hemophilia A or B is also available. This video, *Me and My Genes!*, is available on the CHS website.
Emergency care
Hemophilia and von Willebrand disease

The **FactorFirst card** was developed as a resource for the individual with hemophilia or von Willebrand disease to carry in his/her wallet for presentation to emergency department staff when accessing emergency care. The card contains important patient information including details on diagnosis and treatment guidelines and contact names and phone numbers of the patient’s bleeding disorder treatment centre. To obtain a **FactorFirst card**, patients should contact their bleeding disorder treatment centre.

**Emergency Department Poster**
A 17 “ x 22” poster for display in emergency departments which contains guidelines for emergency management of hemophilia and von Willebrand disease.

**Emergency care for patients with hemophilia**
Guidelines on the treatment and management of hemophilia emergencies including recommended dosage.

**Emergency care for patients with von Willebrand disease**
An instructional manual with guidelines on the treatment and management of von Willebrand disease emergencies including recommended dosage.
Emergency care
Rare inherited bleeding disorders

The TreatFirst card was developed as a resource for the individual with a rare factor deficiency or a platelet function disorder to carry in his/her wallet for presentation to emergency department staff when accessing emergency care. The card contains important patient information including details on diagnosis and treatment guidelines and contact names and phone numbers of the patient's bleeding disorder treatment centre.

To obtain a TreatFirst card, patients should contact their bleeding disorder treatment centre.

ADDITIONAL RESOURCE

The booklet Navigating the emergency department contains practical suggestions on how to prepare for that unexpected trip to the emergency department and what you can do to make things go smoothly once you arrive.
Hemophilia

A comprehensive resource for families raising a child with hemophilia available through the Canadian hemophilia treatment centres.

**Challenges, Choices, Decisions: A Guide on Orthopedic Surgery for People with Hemophilia**
This educational resource, has been developed as a guide to help hemophilia patients, not affected by an inhibitor, and their families understand what is involved in orthopedic surgery. *Available in PDF only.*

**Desmopressin - A Guide for Patients and Caregivers**
This simple brochure provides basic information on the uses and administration of DDAVP, Octostim and Octostim Spray. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.
Hemophilia from Diagnosis to Homecare: Support for the Journey
Publication designed to help new parents work through the challenges of raising a child with hemophilia.

Hemophilia: What School Personnel Should Know
One of the most popular booklets of the CHS educational material catalogue has just been revised. Different colours, different design, different format, and additional content to improve and enhance the already highly informative text. The booklet was developed with the efforts, knowledge and expertise of the Atlantic Hemophilia Nurses group. As with the previous version, a DVD is available to accompany the booklet as a complementary resource.

Identifying common joint & muscle bleeds
An information booklet designed to help people living with bleeding disorders identify common joint and muscle bleeds in their earliest stages, so that proper treatment can begin as soon as possible. It is written to help people of all ages perform a self-assessment and to help parents assess their children. Developed by the Canadian Physiotherapists in Hemophilia Care.
Hemophilia

Information Booklet on Mild Hemophilia
Mild hemophilia can be very serious and even life-threatening if injuries or bleeds are not treated promptly and adequately. This information booklet for people living with mild hemophilia and their families was developed by the Atlantic Hemophilia Nurses Group of the Canadian Association of Nurses in Hemophilia Care (CANHC).

Home Treatment Guide: for people with bleeding disorders
2nd Edition
This Home Treatment Guide was developed by hemophilia nurses working with patient and families affected by hemophilia. The guidebook is designed to assist patients in the safe home treatment of bleeding disorders by providing basic information in an easy-to-use format.

Emergency Care for Patients with Hemophilia
Guidelines on the treatment and management of hemophilia emergencies including recommended dosage.
Acquired hemophilia
Produced by the Canadian Association of Nurses in Hemophilia Care and the CHS, this seven-panel pamphlet contains all the key information: what is acquired hemophilia, signs and symptoms, available treatments.

In the Driver’s Seat
This workbook was developed by members of the Canadian Physiotherapists in Hemophilia Care to guide adults with bleeding disorders through an organized and thoughtful approach to decision-making around physical activities.
Common hepatitis C symptoms and treatment side effects with tips for coping with them (including side effects for each drug)
Contains practical tips for managing the symptoms of hepatitis C and the side effects of treatment. The information in this printable PDF format guide has been revised from a printed guide first published by the Canadian Hemophilia Society in 2003 and updated in partnership with CATIE in 2011. In 2016, information on direct acting antivirals was added. In-depth information on peg-interferon can be found on www.catie.ca. The information in this guide is complemented by many other resources which can be found on the CATIE website at www.catie.ca/en/hepatitis-c.

Accessing treatments for hepatitis C through the Hepatitis C January 1, 1986 — July 1, 1990 Class Actions Settlement: What you need to know
Information brochure targeted at patients who received tainted blood or blood products and who are registered claimants of the Hepatitis C 1986-1990 Class Actions Settlement. This brochure provides information on accessing treatments for hepatitis C as well as support programs offered by pharmaceutical companies.
Inhibitors

All About Inhibitors
A comprehensive guide about inhibitors for affected individuals and their families. Developed and published by the Canadian Hemophilia Society.

Challenges, Choices, Decisions: A guide on orthopedic surgery for people with hemophilia and inhibitors
This educational resource was developed as a guide to help hemophilia patients and their families understand what is involved in orthopedic surgery in the presence of inhibitors.

- Chapter 8 - Complications of Hemophilia
Physical activity and sports

Destination fitness
Helping patients to develop personalized fitness plans to improve overall health

- Chapter 12 - Physical Activity, Exercise and Sports

In the Driver's Seat
This workbook was developed by members of the Canadian Physiotherapists in Hemophilia Care to guide adults with bleeding disorders through an organized and thoughtful approach to decision-making around physical activities.
Platelet function disorders

Bernard Soulier Syndrome – An Inherited Bleeding Disorder
This brochure is a general information booklet about the Bernard Soulier Syndrome for patients, families and health care providers. It was developed by the Canadian Association of Nurses in Hemophilia Care (CANHC) and published by the Canadian Hemophilia Society.

Glanzmann Thrombasthenia - An Inherited Bleeding Disorder SECOND EDITION - A general information booklet about Glanzmann thrombasthenia for patients, families and health care providers. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.

Disorders of Platelet Function
An information booklet for patients, families and health care providers by Dr. Sara J. Israels and Margaret L. Rand, Ph.D.
Rare factor deficiencies

**Fibrinogen or Factor I Deficiency** – An Inherited Bleeding Disorder
Factor I (or fibrinogen) deficiency is a very rare inherited disorder with complications that vary with the severity of the disorder. This booklet provides information for people trying to cope with this health problem. It explains the causes of the disorder and currently available treatments.

**Factor II Deficiency** - An Inherited Bleeding Disorder
Factor II deficiency (also called hypoprothrombinemia or prothrombin deficiency) is a rare coagulation disorder. This booklet explains the causes of factor II deficiency, its symptoms and available treatments. We hope that this information will help answer your questions.

**Factor V Deficiency** - An Inherited Bleeding Disorder
Factor V deficiency, also called parahemophilia or Owren’s disease, is a very rare coagulation disorder. This brochure gives out information about this condition.
Rare factor deficiencies

**Factor VII Deficiency** - An Inherited Bleeding Disorder
SECOND EDITION - A general information booklet about factor VII deficiency for patients, families and health care providers. Developed by the Canadian Association of Nurses in Hemophilia Care (CANHC). Published by the Canadian Hemophilia Society.

**Factor X Deficiency** - An Inherited Bleeding Disorder
Factor X (pronounced 10) deficiency is a very rare blood coagulation disorder with complications that vary with the severity of the disorder. This booklet provides information for people trying to cope with this health problem. It explains the causes of the deficiency, symptoms, possible complications, and available treatments.

**Factor XI Deficiency** – An Inherited Bleeding Disorder
This document is a general information booklet about factor XI deficiency for patients, families and health care providers. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.
Rare factor deficiencies

**Factor XII Deficiency** – An Inherited Bleeding Disorder
Severe factor XII deficiency is a very rare condition and is not well known, even among health professionals. The purpose of this booklet is to describe the deficiency with the hope that it will permit those affected to better understand the issues.

**Factor XIII Deficiency** - An Inherited Bleeding Disorder
SECOND EDITION - A general information booklet about factor XIII deficiency for patients, families and health care providers. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.
Relevant to all bleeding disorders

MyCBDR: The best way to report treatments and bleeds to your health care team.
This flyer has been produced by the CHS to promote the use of MyCBDR to patients. It includes, among other things, a list of the benefits of using MyCBDR, its special features and information on how to register.

Passport to well-being
The Passport to well-being program provides people with bleeding disorders, at all stages of their lives, with information, skills and strategies to enable them to maximize their quality of life.

Passport to well-being is designed around five modules:

Destination fitness
Helping patients to develop personalized fitness plans to improve overall health.

Homecare: the road to independence
Helping patients take greater control of their disease through home treatment.

Roadmap for managing pain
Raising awareness of ways to manage the pain that is so common to people with bleeding disorders.

Navigating the emergency department
Helping people with bleeding disorders prepare for visits to the emergency department.

Bon Voyage! Travelling with a bleeding disorder
Helping people with bleeding disorders reduce the risks of travel so they can enjoy their adventure to its fullest.
The **CHS wallet travel card** contains information about how to access care and treatment when away from home. Among other things, and especially to help globetrotters, the wallet card contains 16 key phrases in English, French and Spanish that can be used in an emergency situation.

**Identifying common joint & muscle bleeds**

An information booklet designed to help people living with bleeding disorders identify common joint and muscle bleeds in their earliest stages, so that proper treatment can begin as soon as possible. It is written to help people of all ages perform a self-assessment and to help parents assess their children. Developed by the Canadian Physiotherapists in Hemophilia Care.

**Tips for finding childcare: A Guide for parents of children with bleeding disorders**

Starting childcare is a major step for families living with a bleeding disorder. However, making decisions about childcare and finding the right caregiver can be a challenging process. This booklet provides information to help parents of children with bleeding disorders assess their childcare needs and suitable options, with steps for finding the right caregiver. The booklet also outlines basic medical, health and safety information that caregivers need to know.
Dental Care for People with Bleeding Disorders
People with bleeding disorders have the same kinds of dental problems as other people. When dental problems occur, however, treatment may require more planning. This booklet includes basic guidelines on how to recognize and cope with dental problems.

Cyklokapron - A Guide for Patients and their Caregivers
This simple brochure provides basic information on the uses and administration of this drug. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.

Desmopressin - A Guide for Patients and Caregivers
This simple brochure provides basic information on the uses and administration of DDAVP, Octostim and Octostim Spray. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.
Resources for children

All About Me
Using a collaborative approach, the Atlantic Hemophilia Nurses group, a family and a very talented artist created a storybook for children with bleeding disorders. All About Me is designed to provide young school-age children with bleeding disorders the opportunity to share information about his or her medical condition with his/her classmates.

The Bleed Stops Here
An activity book for children with hemophilia and other inherited bleeding disorders. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.

The Story of Miko - A Cheeky Little Dog with Hemophilia
Miko is a picture book developed by a team from CHU Sainte-Justine in Montreal that enables parents to introduce simple treatment terms and explanations that children will understand thanks to pictorial support. This book may also be used in a variety of different ways by health care teams at hemophilia treatment centres and enables professionals to help children aged 0 to 5 to familiarize themselves with more painful forms of treatment while gaining a better understanding of the disease.
Von Willebrand disease

**All About von Willebrand Disease - Third Edition**
A comprehensive guide for people with von Willebrand disease and their families. Developed and published by the Canadian Hemophilia Society and revised in 2011.

**Von Willebrand Disease...the Most Common Bleeding Disorder: Your Questions Answered**
A general information booklet about the symptoms, diagnosis, and treatment of VWD. Developed and published by the Canadian Hemophilia Society.

**Von Willebrand Disease: What School Personnel Should Know**
An information booklet about von Willebrand Disease for teachers and other school personnel. Developed by the Atlantic Hemophilia Nursing Group of the Canadian Association of Nurses in Hemophilia Care.
Guidelines for the diagnosis of von Willebrand disease (VWD)
Pocket-sized booklet featuring among other tools an algorithm leading from an initial clinical assessment, through initial lab and VWD tests, to confirmatory VWD tests. It also features a detailed scored bleeding questionnaire based on symptoms to help with diagnosis as well as a table describing the common laboratory results for each type of VWD.

Emergency care for patients with von Willebrand disease
An instructional manual with guidelines on the treatment and management of von Willebrand disease emergencies including recommended dosage.

Cyklokapron - A Guide for Patients and their Caregivers
This simple brochure provides basic information on the uses and administration of this drug. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.

Desmopressin - A Guide for Patients and Caregivers
This simple brochure provides basic information on the uses and administration of DDAVP, Octostim and Octostim Spray. Developed by the Canadian Association of Nurses in Hemophilia Care. Published by the Canadian Hemophilia Society.