

# 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?<sup>4</sup>
- 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, gastro intestinal bleeding, and menorrhagia
- **Prolonged bleeding** from the gums **after** a dental procedure is a key symptom of VWD<sup>3</sup>



Thank you to Karen Ridley, RDH, MS at the University of Michigan and to the models pictured above: Dental Hygienist Student: Stephanie Marx and VWD Patient: Katia Outlaw

## 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<sup>1</sup>:**

- 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<sup>5</sup>
- 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<sup>3</sup>
- easy bruising with minimal trauma<sup>3,5</sup>
- frequent nose bleeds, lasting for 10 minutes or more<sup>3,5</sup>
- 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<sup>1,2</sup> (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<sup>1</sup>
- 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](http://www.fwgbd.org)