



## Ask the Nurse

Do you have a question? Here you can ask Nurse any questions you have, but don't worry, she won't tell anyone what you asked!

Just comment on this page and the nurse will email you back.

Here are some questions that she has already answered...

### **Q: Should I tell my friends that I have haemophilia?**

**Nurse:** That's something you might want to talk to your parents about, but it is your choice. Sometimes the best explanation is for you to tell them, but you could also ask the nurse from your Treatment Centre to go to your school and talk to your teachers and/or the children in your class.

### **Q: What is a "port"?**

**Nurse:** A port or infusaport is a special device that is put under the skin on your chest. It has a tube that goes into one of your big veins in the neck. You can use this port for your treatment instead of seeking out a new vein in your arm. You need a small operation to have the port put in.

### **Q: Does it hurt when you use the port?**

**Nurse:** No. When you have your treatment through the port we put "magic cream" on your skin. This special cream makes your skin that is over the port numb, so you won't feel the needle. Sometimes you can feel a little pushing when the needle goes in, but that doesn't hurt.

### **Q: Can I play sport?**

**Nurse:** Yes, you can play non-contact sport. It is good to learn skills and how to play safely. Also, sport and exercise are good for you because they help to make your joints and muscles stronger, helping stop bleeds.

### **Q: What is the best sport for people with haemophilia?**

**Nurse:** Swimming - it is good exercise while the water provides acts as a cushion for your limbs.

### **Q: Should I wear protective gear, helmets etc?**

**Nurse:** For most things you do during the day you won't need to wear protective gear. But you should always wear protective gear/helmets if you are going to do things like ride a bicycle, skateboard or play football.

### **Nurse: Can I go on school trips?**

**A:** Yes. When your teachers are planning any trips they can speak to your parents about any help you might need while you are away. Before you go away your Haemophilia Centre can write to the nearest hospital, doctor or GP in the area that you are going to, to explain what care you might need while you are there. You can take your treatment product with you and the GP or a doctor at the hospital can give you your treatment or contact your Haemophilia Centre if they have any queries. Sometimes your mum and dad might come on the trip to help out as one of the parent helpers.