Prevention of Haemophilia Risks through Comprehensive Care

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Our centre is the only one that has organized a comprehensive care system for haemophiliacs. Various services were applied at first to the rehabilitation of crippled patients; then, on the basis of the results obtained, also to risk prevention in haemophilia. Primary prevention was achieved through genetic counselling and family planning, since the most effective way of preventing it is the detection of the carrier state. Secondary prevention was started by health care professionals of the community, such as family doctors and various specialists of the National Insurance System. Early recognition should consist of a prophylactic treatment, however, since for several reasons this is not feasible on a large scale, we have developed home treatment after an intensive education, which seems to constitute the most effective approach to it. Moreover, in order to prevent motion risks

due to bleedings in the limbs, we have urged haemophiliacs to maintain good physical conditions through physiotherapy, home exercise and adequate sports. Haemophiliacs come to the centre only for periodical check-ups, carried out by comprehensive care services, which provide early indication of complications of haemophilia, such as liver disease, and their treatment. Difficulties of insertion in social life have been prevented by supplying haemophiliacs with technical instructions and by demonstrating to employers, teachers and the community their normal working ability.