

Thalassaemia

Training for Schools

Introduction

- What is Thalassaemia?
- How is Thalassaemia treated?
- Things to look out for
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What is Thalassaemia?

- Thalassaemia is an inherited, life-long condition which affects the production of red blood cells.
- Children with the condition make no or very little haemoglobin which is used by the red blood cells to carry oxygen around the body
- A child with Thalassaemia will need treatment throughout their lives

How is Thalassaemia Treated?

- Treatment is dependant on what type of Thalassaemia the child has.
- If the child is transfusion dependant Thalassaemia is treated with blood transfusions every 3-4 weeks.
- If the child has had a recent infection they may need a transfusion sooner than four weeks
- In some cases patients are offered a bone marrow transplant, this is dependant on the family having a donor that is a match with the child. If successful this is currently the only cure for Thalassaemia.

Things to look out for

- The child may be more lethargic pre- transfusion
- They may have head or back ache, less able to concentrate or be irritable.
- They may need to refrain in engaging in physical activity
- Treatment will mean the child may be absent from school for at least a day every few weeks. They will also need to attend for clinic appointments at the local hospital.
- If in any doubt about a child's health always call parents/carers
- If following a blood transfusion the child has a rash or blood in their urine please call parents as this may be a delayed reaction to the blood transfusion

What to include in a care plan?

- Contact details of parents and emergency contacts
- GP
- Name of members of staff in charge of health conditions
- Any medication? Dose, time date etc
- What to look out for
- What to do in an emergency
- Hospital staff contact details
- <https://ukts.org/home/> is a very useful source of information

Our contact details

- Clinical Nurse Specialist's
Bristol Children's Hospital
01173428721
- Hayley Wiles – Benign Haematology Family
Support Worker
Bristol Children's Hospital
01173420658



University Hospitals
Bristol and Weston
NHS Foundation Trust

Any Questions?

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