

HHT Nosebleed Management - Nurse Card

This card contains helpful tips for nosebleed management in a format that is ideal for providers who may not be familiar with the care required for HHT-related nosebleeds.

NOSEBLEED MANAGEMENT (HHT)

Caring for HHT-related nosebleeds

Hereditary Hemorrhagic Telangiectasia (HHT), also known as Osler-Weber-Rendu Syndrome, is an uncommon inherited disease that leads to malformed blood vessels in multiple organs of the body, and typically begins with nosebleeds during childhood. Early signs of HHT may also include skin telangiectasias (red spots).

1 Be Prepared

Have the following supplies readily on hand: toilet tissue or cotton balls, travel-sized lubricant such as Vaseline/Aquaphor, and access to a trashcan or sink.

**Keeping the nasal cavity moisturized throughout the day can help reduce nosebleeds. Saline spray or similar products may be used.*

2 Don't Panic

Nosebleeds can be common for HHT patients and persist for some time. It is generally uncommon for a child to require a trip to the doctor or emergency room for nosebleeds.

3 Reduce the Bleeding

For mild nosebleeds, **pinching** the top portion of the nose may be helpful to slow or stop the bleeding. Use of an **ice pack** on the nose or back of the neck may also help stop the bleeding. *If pinching aggravates the area or causes increased bleeding, move to step 4.*

Tilting the head back may be helpful for small nosebleeds, primarily to reduce dripping, but may also cause nausea due to blood flowing down the throat.

HHT affects 1 in 5,000 and often goes undiagnosed or misdiagnosed for many years. If left untreated, complications from HHT can be serious.

If you suspect that a child may have HHT, please speak with a caregiver as soon as possible and urge the family to undergo screening for HHT.

4 Pack or Plug the Nose

Coat the surface of the toilet tissue or cotton ball with a lubricant, and then insert the "packing" into the nostril to a point where it is secure but not overly uncomfortable.

Questions? Visit www.curehht.org to learn more.

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