

Competency Questionnaire (18 questions)

Please complete the survey below.

Each question may have multiple correct answers. Make sure you tick the box for each correct response.

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- 1) 1. Definition of Haemophilia.
- a) Haemophilia is curable
 - b) Haemophilia A is a deficiency of clotting factor VIII
 - c) Haemophilia B is a deficiency of clotting factor IX
 - d) Severe Haemophilia has < 1% clotting factor
 - e) Moderate Haemophilia has 1%-5% clotting factor
 - f) Mild Haemophilia has 5%- 25% clotting factor
 - g) All females born to fathers with Haemophilia will be carriers of the disorder
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- 2) 2. Name two common sites that people with Haemophilia bleed into.
- a) Fingertips
 - b) Muscles
 - c) Liver
 - d) Joints
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- 3) 3. What are the four most important things to do to treat a bleed?
- a) Replace factor
 - b) Ice
 - c) Immobilize
 - d) Rehabilitate
 - e) Hot packs
 - f) Pain relief
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- 4) 4. Signs and symptoms of a joint bleed.
- a) Heat
 - b) Pain
 - c) Stiffness
 - d) Tingling
 - e) Swelling
 - f) Increased movement
 - g) Decreased range movement
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- 5) 5. Signs and symptoms of muscle bleeds.
- a) Discomfort/Pain
 - b) Pins and needles
 - c) Threatened limb
 - d) Tingling
 - e) Cool to the touch
 - f) Painless
 - g) Swelling
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- 6) 6. Tick four complications of untreated and un-rehabilitated bleeds to joints and muscles.
- a) Crippling deformities
 - b) Arthritis
 - c) Contractures
 - d) Stiffness
 - e) Increased mobility
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- 7) 7. Tick four benefits of physiotherapy in Haemophilia.
- a) Develops muscle strength to protect joints so fewer bleeds
 - b) Rehabilitates to maintain a range of motion
 - c) Restores flexion to limbs
 - d) Not restoring extension to limbs
 - e) Stops infections in bones
 - f) Restores extension to limbs

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- 8) 8. How can you immobilise a person with a joint bleed?
- a) Splints
 - b) Crutches
 - c) Sedation
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- 9) 9. Why do we immobilise limbs during a bleed?
- a) To prevent further bleeding into the joint
 - b) To decrease the pain caused by the bleed
 - c) To increase movement of limb
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- 10) 10. Why do we use ice on a bleed? How do we apply ice to a bleed?
- a) To promote vasoconstriction
 - b) To limit the extent of the bleed
 - c) Apply for 20 minutes twice per day
 - d) Apply for five minutes on and 10 minutes off
 - e) Apply ice to the circumference of bleed
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- 11) 11. The most important measures to be taken for a Haemophilia A patient who is to have a tooth extraction are:
- a) Liaison between Haemophilia center and dentist
 - b) Check for inhibitors
 - c) Give clotting factor and Tranexamic acid prior to the procedure
 - d) A quick-dissolving suture should be used
 - e) Tranexamic acid mouthwash "swish & swallow" for 1 week
 - f) Do not rinse on 1st day but then rinse regularly to maintain hygiene
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- 12) 12. A person with Haemophilia presents with persistent headaches, nausea, vomiting, irritability and slurred speech. What could be wrong with him and how would he be managed?
- a) He has a head bleed
 - b) Give factor as for a major bleed
 - c) Give anti-inflammatory medication to relieve pain
 - d) He requires a CAT scan
 - e) He needs to be admitted with bed rest for one week
 - f) Neurological observations should be carried out
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- 13) 13. Inhibitors. Which statement(s) are correct?
- a) Inhibitors are antibodies to factor VIII or IX
 - b) Inhibitors need to be checked following the first few infusions of factor
 - c) Inhibitors are infectious
 - d) Immune tolerance is used to attempt to clear the inhibitor
 - e) FEIBA and Recombinant factor VIIa are products used to treat bleeding in Haemophiliacs with inhibitors
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- 14) 14. These functions form part of the role of the Haemophilia Nurse.
- a) Link between team members
 - b) Clinically evaluate and treat
 - c) Financial manager
 - d) Clinic Co-ordinator
 - e) Maintains accurate records
 - f) Educator
 - g) Advocate
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- 15) 15. Home therapy: the advantages of infusing factor products in the home are: ____
- a) Treatment is begun more quickly
 - b) Costs are reduced
 - c) Fewer long-term complications
 - d) Freedom in lifestyle
 - e) Increases the amount of factor used

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- 16) 16. Which statement(s) are correct?
- a) Continuous infusion is given via a pump continuously to allow factor levels to remain constant
 - c) Primary prophylaxis prevents bleeds in people with Haemophilia
 - d) Secondary prophylaxis is given after recurrent joint bleeds have occurred in a target joint
 - e) On demand therapy is given once a week
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- 17) 17. Preparation for surgical procedure. Check the correct answer/s.
- a) Notify the lab prior to procedure
 - b) Bring factor level up to 80-100%
 - c) Repeat factor in one week
 - d) Sutures may be removed on day 5
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- 18) 18. Laboratory. Which statement(s) are correct?
- a) All coagulation tests are sent in a citrate tube (blue top)
 - b) Tubes must be filled to correct level
 - c) All specimens must reach the lab within 4 hours
 - d) Arrangements must be made for specialised testing
 - e) All laboratories in Australia can process tests for Haemophilia
 - f) Factor levels are tested at every clinic visit