

# Bleeding diaries

Any additional information on diaries to record bleeds is welcome and will be added here

**NB** Some of the diaries are made by pharmaceutical companies.

# Paper diary [link](#)

## Medication Record

Name: \_\_\_\_\_

Date	Medication	Dose Given	Frequency (i.e. 2x per day)	Time	am pm

By far the easiest way is to keep a paper record with the clotting factor.

It could be a printable one from the internet, one specific for clotting factor or even a calendar per month.

Put every infusion down (time and number of units). Mark the bleeds in different color adding the joint-muscle-part of body, severity and other medication.

2021	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						
<small>Jan 01: New Year's Day Jan 18: M.L. King Day</small>							

2021	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28						
<small>Feb 14: Valentine's Day Feb 15: Presidents' Day</small>							

2021	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			
<small>Apr 02: Good Friday Apr 04: Easter Sunday</small>							

2021	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	
<small>Apr 02: Good Friday Apr 04: Easter Sunday</small>							

# MicroHealth Hemophilia



10:09

← Bleed SAVE

Severity  
Mild

Reason  
Injury

Body Part\*  
Hand (left)

Medication  
Advate

Dose\*  
0

Lot Number  
Lot Number


Date  
23/01/2018


Time  
10:37


10:09


☰ Log

What would you like to log?

 Infusion

 Bleed

 Skipped

 Later

- If you are a person with hemophilia, Von Willebrand, or other bleeding disorders like factor deficiencies or Glanzmann's, MicroHealth can help you track your treatment and share your progress with healthcare providers and the people you value and trust.
- Keep your doctors and nurses one tap away.
- Track your infusions and bleeds. Anytime. Anywhere.
- Personalize your treatment and get helpful medication reminders.
- Scan lot numbers and more [search your product's bar code here: <https://goo.gl/gatMgt> ]
- Monitor your factor inventory levels and ask for timely refills.
- Access and share your records on the go! It's both easy and secure.
- Learn more about living with hemophilia; especially for people with inhibitors.
- A peer-reviewed clinical study, conducted in collaboration with a leading HTC, shows a 57% bleed reduction for patients who are actively monitored by their HTC using MicroHealth.
- MicroHealth is also designed for families with multiple dependents.

# HemoTrax

## Record Infusion

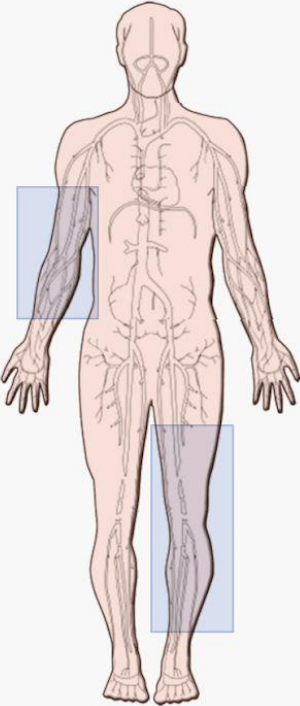
Tom

Notes

Bleed Event Done

Bleed Location

- Calf Muscle Left
- Thigh Muscle Left Front
- Thigh Soft Tissue Left Front
- Thigh Muscle Left Back
- Thigh Soft Tissue Left Back
- Knee Joint Left
- Forearm Right
- Upper Arm Muscle Right Front
- Upper Arm Muscle Right Back
- Elbow Joint Right



## New Infusion

Tom

Cancel


Select a Reason


- Prophylaxis (Scheduled)
- Bleed Event
- Follow-up to a Bleed Event
- IT Therapy
- Other Therapy

- If you or someone you care for has hemophilia, HemoTrax can help make managing treatment easier. HemoTrax is a personalized infusion tracking tool and treatment diary that allows you to:
- Create multiple profiles (ideal for caregivers with multiple patients)
- Record the date, time, location, and type of infusion (on-demand/prophylactic)
- Log the lot number, product expiration date, and dose infused
- Capture overall health and well-being at time of infusion
- Track bleeds and therapy used to ease bleeds
- Photograph location and extent of bleed
- In addition, an export feature makes it easy to share your entries with your care team, and the iCloud-synched calendar feature means you'll never miss a reminder because HemoTrax will send alerts across all your devices.
- HemoTrax puts everything you need to track your treatment at your fingertips. Help yourself and your care team by downloading the HemoTrax app today!


# Florio HAEMO (Sobi)

THURSDAY, 6 AUG


 **Platlet count**  
120,000/uL +30,000 from 25 Jul >

 **Bruise | Moderate**  
Right upper arm, front >


MONDAY, 26 JUL


 **Bleed | Mild**  
Gum bleeds >

FRIDAY, 19 JUL


 **Fatigue | Severity rating: 5**  
Indifferent 😐 >


TUESDAY, 12 JUL


 **Petechiae | Moderate**  
Right upper arm, front >

 **Bruise | Moderate**  
Right upper arm, front >


FRIDAY, 8 MAY


 **Consultation appointment**  
Hospital, Tues, 19 Aug, 10:00AM >


 **TPO-RA #1, 50mg. Once daily**  
Start date: 8 May >





Log treatments and events




 Injections

 Bleeds

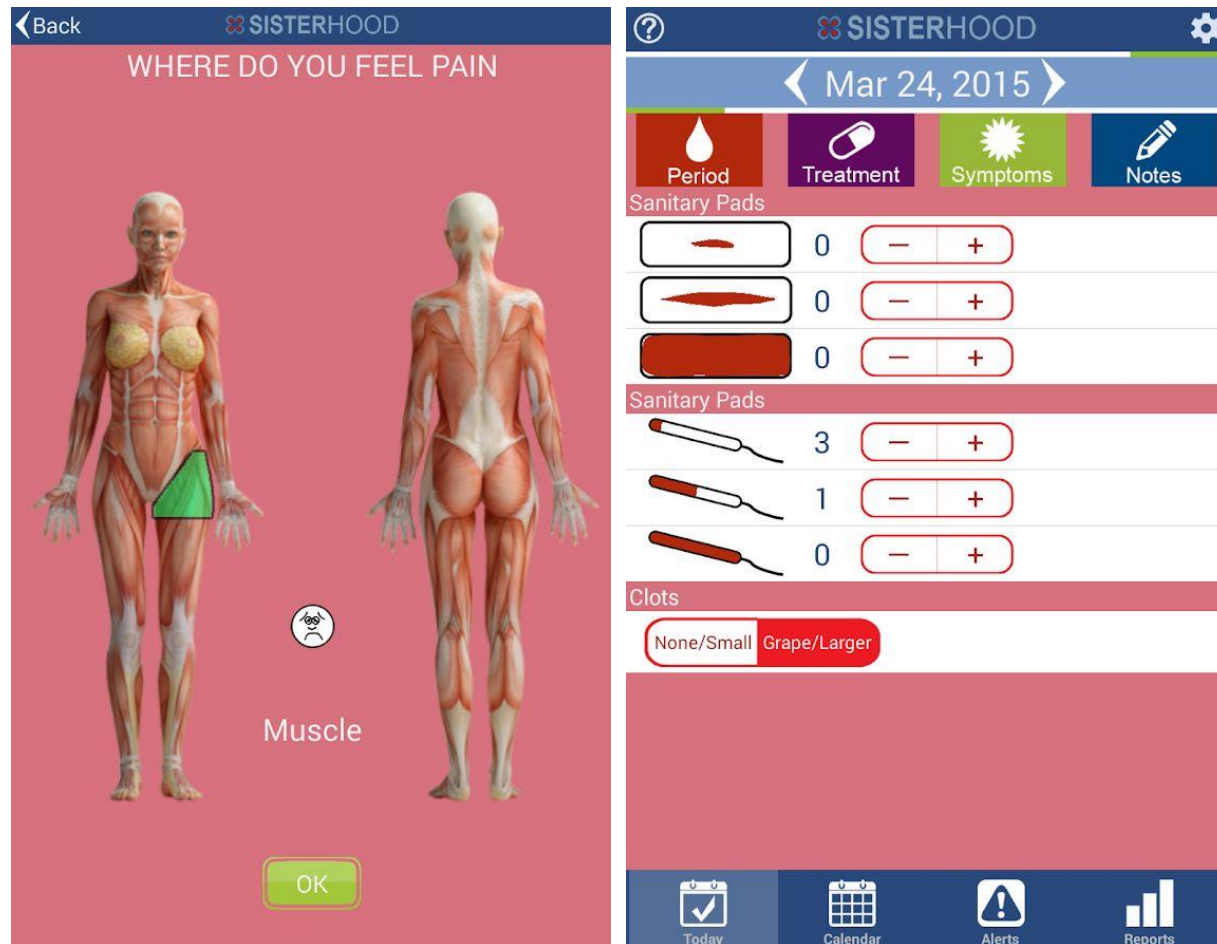
 Pain

 Activities

 Wellbeing

- If you are a person with haemophilia on prophylactic treatment, Florio empowers you with personal insights, including your estimated plasma factor level.
- By offering the ability to track injections, bleeds, pain, activities (via Google Fit), and wellbeing, you can make informed individual choices for planning your daily life.
- Your personal haemophilia related information will be shared with your trusted healthcare team in real-time, providing them with additional insights on your progress. This can support meaningful discussions and inform your treatment plan and care.
- Florio is a certified medical device. Talk to your healthcare team to find out if Florio is the right fit for you. After being enabled by your healthcare team, simply download and start your journey with Florio.

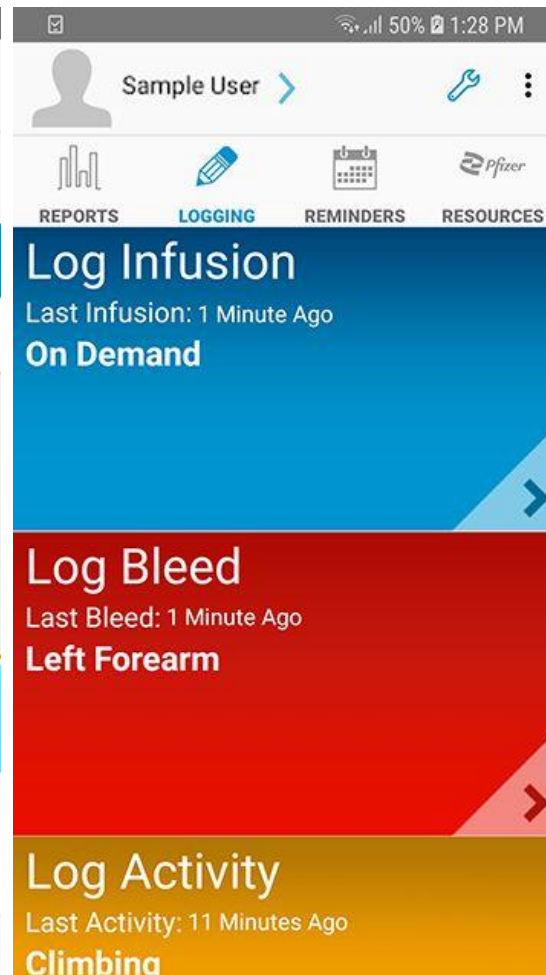
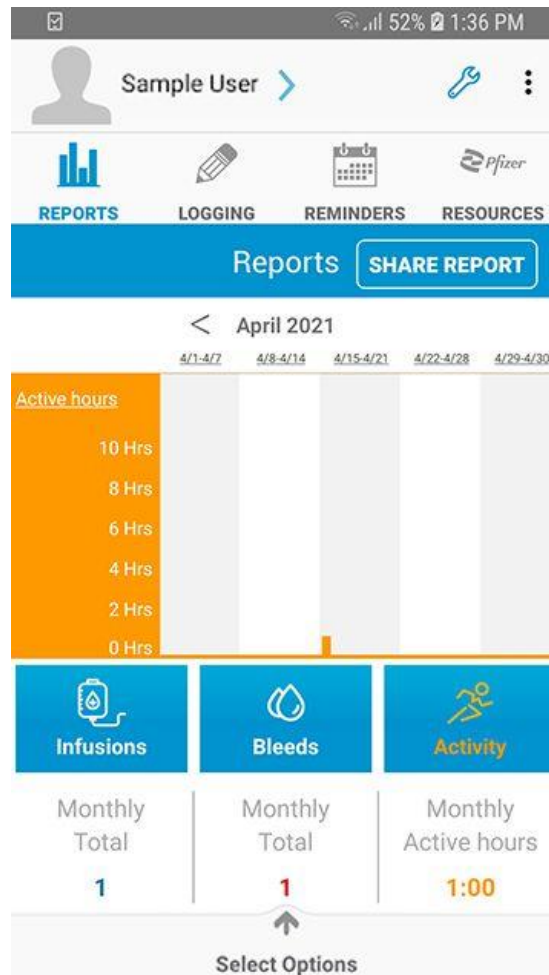
# Sisterhood



- Created specifically for women with bleeding disorders.
- Track products (sanitary pads and tampons) used each day and record menstrual clot sizes.
- Add any type of treatment, including dosage and add any type of medication, dose, or therapy.
- Type in new treatments, including dosage, or select existing ones from the list.
- Record symptoms, pains, and bleeds, select a muscle or joint to record pain, muscle bleeds, or joint bleeds.
- Create custom reminder alerts to help you record treatments each day.
- View cycles in a calendar view and predict your next period cycle start.
- Supports multiple users on same device and supports user using multiple devices.
- Cycle predictions can be disabled for women with irregular periods.
- Reminder alerts before your next period should start.
- View beautiful graphs and charts to understand your cycle data.
- Export your personal data to share with your physician.
- Document notes for later review.
- Create notes specifically for your next doctor visit.
- Highlight dates for later review.
- Track intimacy and if intercourse caused bleeding.



# HemMobile for Pfizer products



- HemMobile® is designed to help hemophilia patients/caregivers log infusions of any factor replacement product, record bleeds, and track activity.
- HemMobile® is not intended for curing, treating, seeking treatment for managing or diagnosing a specific disease, disorder, or any specific health condition.
- Record the date, time, location, and reason for every infusion
- Capture the lot number, product expiration date, and IU amount of your infused factor product using your device's camera\*
- Photograph, map, and log your bleeds
- Log the date, time, and duration for a range of daily activities
- Track your heart rate, steps, and other activities by integrating with the Google Fit™ app or a Striiv wearable device
- Create reports for you and your care team
- Store contact information for members of your care team
- Find nearby hemophilia treatment centers (HTCs) and National Hemophilia Foundation chapters
- Keep track of your doctors' appointments and factor needs with the Reminders function
- Set up multiple profiles for caregivers who care for multiple patients

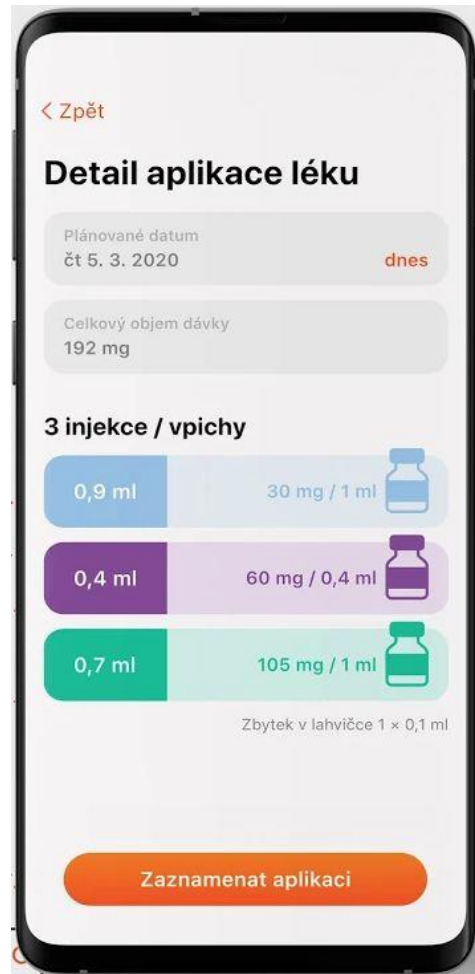
# MyPKfit for ADVATE products



- For patients who are 16 years of age or older with a body weight of 45 kg or greater.
- Track treatment.
- Plan activities and events based on estimated FVIII levels using the factor meter.
- Notifications remind about upcoming infusions.
- View estimated factor VIII levels.
- Track bleeds.
- Share data with healthcare providers.



# Hemonitor for Hemlibra products



- Precise schedules of drug applications according to the settings of your doctor.
- Alerts to upcoming recommended drug applications via push notifications.
- Instructions on how to deal with crisis situations in case of failure to apply the drug).
- Recording of drug applications.
- Record of bleeding and pain during treatment.
- Generating reports for the attending physician.
- Contacts to the attending physician and centers.
- Package leaflet of the administered medicine.
- Instructions on how to apply the medicine.