



## Christine Peltier

26 One of the missions of Regional Hemophilia Treatment Centre (CRTH) nurses is to inform and train those professionals caring for hemophilic patients. When considering the therapeutic education of hemophilic patients, and more precisely their education in self-treatment, it seemed vital to create a network of self-employed nurses capable of providing continuity of care and education in patients' homes. The effect would therefore be a genuinely collaborative working arrangement between hospital and city.

This network was set up with a one-day training course entitled "Home Treatment for Hemophiliac Patients". In the first instance, I compiled a register of all the self-employed nurses offering such patient care. None had received any training in this area. The carer-patient relationship was in many cases complicated by a lack of trust. We do not pretend to be able to provide comprehensive training in hemophilia and self-treatment in one day, but the nurses who attend this course

## Freelance nurses' education

obtain answers to their questions and leave with useful printed material, theoretical and practical support and, most importantly, the knowledge that there is a structure (the CRTH) to which they can turn with their problems.

The number of participants on this one-day course is limited to 10 in order to facilitate discussion and make the practical workshop session easier to manage. The aims of this training course for self-employed nurses are:

- To improve their knowledge of hemophilia
- To explain the special issues surrounding patient care for hemophiliacs
- To learn how to detect and manage all the complications linked to hemophilia
- To identify all the partners involved and review how they should be used
- To administer coagulating factor injections safely
- To contribute to educating hemophiliac patients, by working in collaboration with the CRTH team.
- To understand the concept of the nursing network and the link between city and hospital.

The course content is divided into a series of sections:

- Introduction to the Bordeaux CRTH
- General information about hemophilia, presented by a doctor from the centre
- The psycho-affective effects of the illness, presented by a psychologist with substantial experience in treating chronically ill patients
- Preparing and injecting coagulation

factor. A practical workshop session led by myself

- The role of the nurse in the therapeutic education and self-treatment of hemophilia patients, which I also lead.

The day is structured around participative classroom sessions and practical work. At the request of the trainees, the training given is evaluated on the same day and we now plan to organize additional information days to address other aspects of the pathology of hemophilia and/or examine selected themes in greater detail. This second meeting could also be used for longer-term evaluation. This one-day course provides an excellent opportunity for discussion and career enhancement. It marks the beginning of truly collaborative working towards the education and self-treatment of hemophiliac patients within a framework of nurses.

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