



St. Paul's
Adult Bleeding Disorder Program
Spring 2021



World Hemophilia (and other bleeding disorders) Day

Watch again as BC place lights up in red

World Hemophilia Day is about bringing the global bleeding disorders community together. The world has changed greatly over the last year, but one thing hasn't: we are still here for you and we are all in this together. Join in on April 17, 2021 and reflect on how you have adapted to change during this unique time, and how you are sustaining self-care! Having trouble adapting to change or maintaining self-care? Please reach out to us.



COVID-19 Vaccination Guidance for People with Bleeding Disorders

We feel your excitement through the many e-mails we have received asking questions regarding the COVID-19 vaccine. Based on currently available information, having a bleeding disorder is not a contraindication to ANY of the currently available COVID vaccines. The Adult Bleeding Disorder Program recommends any vaccine that is offered to you as per public health guidelines.

To minimize bleeding and bruising at the injection site simply do what you would normally do for the annual flu vaccine or any other vaccine. The injection is similar in that it uses the same needle size and is a low volume vaccine. If you don't have bleeding or bruising troubles with other types of vaccines you should not have any issues with the COVID-19 vaccine.

<https://news.wfn.org/covid-19-vaccination-guidance-for-people-with-bleeding-disorders/>

[FAQs Regarding the COVID-19 Vaccine A Message from the AHCDC](#)

The Adult Bleeding Disorder Program is not in a position to comment on the risks and benefits of each different vaccine. This would be a conversation with your family practitioner or public health. There is information on the BC Center for Disease Control website that is updated daily.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-for-covid-19> and

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/getting-a-vaccine>

Information on booking vaccine appointments can be found [here](#).

It's a Boy! It's a Girl! Congratulations....

We are excited to share with you that Stacey Cave welcomed a baby boy, and Dr. Hayley Merkeley a baby girl as new additions to their families. Both moms and babies are healthy and settling into their new routines. Please note that your care will be seamlessly transitioned to other team members.

Welcome Jill Kipnis Physiotherapist



Jill graduated with her degree in Physiotherapy from the University of Western Ontario after completing her bachelor of science in Exercise Science. Jill has been an outpatient orthopedic physiotherapist at St. Paul's Hospital for most of her career, and has treated many complicated musculoskeletal conditions. She has worked in the interdisciplinary BC Foot and Ankle Clinic and in this role has developed province wide physiotherapy protocols for more than 10 foot and ankle surgeries. In addition to her public practice work, Jill has a private practice focusing on home visits for women post mastectomy and breast reconstructive surgery. As well, Jill is a clinical instructor of orthopedic courses in the Masters of Physical Therapy program at UBC.

Outside of work, Jill leads a fit and active lifestyle. She enjoys yoga, resistance training, hiking, travel and hanging with her family.

Jill works three days a week with our Adult Bleeding Disorders Program in conjunction with her other caseload in outpatient orthopedics and she can be reached through our main office phone number to schedule an appointment.

Jill is covering maternity leave for Stacey Cave until March 2022.

James Kreppner Memorial Scholarship

The program is open to Canadians with inherited bleeding disorders: hemophilia (factor VIII or IX), von Willebrand disease, rare factor deficiencies, platelet function disorders; carriers, and those who contracted hepatitis C or HIV through a blood transfusion. Spouses and children of the people mentioned above may also apply. Those who have already received a CHS scholarship or bursary are not eligible.

Application forms for each category, which include all the criteria, are attached and also available at: www.hemophilia.ca/james-kreppner-memorial-scholarship-and-bursary-program

Interested applicants should not wait until the last minute given that to gather all the required documents may take several days. The deadline to apply is April 30.

Joint Health and Coming out of a Pandemic Lockdown!

Here is a resource to help you get moving again safely.

<https://elearning.wfh.org/resource/maintaining-joint-health-for-people-with-bleeding-disorders-during-covid-19/>

Adding Your Voice May Make a Difference for Hemlibra Access

In Canada, Canadian Blood Services (CBS) continues its evaluation of Hemlibra. A decision by the Provincial/Territorial Council of Deputy Ministers is expected this spring. There is an opportunity for those interested to add your voice to the voice of CHS in advocating for access to Hemlibra for patients with severe hemophilia who do not have inhibitors. More details can be found [here](#).

Research Corner

Jennifer King, social worker at the Saskatchewan Health Authority in Saskatoon, was awarded a grant through the CHS/Novo Nordisk Psychosocial Research Program for a project entitled Pain assessment and treatment in bleeding disorders: The need for social work specific education. She has since published two articles reporting on the results of her research. [Read More](#).

You may also be familiar with the work of Susan Tupper who developed a patient-reported outcome tool for pain, specific to people with bleeding disorders [Read More](#). The outcome tool for pain is used by the adult bleeding disorder program and can be found as part of your pre clinic package on Cambian.

CHS Contact online news platform

CHS launched its online news platform, [CHS CONTACT](#).

Thanks for reading, and **Happy Spring** from all of us at

St. Paul's Adult Bleeding Disorder Program!

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