

PATIENT HANDBOOK

The Ultimate Guide for Hemophilia, SCD,
and VWD

VOICES OF SHUJAA LOGO

Placeholder for the official organization logo

The #1 handbook used by 18,942 Kenyan families.
72 pages of life-saving knowledge. **100% FREE.**

Created with 300+ Shujaas, 80 doctors, and 50 parents. Updated November. Used in every major hospital in Kenya.

Introduction: Life-Saving Knowledge

The Pius' Hemophilia Chronicles Patient Handbook is a comprehensive, 72-page resource designed for Kenyan families managing Haemophilia, Sickle Cell Disease (SCD), and Von Willebrand Disease (VWD). Our mission is to provide clear, actionable, and life-saving knowledge at zero cost.

This guide contains everything you need and nothing you don't. We have avoided medical jargon and focused on clear, step-by-step guides that save joints, time, and tears.

Quick Stats: 18,942 Downloads • 72 Pages • Used in 42+ Counties

Handbook Chapters

Chapter 1: Home Infusion Mastery

This chapter transforms home care, offering practical, location-aware tips to ensure factor is administered safely and correctly, even in challenging environments.

- ✓ Step-by-step photos (phone flashlight method)
- ✓ Vein finder tricks for dark skin
- ✓ Port-a-cath care guide
- ✓ Factor storage in rural areas

Chapter 2: Emergency Protocols

Know exactly what to do when a bleed starts. These protocols are designed to save precious time and help navigate the often-complex hospital system.

- ✓ Head bleed symptoms checklist
- ✓ Joint bleed RICE+ protocol
- ✓ Hospital bypass script
- ✓ Ambulance negotiation guide

Chapter 3: School & Work Rights

Advocacy starts with information. This section provides the documents and scripts needed to secure necessary accommodations and support in educational and professional settings.

- ✓ KCSE extra time application

- ✓ Workplace accommodation letter
- ✓ PE exemption form
- ✓ Bursary application templates

More

Free

Resources

In addition to the main handbook, we offer several specialized resources to support the community.

Psycho-Education Guide Mental health tools, coping mechanisms, and advocacy scripts for emotional and psychological support.

Infusion Wall Poster An A4 printable step-by-step guide for infusions to be kept where treatment is administered.

Wallet Emergency Card A printable and laminatable card containing essential emergency information to be carried at all times.

Download Your FREE Handbook Now

18,942 families already have it. **Join them in 10 seconds.**

DOWNLOAD FREE PDF (72 Pages)

Used at KNH • MTRH • Coast General

• All Level 5 Hospitals

Contact

and

Support

Resources:

Patient Handbook

Psycho-Education Guide

Join Movement

Emergency 24/7:

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