



From Awareness to Diagnosis: A Community Outreach Model for Bleeding Disorders

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Abstract Code:
PSO2



Learn more about this
initiative at:
wpbdf.org/women-and-girls/

Plain Language Summary



The Women, Girls, and People with the Potential to Menstruate Initiative is a community program in Western Pennsylvania that helps people recognize signs of bleeding disorders earlier and connect to care.



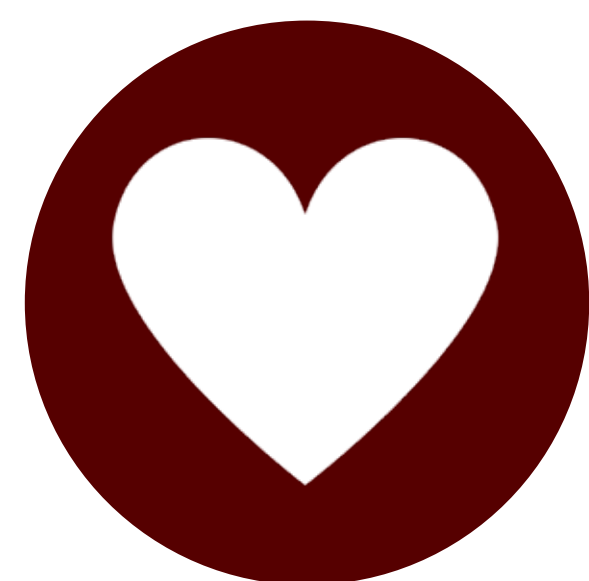
Many people with heavy periods or frequent nosebleeds do not realize these can be signs of a bleeding disorder. This can delay diagnosis and treatment. This program provides education and practical resources in places where symptoms are often first noticed, such as schools and community organizations.



As part of the program's school-based outreach, school nurses receive comprehensive educational materials about bleeding disorders, along with period packs and nosebleed kits to distribute to students who may benefit from these resources.



This poster summarizes **survey data collected from 2024 through 2026**. During that time, the program reached 293 schools across 26 counties of Western Pennsylvania. Feedback from 162 school nurses suggests that at least 33 students sought medical evaluation for a possible bleeding disorder and 8 were diagnosed after receiving these educational resources.



This program shows that increasing awareness and providing practical tools and educational resources can help people recognize symptoms earlier and seek care sooner.



What's included in a period pack?

- 1 Feminine Wipe
- 1 Stain Remover Wipe
- 1 pair of disposable underwear
- 1 Regular Tampon
- 1 Super Tampon
- 1 Thin Pad
- 1 Maxi Pad
- 1 Soft Disc
- 1 Educational Resource Card*

*Educational Resource Cards Included in Every Kit

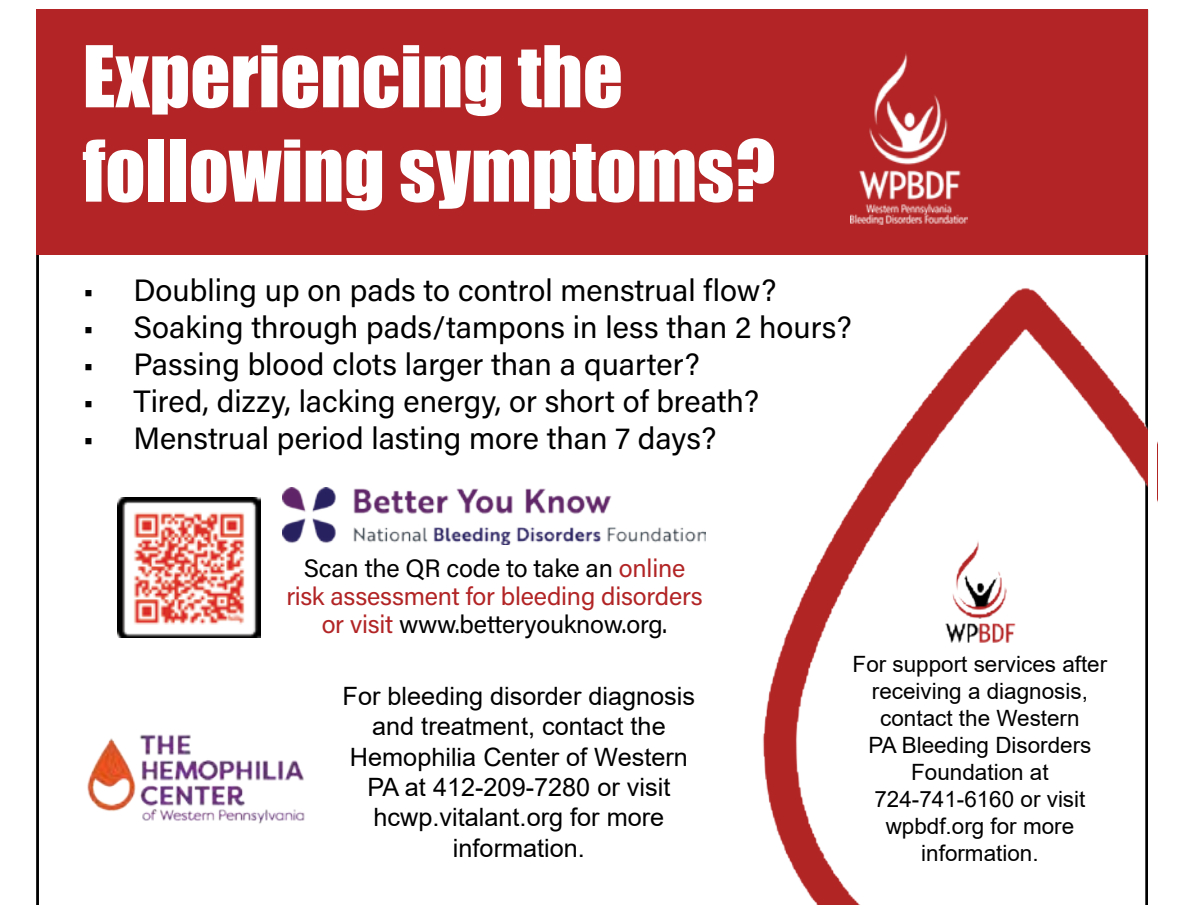
- Bleeding disorder signs and symptoms
- Heavy menstrual bleeding or nosebleed management tips
- Link to BetterYouKnow.org
- Hemophilia Treatment Center contact information
- Western PA Bleeding Disorders Foundation contact information



What's included in a nosebleed kit?

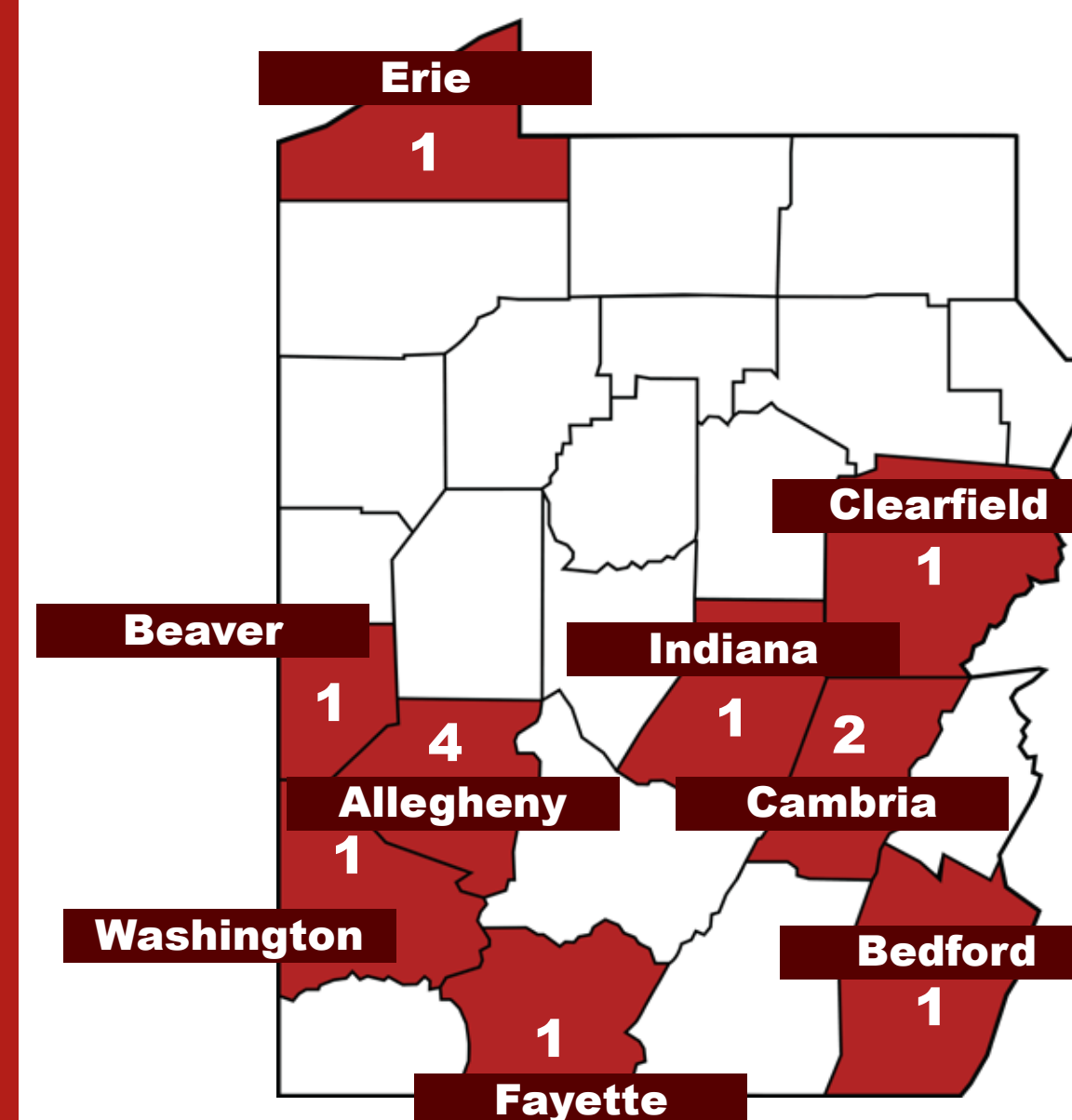
- 2 nose clamps
- 2 petroleum jelly packs
- 1 pack of tissues
- 1 Educational Resource Card*

School nurses used these educational materials to identify students who may have had an undiagnosed bleeding disorder and encourage medical evaluation.



Outcomes Reported by School Nurses (2024-2026)

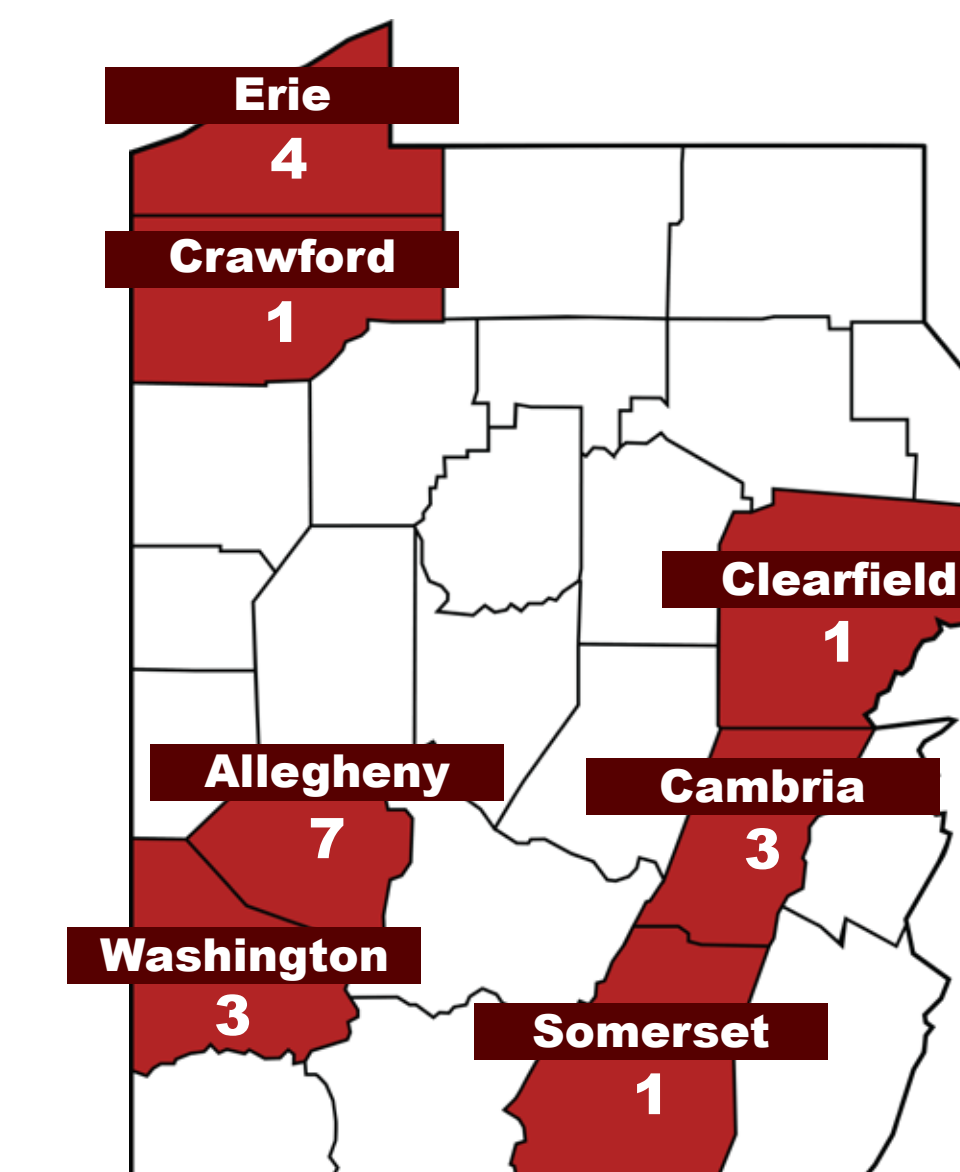
13 students
sought evaluation
after receiving a
period pack



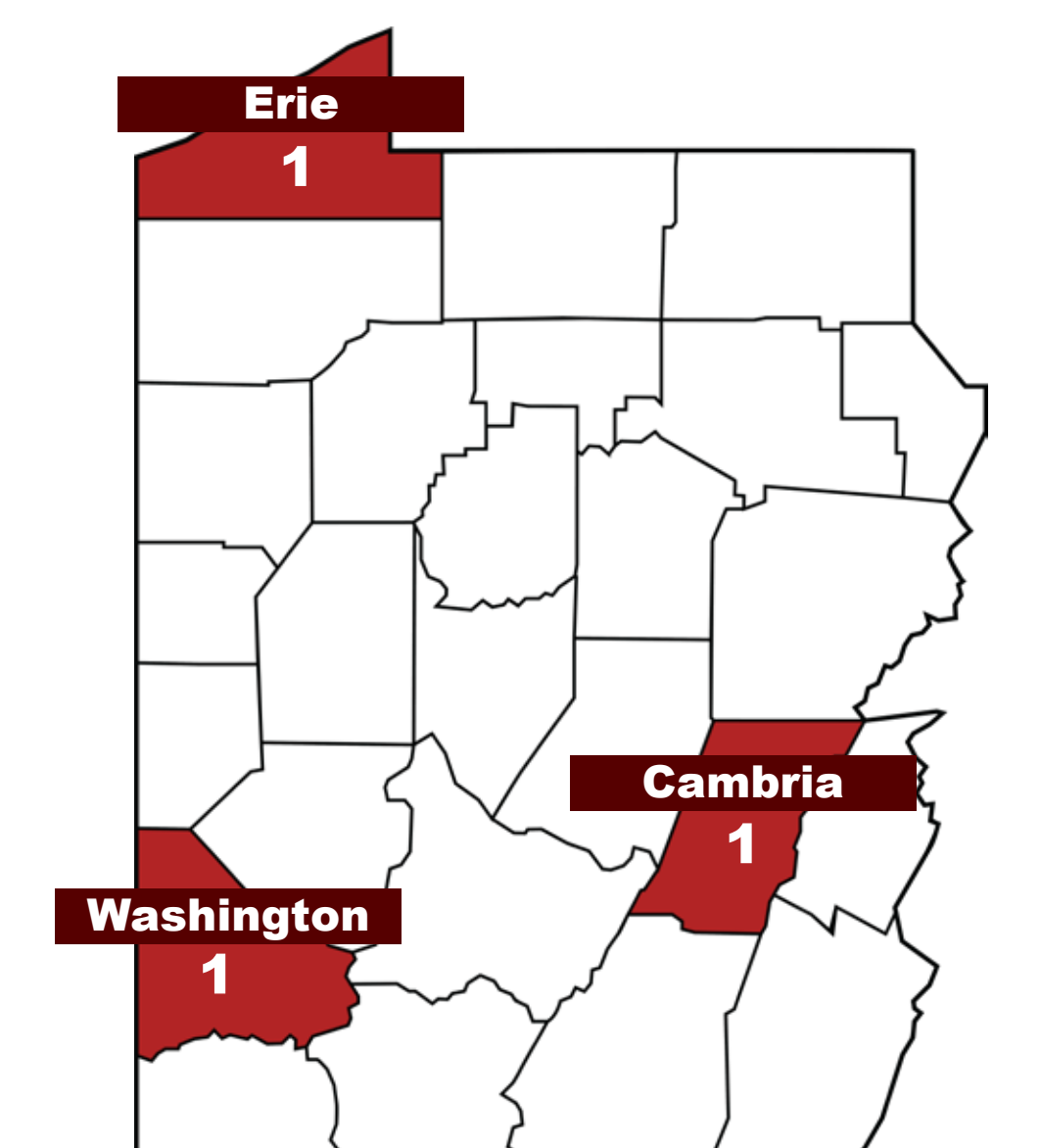
5 students
diagnosed with a
bleeding disorders after
receiving a period pack



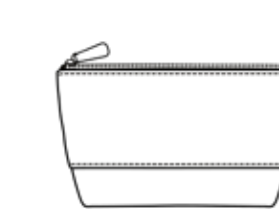
20 students
sought evaluation
after receiving a
nosebleed kit



3 students
diagnosed with a bleeding
disorders after receiving a
nosebleed kit



Program Impact (2024-2026)



5,000+
period packs &
nosebleed kits
distributed



293
schools
reached across
26 counties



162
school nurse
survey
responses



33
reported
evaluations
sought



8
reported
diagnoses



This program is possible
through the generosity of our
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wpbdf.org/wgppm-acknowledgments



Outcomes are based on self-reported feedback from school nurses and community partners and may not capture all evaluations or diagnoses. Survey results represent combined outcomes reported by school nurses across the life of the program (2024-2026).

Schools Reached per County (2024-2026)

293 schools reached across 26 counties in Western Pennsylvania	Allegheny 110	Clearfield 8	Lawrence 7
	Armstrong 4	Crawford 2	McKean 4
	Beaver 15	Elk 4	Mercer 7
	Bedford 6	Erie 13	Somerset 12
	Blair 11	Fayette 5	Venango 4
	Butler 9	Forest 1	Warren 3
	Cambria 17	Greene 2	Washington 11
	Cameron 1	Indiana 6	Westmoreland 21
	Clarion 6	Jefferson 4	