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FEDEMO SPORT: DEFINITION OF A MODEL MEDICAL CERTIFICATE OF FITNESS FOR COMPETITIVE SPORTS FOR PEOPLE WITH HEMOPHILIA AND OTHER CONGENITAL BLEEDING DISORDERS

The subject of physical activity and sport in persons with hemophilia has always been of great interest for FedEmo. Over time FedEmo has organized several projects in this area. The FORTE project, for example, was addressed to training a significant number of physiotherapists from the whole national territory, in order to encourage hemophilic patients to do a constant physical activity through specific exercises dedicated to them. Or the Maratona project, thanks to which, after a preliminary and tight monitoring of their clinical conditions and an appropriate period of physical

training, a significant group of hemophiliacs patients (some of them with one or more joint replacements) successfully ran the New York Marathon in 2015. In this context, the FedEmo Sport project was born with the purpose to widen the range of possible recipients and the goal to establish accredited guidelines about physical and sport activity (also at competitive levels) for all the people with hemophilia or other congenital bleeding disorders (MEC). FedEmo Sport - a project which involves representatives of the Italian Association of Hemophilia Centers of Care (AICE), Italian Federation of Sport Medicine (FMSI) and Italian national Olympic Committee (CONI) – starting from a careful examination of the physical conditions of the individual patient (especially his/her joint function), is focused on the analysis of which treatment is most indicated for doing sport safely in a specific person with a congenital bleeding disease and what types of sporting activities are more appropriate for him or her. The project executive Board works to produce a vademecum to be useful for hematologists in recommending a certain kind of sport to a person with hemophilia and to serve as a reference for sport physicians and sports clubs.



The vademecum will contain several sections:

- Introduction to Hemophilia
- Principles of treatment
- Primary, secondary, tertiary and intermittent prophylaxis
- Factor VIII and Factor IX dosage
- Additional therapies
- Possible complications
- Presence of inhibitors
- Specific complications for von Willebrand disease and other rare forms of bleeding diseases
- Benefits of physical activity in people with MEC
- Review of clinical studies

The final step in the project will be the definition of a model medical certificate of fitness for competitive sports for people with hemophilia and other MEC, considering that now these persons, also if therapeutically optimally treated, are often barred from access to a large part of sports disciplines, solely on the basis of their hemophilia condition, without any real physical problem.



The Italian Federation of Hemophiliac Associations (FedEmo) is a national body which brings together the 31 local associations active in providing support to MEC patients and their families throughout the country. FedEmo represents the interests of more than 10,000 Italian patients with hemophilia and other MEC. More details about Association, projects and activities are available at: www.fedemo.it