

Idiopathic Thrombocytopaenic Purpura (ITP)

Emergency Department

Information for Parents

This leaflet is designed to give you information about Idiopathic Thrombocytopaenic Purpura (ITP) and help you answer some of the common questions you may have.

What is ITP?

ITP is a condition where the platelet cells in the blood become low. About four in every 100,000 children develop ITP each year.

What are Platelets?

Platelets are one of the three types of blood cells. Their job is to help with clotting of the blood if tissue is damaged or injured and as a result, stop bleeding and prevent bruising.

What causes ITP?

It is not certain what causes ITP, but it can follow a simple viral infection like a cold.

What are the symptoms?

The main symptoms of ITP include:

- Bruising
- Bleeding from nose or gums
- Pinpoint red spots on the skin (petechial rash).

How is ITP diagnosed?

ITP is usually diagnosed using a blood test. This can then be examined under a microscope by a specialist to rule out other conditions that cause similar symptoms to ITP.

How is ITP treated?

Most children do not require any treatment and just need their blood test to be monitored over time. Majority will improve.

If treatment is required, there are several options depending on your child's symptoms:

- Tranexamic Acid.
It helps with the blood to produce clots and can be useful for gum bleeds or nose bleeds

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- Steroids.
Can be given over a short period of time to try and increase the platelet count. However, the count can drop again when the dose is reduced
- Intravenous Immunoglobulin.
These are antibodies that can reduce platelet destruction.

What is the outlook for my child with ITP?

Most children will improve within six weeks whether or not treatment has been given. Three out of four children will have improved by 6 months after the start of ITP.

One in 20 children will have a further occurrence in the future.

What about school and sports?

School:

- Most severe bleeds tend to occur in the first week and in children with very low platelet count. In these children, they can go to school after the first week
- Children with a platelet count of over $20 \times 10^9/L$ can go to school from day 1
- In both cases, the school should be notified of the diagnosis.

Sport:

- Avoid sports with a significant risk of contact injury.

What else can I do?

Avoid drugs like Aspirin, Ibuprofen and herbal medication that can increase the risk of bleeding.

When to seek help?

You should bring your child to The Emergency Department (ED) if any of the following occur:

- Nosebleed lasting longer than 30 minutes despite pinching the nose
- Prolonged gum bleeding
- Blood in the urine or stool
- An injury to the head
- Persistent or severe headache
- Vomiting or drowsiness.

Further Information

For non-emergency health care advice, see your GP or ring 111

For emergencies, ring 999

To find your local health care services, including out of hours pharmacies and urgent care centres, visit www.nhs.uk

Local health care services in Wolverhampton include:

- The Phoenix Health Centre (Urgent Care Centre), Parkfield Road, Parkfields, Wolverhampton, West Midlands WV4 6ED

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。