

## After care

- The Children's Community Nursing Team will visit you at home on a regular basis, for about a month after your child has left the hospital, to see how your child is recovering.
- They will continue to monitor your child's blood pressure. If your child's blood pressure is normal, they will only need to check it weekly.
- The nurses on the ward will have taught you how to check your child's urine for blood and protein. Nurses from will ask you for the results of these urine tests, so please have them ready when they visit.
- Your child may need to have regular check ups with their Consultant Paediatrician.
- The appointment for your child's check up will be posted out to you. If you cannot attend for any reason a new appointment should be made.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR

St Helens Hospital  
Marshall's Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

Southport Hospital  
Town Lane, Kew,  
Southport, Merseyside,  
PR8 6PN  
Telephone: 01704 547 471

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

## Henoch Schonlein Purpura (HSP)

(Inflamed & damaged small  
blood vessels)

### Patient information Leaflet

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Nature & reasons for the condition

### Henoch Schonlein Purpura (HSP)

- HSP is a disease that effects the small blood vessels called capillaries, which become inflamed and damaged.
- Children between the ages of two and eleven years seem to develop HSP more than younger or older children.
- It seems to affect slightly higher numbers of males than females.
- We do not know exactly what causes HSP, but it seems to follow on from some viral infection, such as a cold or respiratory tract infection.
- HSP is not an inherited disease and is not contagious so cannot be passed on from person to person.

## What are the symptoms?

The symptoms mainly affect four areas of the body and can come and go for several weeks or even months in some cases:

- **Skin** – This is affected in all cases, causing a red-purple rash, which does not turn white when pressed. This tends to appear on the buttocks, elbows or legs. In severe cases it can become swollen or ulcerated.
- **Digestive System** – causing stomach ache and blood in the faeces (poo). In a small number of children, this is severe and may cause complications.
- **Joints** – Painful and swollen joints can occur due to inflammation, usually affecting the knees and ankles, causing pain and sometimes difficulty in walking.
- **Kidneys** – Protein and blood may be found in the urine due to inflammation in the kidneys. Often this will resolve as the child gets better but can be a more serious long-term problem and will need careful monitoring

## Usual form of treatment

As it often remains unclear why HSP has occurred, the condition can be difficult to prevent. However it usually settles down within six weeks, so no specific treatment is required.

- Treatment can be given to relieve symptoms. Paracetamol or non steroidal anti-inflammatory medication (such as ibuprofen) may be prescribed to relieve any joint pain.
- Resting may also help.
- The most serious possible consequence of HSP may be kidney damage. For this reason, regular urine tests to monitor kidney function are important, even once someone has recovered.
- In general, however, the majority of children who develop HSP make a full recovery without any further problems.
- Regular follow-up appointments with a doctor for 6-12months to check kidney function.

