Mersey and West Lancashire Teaching Hospitals
NHS Trust

Immune Thrombocytopenic Purpura (ITP)

Patient information leaflet

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

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیاریانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

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What is Immune Thrombocytopenic Purpura?

Immune Thrombocytopenic Purpura (ITP) is a blood disorder. With this disease, you have a lower number of platelets than normal in your blood. Platelets are blood cell fragments that help with blood clotting. Having fewer platelets can cause easy bruising, bleeding gums, and internal bleeding. ITP is a rare autoimmune blood disorder that both children and adults can develop. ITP is caused by an immune reaction against your own platelets. This means that your body's immune system attacks your platelets by mistake.

This immune system mistake may happen due to any of the following

- Medicines (including over the counter medications) which can cause an allergy that cross-reacts with platelets.
- Infections that set off the immune reaction that leads to ITP.
- These are often viral infections, including the viruses that cause chickenpox.
- Sometimes the cause is not known.

Signs and Symptoms

- ITP presents itself with bruising and very small purple spots.
- These spots can be found in the mouth, gums and on lips and bruising may appear on the arms and legs.
- It is caused by the bleeding of tiny blood vessels just under the skin.
- Sometimes your child's urine looks pink as it may contain a small amount of blood.

Our usual form of treatment is

Whilst your child is in hospital, various tests will be carried out to help find the cause, but often no cause is found. Some tests include blood samples and urine tests. In some cases, treatment is required.

This can be given in one of two ways

- Oral Steroids – these can reduce the bleeding from the tiny blood vessels.

- Intravenous Immunoglobulins – these prevent the destruction of platelets.

The child's temperature, heart rate and blood pressure will be monitored by nursing staff at regular intervals and their urine will be tested to identify blood content. Your child will need to rest, whilst in hospital and at home and be protected from any injuries. Most children usually recover within a few weeks or months whether or not treatment has been given.

The benefits of treatment/management

Doctors at the hospital will advise you how long your child should rest for and when he/she can resume school/activities. You may be given an appointment to return to the hospital for your child to have a repeat blood test. This is to check if the number of platelets is increasing back to a normal range. Always continue to give your child the prescribed medication and only stop when instructed to do so by your Doctor/Nurse.

There are no alternative treatments and no risks linked with the treatment.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.