

Information for adult patients with immune thrombocytopenia in the setting of COVID-19 pandemic

Immune thrombocytopenia (ITP) is not considered a 'serious' health condition in the situation of the current COVID-19 pandemic. However, we are sure you and your families are concerned about the risk of coronavirus infection at this time and want to provide some guidance on what you should do as a person who has ITP.

The large majority of people who contract coronavirus can stay at home to recover and do not need to seek medical advice unless their symptoms worsen.

It is also worth remembering that, like any viral infection, the coronavirus infection might trigger an episode of ITP.

Some of the treatments used for ITP will affect your immune system and may reduce your ability to fight the infection. These treatments include:

Prednisolone (steroid)
Mycophenolate Mofetil (Cellsept)
Azathioprine
Cyclosporine
Vincristine
Rituximab (given in the past 6 months)
Splenectomy (patients are advised to be diligent with their antibiotic prophylaxis and be up-to-date with their vaccination schedule)

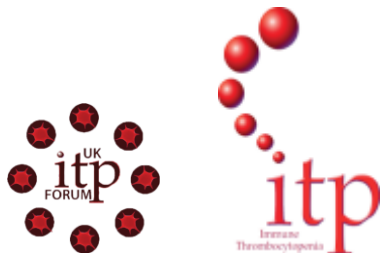
Neither Romiplostim (N-Plate) nor Eltrombopag (Revolade) will affect the immune system and risk will depend on other treatments being received at the same time or in the recent past.

Any change in ITP medication should be discussed with your ITP centre and should NOT be discontinued unless advised. If you think your platelet count is low, please do not attend your centre without phoning first and a plan of action can be determined. This may be simply a change in treatment or you may be asked to come to the centre at a specified time, to minimise your wait.

Many ITP consultations can be done through telephone conversations and some centres may have a nursing team who can come to your house to take blood tests and review how you are. You will then not need to travel or wait in hospital. You will then be advised about dosing of medication over the phone. Your Centre will be able to advise you on the best course of action and how to access care.

As in any other circumstances, if there are any bleed-related symptoms, please contact the ITP centre.

If you do need to seek medical attention with corona virus infection, please ask the health-care professional to contact your ITP centre



Please follow the national guidance for isolation, which is being updated daily on the NHS website or on the UK government website.

The following should also be discussed:

Delay non-essential travel

School: follow issued advice by the authorities as per other children

Work: explore options to work from home as appropriate

Further evidence is given here (16th March 2020):

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>