

Collaboration in chronic ITP: Improving quality of life and patient outcomes

Practice aid for ITP

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Impact of ITP on patients, including their HRQoL



Patient support groups can help educate patients with ITP, and provide resources and support^{7–9}

- Platelet Disorder Support Association
- International ITP Alliance
- ITP Support Association

PRO tools can assess the true burden of disease for patients with ITP and may help HCPs to understand any functional limitations¹⁰

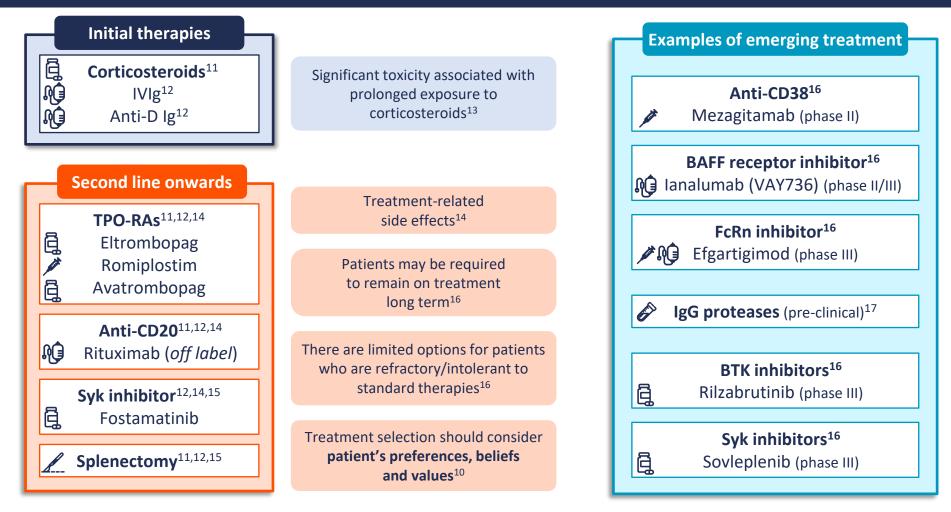
- Generic tools, e.g. SF-36 or FACIT-F, are not able to identify ITP-specific factors that impact HRQoL¹⁰
- ITP-specific tools, e.g. ITP Life Quality Index and ITP-PAQ, can assess issues relating to ITP more precisely¹⁰

However, PRO tools are more comprehensive than is feasible to implement in current clinical practice¹⁰



Practice aid for ITP

Current and future treatments for ITP



Shared decision-making results in treatment decisions that are **individualized to the patient** and the phase of disease¹⁰ Decision aids, e.g. '<u>ITP management and care shared decision-making tool kit</u>', can help patients with their treatment decisions¹⁸



Shared decision-making in ITP¹⁰

HCPs' expertise:

- ITP knowledge
- Treatment options
- Treatment side effects

Patients' expertise:

- Experience of ITP
- Preferences

Patients understand the risks, benefits and consequences of different treatment options, as well as the characteristics and risks of their disease

Patients are empowered to make decisions about the care that is right for them, based on evidence and their preferences, beliefs and values

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Shared decision-making can lead to greater decision satisfaction, improved communication and trust between the patient and their HCP, improved adherence to treatment plans and optimal experience of care

Factors to discuss during shared decision-making



Abbreviations and references

Abbreviations

BAFF, B-cell activating factor; BTK, Bruton's tyrosine kinase; CD, cluster of differentiation; FACIT-F, functional assessment of chronic illness therapy – fatigue; FcRn, neonatal Fc receptor; HCP, healthcare professional; HRQoL, health-related QoL; Ig, immunoglobulin; ITP, immune thrombocytopenia; ITP-PAQ, ITP-patient assessment questionnaire; IV, intravenous; PRO, patient-reported outcome; QoL, quality of life; SF-36, short-form health survey; Syk, spleen tyrosine kinase; TPO-RA, thrombopoietin receptor agonist.

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