



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

Concern over **risk of bleeding**¹



Living with **unpredictability** and a **fear of bleeding** impacts QoL¹



Patients **may have to alter their lifestyle** to reduce bleeding risk, e.g. avoiding contact sports²



Patients may experience **social stigmatization** from visible skin manifestations, which can affect self-esteem^{2,3,5}



Patients can experience **fatigue** and **cognitive impairment** that can **decrease participation in activities and work**^{3,4}



Heavy menstrual bleeding is common in **female patients** with ITP and often impacts daily life⁶



Patient support groups can help educate patients with ITP, and provide resources and support⁷⁻⁹

- [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

Current and future treatments for ITP

Initial therapies



Corticosteroids¹¹

IVIg¹²
Anti-D Ig¹²

Significant toxicity associated with prolonged exposure to corticosteroids¹³

Second line onwards



TPO-RAs^{11,12,14}

Eltrombopag
Romiplostim
Avatrombopag

Treatment-related side effects¹⁴

Patients may be required to remain on treatment long term¹⁶



Anti-CD20^{11,12,14}

Rituximab (*off label*)

There are limited options for patients who are refractory/intolerant to standard therapies¹⁶



Syk inhibitor^{12,14,15}

Fostamatinib

Treatment selection should consider **patient's preferences, beliefs and values**¹⁰



Splenectomy^{11,12,15}

Examples of emerging treatment



Anti-CD38¹⁶

Mezagitamab (phase II)



BAFF receptor inhibitor¹⁶

Ianalumab (VAY736) (phase II/III)



FcRn inhibitor¹⁶

Efgartigimod (phase III)



IgG proteases (pre-clinical)¹⁷



BTK inhibitors¹⁶

Rilzabrutinib (phase III)



Syk inhibitors¹⁶

Sovleplenib (phase III)

Shared decision-making results in treatment decisions that are **individualized to the patient** and the phase of disease¹⁰


Decision aids, e.g. '[ITP management and care shared decision-making tool kit](#)', can help patients with their treatment decisions¹⁸


Shared decision-making in ITP¹⁰





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


 Method of treatment **administration**^{11,19}

 **Dietary restrictions** associated with any treatments¹⁹


 **Risks and benefits** of withholding or treating¹⁸


 Potential treatment **side effects**¹⁸


 Availability of **support networks**¹¹


 **Concomitant medications** and **medical conditions**¹⁸

 The patient's **lifestyle**¹⁸

 The patient's **expectations**¹⁸

 **Treatment adherence**¹¹

 The patient's desire to **avoid long-term medication**¹¹

 Potential for a **durable treatment response**¹¹

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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