

ITP- questions we forget to ask-  
information we forget to give?

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# Introduction

- Why we might forget to tell you (M)



- Why you may forget to ask (P)



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# Top 8 questions patients should ask their doctor-American link

- 1. What is my condition and what caused it?
- 2. Why are you prescribing this drug?
- 3. What are the possible side effects?
- 4. What are my treatment options?
- 5. What is my outlook for the future?
- 6. How will I know if my treatment is working?
- 7. What changes do I need to make in my daily life?
- 8. What are your qualifications????

# Why we all forget

- Acute situation-different priorities
  - Concern re platelet count, bleeding and response to treatment
- With a response-relief! (M, P)
- Poor response
  - Consideration of other therapies (M, p)
  - Bleeding symptoms (M, P)
- Changes with time/requirements eg surgery, pregnancy, lifestyle

# 1. Side effects of therapy?

- Steroids: short and long term use and S/Es (M)
- IVIg: blood product, headaches, discussion of dosage regime (M)
- How long should you receive the treatment and what are the side effects? (P)
- Use of contraception with certain medications (M)

## 2. Exercise

- Can I do exercise? (P)
- Do you do any sport? (M)
- Do you do contact sports (M)
- Can I go to the gym? (P)
- Do you do any interactive sport? (M)
- What platelet count should we be aiming for (M, P)

## 3. Holidays/Travel

- Can I go abroad? (P)
- Can I fly?
- Have you any trips coming up? (M)
- Holiday insurance-have you got any and who to speak to (M)
- Contacts during holidays (M) eg local hospitals, where to get a blood test

## 4. Daily life/General Questions

- Do you drive a car? (M)
- Can I drink alcohol? (P)
- Food and ITP (M)
- Can I have sex? (P)
- I am feeling very tired and depressed (P)
- How is your general well being?(M)
- Patient support group (M)



## 4. Daily life/General Questions

- Will I ever get better? (P)
- Will I have this for the rest of my life ?(P)
- What did I do to cause this? (P)
- Life insurance ? (P)

## 5. Pregnancy

- Can I get pregnant with a low platelet count? (P)
- ITP Treatments accepted during pregnancy (M)
- Pain relief (M)
- Risk and monitoring of newborn (M)

## 6. Studies

- Would you be interested in being involved (M)
- What are the latest clinical trials that are ongoing (P)
- I'd like to be involved in an ITP study (P)
- I'm scared of being involved in a clinical study (P)

# How do we overcome these issues?

- Patient information
- FAQs on ITP patient forum & magazine
  - very informative
- Specialist clinics
  - An exception
- Time to talk



# Medics V s Patients



*What else should  
we remember to ask?*

VIA 9GAG.COM