

**Patients with ITP often report significant fatigue.**

**Clinicians often ignore this symptom and claim it to be unrelated to ITP**

### Longitudinal observational study:

Sep 2013 – Dec 2015 on 120 children, age 1-17 years on second line Rx. Data collected at 1, 6 & 12 months of therapy Enrolment from 21 centres in USA Measurement of fatigue- Hockenberry fatigue scale Measurement of HRQoL- Kids ITP Tool.

### Outcomes assessed -

1. Is fatigue a genuine concern in these children? Does fatigue affect health related quality of life (HRQoL)?
2. Do therapeutic interventions alter the course of fatigue?

### CAUSE OF FATIGUE - (Largely unknown)

- Inflammatory mediators.
- Destruction of ab-coated platelets results in ongoing production of inflammatory cytokines

# ACADEMIC P.E.A.R.L.S

Pediatric Evidence And Research Learning Snippet



## Fatigue : Complicating Good Old ITP

Fatigue In Children And Adolescents With Immune Thrombocytopenia GRACE RF et al. Br J Haematol. 2020 Jun 5. doi: 10.1111/bjh.16751

**Results:** Median Age- 11.7 years, 50% had platelet count of <10 k, 53% had chronic ITP

- Adolescents with newly diagnosed and persistent ITP had higher mean fatigue scores than those with chronic ITP (p=0.03).
- There is no correlation between fatigue and age or gender.
- Fatigue score did not correlate with bleeding symptoms, platelet count, or platelet response to treatment.

### Key Message:

- ITP has a significant impact on HRQoL & is associated with substantial fatigue in both children & adolescents.
- Fatigue may be under-recognised by providers who are often focused on the risk of bleeding.
- Providers need to ask their patients about this important symptom.
- Children with significant fatigue may benefit from ITP directed treatment even in the absence of bleeding symptoms.

## EXPERT COMMENT



“ This is the first study in children & adolescents with ITP formally assessing Fatigue and HRQoL separately. It presents an independent & quantitative assessment and shows that fatigue improves with second-line treatments. Fatigue is clearly a common symptom of paediatric ITP, and providers must consider its burden in patients with ITP when making treatment decisions.”

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### Reference

Rachael F. Grace et al. Fatigue in children and adolescents with immune thrombocytopenia. Br J Haematol. 2020 Jun5. <https://doi.org/10.1111/bjh.16751>