



EBMT Nurses Group Immune

Thrombocytopenia (ITP)  
Learning Programme



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Welcome to the ITP Learning Programme of the European Nurses Group for Blood and Marrow Transplantation (EBMT Nurses Group).

Nurses and other health care professionals in haematology must have knowledge of ITP, because their knowledge about the disease and treatment does have impact on the care for patients and their relatives. Well informed health care professionals are needed more than ever to guide patients through the rapidly evolving treatment landscape, to help them cope

with the complexity of living with ITP, and enable them to achieve the best possible quality of life.

Immune thrombocytopenia is an autoimmune-mediated haematological disorder affecting platelets. A patient's immune system produces antibodies directed against platelet antigens, resulting in platelet destruction and suppression of platelet production in the bone marrow. Patients with ITP are, therefore, at risk of serious bleeding events.

In children, ITP is usually acute, with the majority of the cases resolving spontaneously.

In adults, ITP is more likely to be chronic, requiring individualised monitoring and treatment to maintain platelet counts at a safe level to prevent serious bleeding events.

The awareness of the ability of the patient to deal with ITP is becoming increasingly important. Patients diagnosed with ITP

and their families need information that will enable them to adapt to the processes involved in the course of the illness and treatment.

Thus patient education should be an important part of the introduction to the course of treatment of ITP. The patient should be able to develop the competence to take care of themselves, to recognize problems, to react appropriately to them and to get answers to questions.



## Target Audience:

This ITP learning programme has been developed to provide health care professionals with a better understanding of ITP, and to help them educate and support both patients and their relatives.

The interactive programme has been designed for haematology nurses, oncology nurses, nursing students, physicians, physicians in training, and patient organisations, all of whom have an interest in furthering their knowledge and understanding of the disorder.

The programme has been developed to be used at study days, conferences, symposia,

panel discussions, lectures, local educational workshops or even as a self-learning tool.

The idea is to engage participants and enhance their learning process.

The focus is practical, based on the latest studies, literature based guidelines, the expertise of health care professionals with wide-spread experience of caring for patients with ITP, and the views, of patients, with an emphasis on providing a holistic overview of treatment.

## **ITP Learning Programme objectives:**

After completing the programme participants should be able to describe typical clinical presentations, the treatment options for ITP patients and effective strategies for managing associated treatment side effects.

They should also have gained an appreciation of the history of the evolution of ITP treatments, the individual patient ITP journeys, the epidemiology and aetiology of ITP, and the monitoring tests that patients undergo regularly.

There is a section looking at the management of children and young adults with ITP.

Finally, the programme also considers factors affecting quality of life issues.

## How long is the ITP Learning Programme?

### **The ITP Learning Programme consists of:**

The toolkit on the USB stick has been divided into 6 standalone modules as well as 4 practice supporting case presentations.

### **Modules / Topics:**

1. Module 1:  
Overview of Immune Thrombocytopenia
2. Module 2:  
Identifying ITP
3. Module 3:  
Managing patients with ITP

4. Module 4:  
Paediatric patients
5. Module 5:  
Patient Considerations
6. Module 6:  
Quality of Life

### **Case:**

There are 4 case presentations in the toolkit that can be used as the basis for discussions around clinical, diagnostic and patient care issues.

### **Course evaluation form**

### How to use this material:

The ITP Learning Programme has been designed with flexibility in mind and the modular format allows it to be adapted to the time available.

Each module has been designed to stand alone as well as to work as part of series. While the presentations are pre-defined it is also possible for presenters to select the slides they feel will most suit their audience.

The USB Stick contains a series of 6 modules (PowerPoint presentations) aimed to help you train and educate nurses and other allied health care professionals, with concise learning objectives presented at the start of each module.

In order to run the USB Stick you will need:

- Computer
- PowerPoint

### How will the ITP Learning Programme be evaluated?

Participants will be given a course evaluation form to complete and should be encouraged to submit this form at the end of the programme (see USB Stick).

After the evaluation form has been send to [erik.aerts@usz.ch](mailto:erik.aerts@usz.ch) participants will receive back the **ITP Learning certificate**.

Please note: This ITP Learning Programme is available in English.

Please email [erik.aerts@usz.ch](mailto:erik.aerts@usz.ch) if you would like to receive a copy of the material.

## **The Nurses Group of the European Group for Blood and Marrow Transplantation gratefully acknowledges:**

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