Patients With Immune Thrombocytopenia Frequently Experience Severe Fatigue But it is Under-Recognized by Physicians: Results from the ITP World Impact Survey (I-WISH)

Carole Kruse,1 Alexandra Kruse,1 Shirley Watson,2 Mervyn Morgan,3 Nichola Cooper,4 Waleed Ghanima,5 Drew Provorn,5 Donald Arnold,1 Cristina Santoro,6 Ming Hou,7 Yoshiaki Tomiyama,8 Serge Laborde,9 Barbara Lovrencic,9 John Waller,10 Gavin Taylor-Stokes,11 Tom Bailey,12 Miona Stankovic13 and James Bussel14

1Bespoke Team, Adelphi Real World, Macclesfield, UK; 13Novartis Pharma AG, Basel, Switzerland; 14Division of Hematology/Oncology, Weill Cornell Medical College, New York, NY, USA

*7-point Likert scale: 7=excellent health, 1=very poor health. SD, standard deviation

Results

Patient and Physician Demographics and Baseline Characteristics

472 physicians from the same 13 countries completed the survey (Figure 1A). Physicians were predominantly male (58%, n=271 of 461), with a median age of 43 years (32–65 years) and 13 years (1–35 years) of experience (Figure 2).

Figure 1A. Patient (A) and Physician (B) Demographics and Baseline Characteristics

ITP Signs and Symptoms

A total of 454 (64%) patients reported at least one symptom at diagnosis and at survey completion, respectively, were being treated (65%, 30–70% at diagnosis; 64%, 27–41% at survey completion), and 13% had severe fatigue at diagnosis and at survey completion.

Figure 2. Patient Perception of Occurrence and Severity of ITP Signs and Symptoms at Diagnosis (A), and Time of Survey Completion (B)

Impact of ITP on QoL

When asked if they had considered their current symptoms, the three symptoms patients most wanted to resolve were fatigue (61%, n=423), anxiety around unstable platelet count (58%, n=400), and depression (56%, n=390) and anxiety (Figure 3).

Figure 3. Physiological Perceptions of the Impact of Each Symptom on Patients’ QoL

Conclusions

The patient reported predominantly that their greatest concern and the greatest severity both at diagnosis and at survey completion was fatigue. Patients also frequently reported anxiety about platelet count and abnormal menstrual periods, although these were less common concerns at the time of diagnosis.

Patients indicated that the top three symptoms they would most like to be relieved were fatigue, anxiety around unstable platelet count, and depression.

Although participating physicians were frequently in an ITP management and believed that fatigue greatly affected patients, they did not consider fatigue to be the most common problem patients did.

Physicians believed the lack of fatigue did not increase as ITP patients decreased their medication, and therefore, could be easily managed by increasing the platelet count.

These results indicate that patients and physicians agree on the overall symptom burden at ITP at baseline and that fatigue, anxiety and depression are the three top concerns.

References


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