ITP-CT

Immune Thrombocytopenia Control Tool

ITP Australia New Zealand

UNDERSTANDING YOUR ITP USING THE ITP-CT

Immune thrombocytopenia (**ITP**) is a rare autoimmune blood disorder. It is treatable, but not always easy to manage, and it may affect your quality of life in more than one way.

Measuring disease control across all areas affected by your ITP, including bleeding and bruising, energy levels, impact on day-to-day life, and overall wellbeing, can help your doctor monitor treatment response, guide conversations about care that is right for you, and set achievable treatment goals.

The ITP Control Tool (**ITP-CT**) was developed with people living with ITP and clinical experts to help patients and their doctors comprehensively understand the disease.



WHY THIS TOOL EXISTS

People experience ITP in different ways. For some people, concerns can go beyond platelet counts and may include bleeding symptoms, energy levels, and other aspects of day-to-day life. The **ITP-CT** was co-developed by people living with ITP and clinical experts in ITP to help support conversations about what matters most about ITP control.



HOW TO USE THIS FORM

To self-assess how well your ITP is controlled, please answer the following questions. You can share your responses with your healthcare team to help them better understand your healthcare needs.

Step 1: Answer all 8 questions

This questionnaire is designed to help you and your healthcare provider (HCP) comprehensively assess how well your ITP was controlled in the past 4 weeks. To use the ITP-CT correctly, we ask that you answer all 8 questions.

1 In the past 4 weeks, how often did you have skin bleeding (eg, bruising, petechiae/tiny red spots) or bleeding elsewhere (eg, nose bleeds, gums, heavy/prolonged menstrual periods)?

☐ Never ☐ Rarely ☐ Some of the time ☐ Most of the time ☐ All of the time

2 In the **past 4 weeks**, how often did you feel **physically fatigued** because of your ITP and/or its treatments?

☐ Never ☐ Rarely ☐ Some of the time ☐ Most of the time ☐ All of the time

3 In the **past 4 weeks**, how often did you have **brain fog or difficulties concentrating** because of your ITP and/or its treatments?

☐ Never ☐ Rarely ☐ Some of the time ☐ Most of the time ☐ All of the time

4 In the **past 4 weeks**, how often did you feel **concerned** because of your **platelet count**?

☐ Never ☐ Rarely ☐ Some of the time ☐ Most of the time ☐ All of the time

5 In the **past 4 weeks**, how often did you feel **worried/anxious** or **sad/depressed** because of your ITP and/or its treatments?

☐ Never ☐ Rarely ☐ Some of the time ☐ Most of the time ☐ All of the time

6 In the **past 4 weeks**, how much were your **day-today activities** or habits impacted by your ITP and/or its treatments?
For instance, think of work, school, leisure activities such as social outings, sports, travel and other hobbies, or eating habits.

☐ Not at all ☐ A little ☐ Moderately ☐ A lot ☐ Extremely

7 In the **past 4 weeks**, how much were your **interactions** with your **family, friends, and/or partner** impacted by your ITP and/or its treatments?

☐ Not at all ☐ A little ☐ Moderately ☐ A lot ☐ Extremely

8 In the **past 4 weeks**, what **type of care did you need** from an HCP for your ITP?
Select the response that best describes your experience.

☐ I had to go to the hospital for emergency care and/or I was hospitalised in the past 4 weeks.

☐ I had to take extra ITP treatment and/or my current treatment dose was adjusted or changed in the past 4 weeks, but I did not need to go to the emergency room or stay in the hospital.

☐ I did not need any care/only needed minimal care from an HCP in the past 4 weeks.

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For people living with ITP

Today's Date _____ **Your Name** *(optional)* _____ **Your Last ITP-CT Score** *(optional)* _____

Step 2: Calculate your ITP-CT score

After you have answered all 8 questions, use the **ITP-CT** table below to calculate your score.

- For questions 1 to 7, each answer is worth 0 to 4 points.
- Each question should have just one answer. Please do not add up multiple answers for the same question.
- Write the points you scored for each question in the white boxes located on the right of the table below.
- Add together your points for questions 1 to 7. **This is your ITP-CT score.** *Your score will be between 0 and 28.*
- For question 8, record letter A, B or C, based on the answer you selected. This will be recorded separately and is not added to the final **ITP-CT** score.
- Please note: Add today's date at the top left of the page. You may wish to refer back to this when you next speak with your healthcare team about your ITP.

Questions						Your score
1 In the past 4 weeks, how often did you have skin bleeding (eg, petechiae/tiny red spots, bruising) or bleeding elsewhere (eg, nose, gums, heavy/prolonged menstrual periods)?	Never 0	Rarely 1	Some 2	Most 3	All 4	
2 In the past 4 weeks, how often did you feel physically fatigued because of your ITP and/or its treatments?	Never 0	Rarely 1	Some 2	Most 3	All 4	
3 In the past 4 weeks, how often did you have brain fog or difficulties concentrating because of your ITP and/or its treatments?	Never 0	Rarely 1	Some 2	Most 3	All 4	
4 In the past 4 weeks, how often did you feel concerned because of your platelet count?	Never 0	Rarely 1	Some 2	Most 3	All 4	
5 In the past 4 weeks, how often did you feel worried/anxious or sad/ depressed because of your ITP and/or its treatments?	Never 0	Rarely 1	Some 2	Most 3	All 4	
6 In the past 4 weeks, how much were your day-to-day activities or habits impacted by your ITP and/or its treatments? For instance, think of work, school, leisure activities such as social activities, sports, travel and other hobbies, or eating habits.	Not at all 0	A little 1	Moderately 2	A lot 3	Extremely 4	
7 In the past 4 weeks, how much were your interactions with your family, friends, and/or partner impacted by your ITP and/or its treatments?	Not at all 0	A little 1	Moderately 2	A lot 3	Extremely 4	
8 In the past 4 weeks, what type of care did you need from an HCP for your ITP? Select the response that best describes your experience.	Emergency / Hospitalisation A	Tranexamic Acid or treatment/dose change B	No change / minimal care C			
Sum of points (items 1-7) = your ITP-CT score (0-28)						

Step 3: Speak to your doctor about how your ITP affects your day-to-day life



Your result is a starting point for a conversation. It is not a diagnosis. Your doctor will interpret it in the context of your platelet count, your treatments, and how you feel.

- If you are concerned that your ITP may not be in control, you should seek medical advice.
- Bring your completed ITP-CT with you for your next medical appointment.
- Speak to your care team and your doctor about your responses to the ITP-CT questions and how ITP or its treatments are affecting you. Don't focus only on the questions where you scored highest; every symptom or impact you experience is worth raising to help improve your day-to-day experience.

The ITP-CT was developed to facilitate patient-physician discussions about controlling ITP. The ITP-CT has been co-designed with Sanofi. The ITP-CT is not intended to replace a healthcare professional's medical judgment in diagnosing or treating a person living with ITP. ITP Australia and New Zealand and those who assisted in the development of this tool do not provide medical advice, diagnosis, or treatment. Please consult your healthcare professional if you have any questions about your health or treatment.