

Joint CPG - Henoch Schonlein Purpura GP follow up letter

Patient Details

Date of ED attendance: _____.

Dear Dr,

_____ attended the ED today. He/she has been diagnosed with Henoch Schonlein Purpura and is currently suitable for home management. As you know complications are most likely to arise in the first month post diagnosis.

Currently BP is _____ (ICTS BP scale attached on following page)

Current urinalysis shows _____

We have advised regular analgesia for joint pain.

He/ She will require follow up-

- Weekly for the next month,
- Then 4 to 6 weekly for 6 months in total.

At each review a **1st MORNING** urinalysis and BP check should be performed.

- If proteinuria mild but persistent at 6 weeks should be referred to nephrology.
- If proteinuria significant (3+/4+) refer back to ED or discuss/refer to paediatric nephrology.

Should he/she develop hypertension, significant abdominal pain and/or significantly worsening haematuria/proteinuria at any point **during** follow up please refer to ED.

We have also advised mum/dad to return to ED should they have any concerns or should the child develop significant abdominal pain, scrotal swelling or headaches.

Yours Sincerely,

Age Group	Significant Hypertension (mm Hg)	Severe Hypertension (mm Hg)
Neonate (< 7 days)	Systolic BP \geq 96	Systolic BP \geq 106
Neonate (8 – 30 days)	Systolic BP \geq 104	Systolic BP \geq 110
Infant (< 2 years)	Systolic BP \geq 112 Diastolic BP \geq 74	Systolic BP \geq 118 Diastolic BP \geq 82
Children (3 – 5 years)	Systolic BP \geq 116 Diastolic BP \geq 76	Systolic BP \geq 124 Diastolic BP \geq 84
Children (6 – 9 years)	Systolic BP \geq 122 Diastolic BP \geq 78	Systolic BP \geq 130 Diastolic BP \geq 86
Children (10 – 12 years)	Systolic BP \geq 126 Diastolic BP \geq 82	Systolic BP \geq 134 Diastolic BP \geq 90
Adolescents (13 – 15 years)	Systolic BP \geq 136 Diastolic BP \geq 86	Systolic BP \geq 144 Diastolic BP \geq 92
Adolescents (16 – 18 years)	Systolic BP \geq 142 Diastolic BP \geq 92	Systolic BP \geq 150 Diastolic BP \geq 98