

The Benefits of Treatment

By treating your child with rest and pain relief such as Paracetamol it will make your child feel more comfortable.

Risks of Treatment

None known

Alternatives to Treatment

None

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

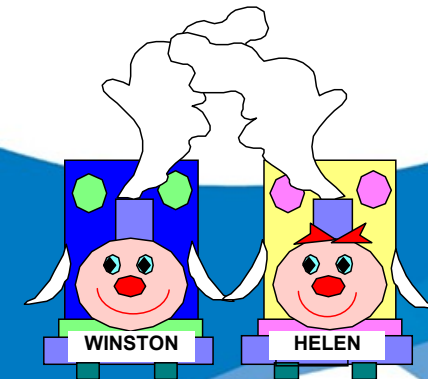
Henoch Schonlein Purpura (HSP)

(Inflamed & damaged small blood vessels)
Paediatric Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



Nature & Reasons for the Condition

Henoch Schonlein Purpura (HSP)

- HSP is a disease that effects the small blood vessels called capillaries, which become inflamed and damaged.
- Children between the ages of two and eleven years seem to develop HSP more than younger or older children.
- It seems to affect slightly higher numbers of males than females.
- We do not know exactly what causes HSP, but it seems to follow on from some viral infection, such as a cold or respiratory tract infection.
- HSP is not an inherited disease and is not 'catching' so **cannot** be passed on from person to person.

What are the symptoms?

The symptoms mainly affect four organs and can come and go for several weeks.

- **The Skin** – causing a red-purple rash, which does not turn white when pressed. This tends to appear on the buttocks, elbows or legs. In severe cases it can become swollen or ulcerated.
- **The Digestive System** – causing stomach ache and blood in the faeces (poo). In a small number of children, this is severe and may cause complications
- **The joints and the tissues around the joints** – causing pain and sometimes difficulty in walking.
- **The kidneys** – causing inflammation, which shows as blood and protein in the urine (wee) and **sometimes** it may increase blood pressure.

Our Usual Form of treatment

- As it often remains unclear why HSP has occurred, the condition can be difficult to prevent. However it usually settles down within six weeks, so no specific treatment is required.
- Treatment can be given to relieve symptoms. Paracetamol or non steroidal anti-inflammatory medication (such as ibuprofen) may be prescribed to relieve any joint pain. Resting in bed may also help.
- The most serious possible consequence of HSP may be kidney damage. For this reason, regular urine tests to monitor kidney function are important, even once someone has recovered.
- In general, however, the majority of children who develop HSP make a full recovery without any further problems.

After care

- The Childrens Community Nursing Team (CCNT) will visit you at home on a regular basis, for about a month after your child has left the hospital, to see how your child is recovering.
- They will continue to monitor your child's blood pressure. If your child's blood pressure is normal, they will only need to check it weekly.
- The nurses on the ward will have taught you how to check your child's urine for blood and protein. Nurses from CCNT will ask you for the results of these urine tests, so please have them ready when they visit.
- Your child may need to have regular check ups with their Consultant Paediatrician. The appointment for your child's check up will be posted out to you. If you cannot attend for any reason a new appointment should be made.