

PAEDIATRIC QUICK HITS

HENOCH-SCHÖNLEIN PURPURA (HSP)

BY VAL ASTLE



BACKGROUND

Most common vasculitis of childhood

Occurs in age 2-8 usually

- 50% of cases are under 5 years old

In 50% of cases there has been a recent URTI

DIAGNOSIS

RASH AND ONE OR MORE OF:



Purpuric rash occurs in all cases but may be a presenting complaint in only 75%.

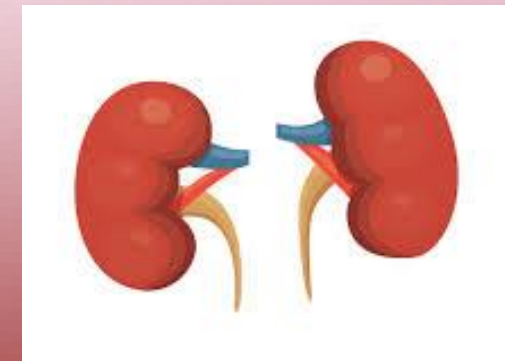
Arthritis/arthralgia
(in 50-75%)



Abdominal pain (in
50%)



Nephritis
(in 25-50%)



EXAMINATION

Must do obs, including BP



Skin

- Palpable purpura and petechiae
 - Symmetrical and on gravity dependent areas
- May also have painful non pitting oedema
 - commonly in hands/feet/scrotum (or around eyes if non ambulant)



Joints

- Arthritis/arthralgia- mainly knees and ankles

Abdomen

- Generalised abdo pain

Genitals

- Can get testicular pain and oedema



INVESTIGATIONS



If diagnosis clear then only urinalysis required



But if hypertension, macroscopic haematuria or significant proteinuria then also need:

Urine protein creatinine ratio
EUC and LFT (for albumin)



May need full bloods +/- imaging to rule out:

Complications
Differential diagnoses (eg ITP, leukaemia)

COMPLICATIONS

Abdomen

- Intussusception
- Bowel ischaemia or perforation
- Pancreatitis

Groin

- Testicular torsion

Resp

- Diffuse alveolar haemorrhage

Neuro

- Altered mood/behaviour
- ICH

Renal

- Nephrotic syndrome or nephritic syndrome
- Renal failure

MANAGEMENT



Manage pain

Simple analgesia

If pain more severe then give prednisolone 1-2mg/kg/day

- Wean off once symptoms improve



Consider admission when

Hypertension

Abnormal renal function

Significant pain

Any complications

ON DISCHARGE

- Discharge

- Need GP FU to check BP and urine
 - Weekly for first month
 - Then fortnightly to month 3
 - Then at 6 months and 12 months
- Return to weekly reviews if HSP flare recurs or if signs of renal involvement
- If all clear at 12 months then follow up stops

- Prognosis

- 1st episode usually resolves within 4 weeks
- Joint pain improves by 72 hours
- In 30% HSP recurs at least once, within 4 months of initial presentation
 - Subsequent episodes are usually milder
- If going to get renal complications then 90% occur within the first 2 months