smart medication™ ITP – a pilot study for investigating the feasibility of online surveillance of patients with Immun thrombocytopenia

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Background:
smart medication™ was successfully implemented in haemophilia home treatment. The aim of this investigation was to analyse the feasibility of a modified APP and internet platform for surveillance of patients with immun thrombocytopenia (ITP).

Methods:
The smart medication™ APP and internet platform were modified to document treatment, thrombocyte count and bleeding patterns in patients with ITP. Ten patients were recruited and followed for at least one year; 5 treated with romiplostim, 2 with prednisolone and 3 on a watch and wait schedule.

Results:
The patient APP includes last results of treatment, bleeding and thrombocyte count as well as the possibility for new entries (Fig. 1). Data are transmitted to the ITP centre (Fig. 2). By click to sort, data of interest are quickly shifted above. Patients who agreed for email entry can easily and immediately be contacted. Different treatment patterns are demonstrated: Watch & Wait (Fig. 3), Prednisolone treatment (Fig. 4), Romiplostim treatment (Figs. 5-7).

Conclusion:
smart medication™ ITP enables treatment centres to follow up bleeding patterns and thrombocyte counts during watch and wait periods or as a response to treatment. Bleeding pattern, variability of treatment responses and easy analysis of online data, may proof smart medication™ ITP as a valuable tool for ITP centres. In order to improve compliance of documentation, online reminders may need to be implemented.