



Henoch Schonlein Purpura (HSP)

Patient information Leaflet

May 2020

This leaflet aims to help you understand the condition Henoch Schonlein Purpura (HSP)

What is HSP?

HSP is a disease where the small blood vessels become inflamed and damaged. This causes the rash (purpura).

We do not know exactly what causes HSP, but it seems to follow on from infections such as a cold or respiratory tract infection. HSP is not an inherited disease and is not contagious.

It is more common in children between the ages of 2 and 11 years old. It also seems to affect boys more than girls

Symptoms

Skin:

A rash is evident in all cases.

It appears usually to the lower limbs. It does not disappear when pressed.

In some cases the rash can turn to ulcers

Digestive System:

Tummy aches and pain which sometimes can be severe.

Blood in faeces (poo)

Joints:

Painful swollen joints. Usually ankles and knees.

Kidneys:

Protein and blood may be found in the urine. This will need careful monitoring.

This usually resolves as your child gets better

How it is diagnosed:

It is diagnosed by looking at your child's symptoms and a thorough examination.

Blood and urine will usually be needed to be tested.

How is it treated:

Encourage your child to rest. This will help alleviate any swelling and pains in the joints

Give regular Paracetamol (maximum 4 doses in 24 hours; follow the instructions on pack) for stomach ache and joint pain.

Encourage your child to drink plenty of fluids. Offer small amounts frequently.

Once discharged your child will be followed up by the children's community nursing team who will monitor urine and blood pressure.

What is the outlook for children with HSP:

Overall, HSP does not cause long-term problems and most children make a full recovery, although relapses (usually milder than the first attack) can occur in about half of the children in the following months. Children with kidney involvement may need further investigations and regular longer term reviews by a doctor.

When to seek further advice

- If your child's stomach ache or pain become worse.
- If your child becomes irritable or distressed.
- If your child vomits and starts to refuse fluids.
- If your child's urine decreases or his /her urine becomes very dark in colour.
- If you are worried that your child is taking a long time for their symptoms to get better.

Useful Contact Numbers:

- Contact your GP for advice.
- Children's Community Nurses 0161 922 5251 (8am – 8pm)
- Children's Unit 0161 922 5252 (24 hrs)
- NHS Direct 111 (24hr helpline)

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言 翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

References

GOSH (2015) HSP information leaflet. Great Ormand Street Hospital, London

Leonard,J & Wild,L (2019) Henoch-Schonlein Purpura Guidelines for the care of the child with HSP in the Hospital and Community Setting. Trust Policy.

NHS Choices (2017) HSP

<https://www.nhs.uk/conditions/henoch-schonlein-purpura-hsp/>

Paediatric guidelines (2009-2010) Management of Henoch-Schonlein Purpura. Bedside Clinical Guidelines Partnership in association with Partners in Paediatrics. Sherwin Rivers. Stoke-On-Trent. P138

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