

Prophylactic vs. on demand treatment in haemophilia patients – real life data according to electronic diary smart-medication™

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Background:

Home treatment may be done on regular base (prophylaxis, P), in case of bleeding (on demand, OD) or as mixed regimens (temporary prophylaxis, M). Bleeding rates in real life were analyzed according to the three treatment groups.

Methods:

249 patients completed their electronic smart medication™ documentation in 2016 and were analyzed according to home treatment regimen and bleeding history.

TAB. 1: DEFINITION OF TREATMENT REGIMEN ACCORDING TO TRANSMITTED PATIENT ENTRIES

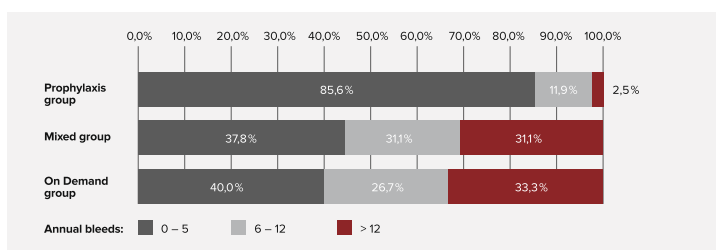
	N=249		Entries for prophylaxis	Entries for bleedings
Prophylaxe group	160	64%	>90%	<10%
Mixed group	74	30%	10% – 90%	10% – 90%
On Demand group	15	6%	<10%	>90%

Results:

A majority (64%, n=160) was on prophylactic treatment. A minority (6%, n=15) used > 90% of factor VIII/IX for bleeds and < 10% for temporary prophylaxis (OD). Nearly a third (30%, n=74) of all patients used 10 – 90 % factor VIII/IX for on demand or temporary prophylaxis (M). Mean age was 25 (P), 42 (OD) and 34 (M). Annual bleeding rates were 2.4 (P), 12.9 (OD) and 11.4 (M). Total 129 joint bleeds in (P) (0,8/patient), 60 in (OD) (4/patient) and 370 in (M) (5/patient).

Annual factor VIII/IX use (IU/kg BW) was 2852 IE/Kg (P), 536 IE(OD) and 2465 IE (M). The average factor VIII/IX dose per bleed (IU/kg BW/bleed) was 26 (P), 25 (OD) and 31 (M).

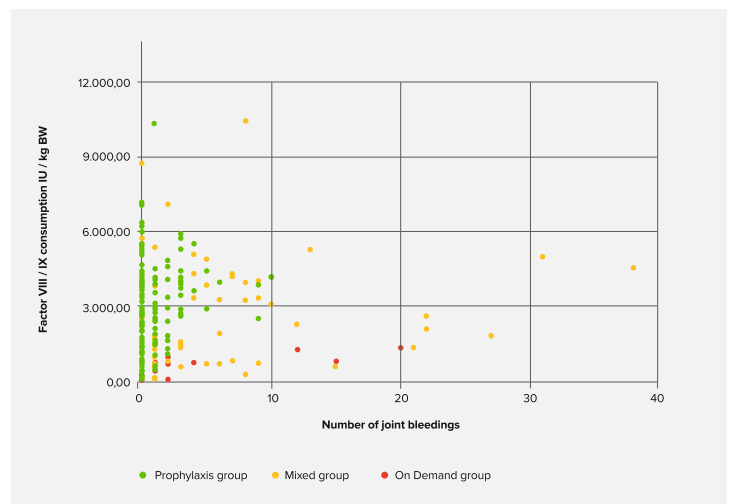
FIG 1: NUMBER OF ANNUAL BLEEDS ACCORDING TO TREATMENT REGIMEN



TAB 3: NUMBER OF ANNUAL JOINT BLEEDS ACCORDING TO TREATMENT REGIMEN

	N=559	Mean number of joint bleeds
Prophylaxis group	129	0,8
Mixed group	370	5,0
On Demand group	60	4,0

FIG. 2: ANNUAL JOINT BLEEDS IN RELATION TO FACTOR CONSUMPTION



TAB 2: MEAN AGE, MEAN ANNUAL FACTOR VIII/IX CONSUMPTION AND MEAN FACTOR TRANSFUSION PER BLEED

	Mean age	Mean annual factor VIII/IX consumption IU/kg BW	Mean factor VIII/IX requirement per bleed IU/kg BW	Mean Number of Bleedings
Prophylaxis group	25	2852	26	2,4
Mixed group	34	2465	31	11,4
On Demand group	42	536	25	12,9

Summary:

Real life data are in accordance to published data showing substantial less bleeding during prophylactic treatment in contrast to on demand treatment. Nearly one third of patients treat on mixed regimens with subsequently high bleeding rates, in spite of the highest dosing per bleed and may profit from more regular treatment.