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Physical Activity of Severe Haemophilia A Patients Receiving Prophylaxis with Helixate NexGen

Sylvia von Mackensen1, Axel Seuser2, Marietta Marco3, Lucia D. Notarangelo4, Angiola Rocino5, Rita Santoro6, Piercarla Schinco7, Anaratza Tagliaferri8 & Ezio Zanon9 for the SHAPE Study Group

1Institute of Medical Psychology, University Medical Centre, Hamburg, Germany; 2Centre for Prevention, Rehabilitation and Orthopaedics, Bonn, Germany; 3Dipartimento di Oncologia, Ematologia e Malattie dell'Apparato Respiratorio, Azienda Ospedaliera-Universitaria, Modena, Italy; 4Oncology-Haematology and Bone Marrow Transplantation Unit, Children's Hospital, Spedali Civili, Brescia, Italy; 5Haemophilia and Thrombosis Centre, San Giovanni Bosco Hospital, Naples, Italy; 6Hemostasis and Thrombosis Unit, Hemophilia Center, Azienda Ospedaliera "Pugliese-Ciaccio", Catanzaro, Italy; 7Hemostasis and Thrombosis Unit, Molinette Hospital Turin, Italy; 8Regional Reference Centre for Inherited Bleeding Disorders, University Hospital of Padua, Padua, Italy

Introduction

• Until the mid 70ies sport was discouraged in people with haemophilia (PWH) due to the bleeding risk [1]. Nowadays there is an increasing recognition that physical activity is important for people with haemophilia (PWH) [2,3]. Moreover, prophylaxis is beneficial to avoid bleeds, prevent joint damage and improve HRQoL [4], allowing PWH to practice individualised sport.

• The observational, prospective, non-interventional, SHAPE Study evaluated adherence to long-term prophylaxis by monitoring changes in clinical outcomes and physical activity in 14 centres in Italy over 36 months. We evaluated the impact of prophylaxis on physical activity of severe haemophilia A patients. This Study was sponsored by CSL Behring S.p.A., Italy.

Methods

• Patients of any age suffering from severe Haemophilia A, who have been prescribed a long-term prophylaxis regimen (at least 1 infusion/week for at least 46 weeks/year) with Helixate NexGen were included.

• Physical functioning and physical activity were assessed via self-rated questionnaires (HEP-TEST-Q [5]; EPIC Norfolk Physical Activity Questionnaire [6]). Demographic and clinical data were collected via electronic CRFs; the orthopaedic status was assessed with the WPH Orthopaedic Joint Score (OJS) or the Hemophilia Joint Health Score (HJHS).

Results

• 42 patients were enrolled; 47.6% adults, 21.4% adolescents (12-17 years) and 31% children (0-11 years).

• Patients had a median number of 1 bleed in the previous year and a mean OJS of $M_{\text{adults}}=10.15\pm9.8$; $M_{\text{children}}=1.63\pm2.2$.

• Only adolescents (n=9) and adults (n=20) were asked questions about sports.

• Only 1 adult did not practice sports.

• Most of the patients were doing endurance sports, followed by hobby activities. Main physical activities in adults were walking for pleasure, Do-It-Yourself (DIY) and floor exercises; none of the adults played football, whereas adolescents were mainly walking for pleasure, playing netball, volleyball or basketball and football.

Subjective Physical Performance (HEP-TEST-Q)

There was a difference between adolescents and adults in type, frequency and impact of practiced physical activities. Highest impairments in the HEP-TEST-Q were found in the domain ‘endurance’, 32.4% reported a fair/poor actual physical activity and in the domain ‘strength & coordination’, 47.2% could never/seldom carry out exhausting activities. PWH with a better orthopaedic joint status reported a better subjective physical performance.

References:


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