

SECONDARY PROPHYLAXIS IN ADULT SEVERE HAEMOPHILIC PATIENTS: A PROSPECTIVE STUDY IN A SINGLE CENTER.

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INTRODUCTION

In 2001, the Medical and Scientific Advisory Council recommended prophylaxis as the optimal treatment in patients with severe haemophilia at any age. There are retrospective studies showing the efficacy of prophylaxis compared to on-demand treatment in adults with severe haemophilia. However, there is not enough evidence to start secondary prophylaxis (SP) in patients that have developed haemophilic arthropathy. About SP in adults, only one prospective study has been published. **We designed a prospective study in our Unit to establish the efficacy of SP in 15 adult severe haemophilic patients who have been previously on-demand treatment and have completed 8 months on prophylaxis.**

METHODS

- We analyze on-demand treatment retrospectively 8 months and prophylaxis (starting 35 UI/Kg twice per week and subsequently adjusted with FVIII:C levels at 72 and 96h post-infusion until reaching minimal levels without haemorrhage) prospectively during similar time.
- We measured the following parameters:
 - Frequency of haemarthrosis
 - Musculoskeletal function
 - Imaging diagnosis (X-ray, ultrasound and MRI)
 - Health-related quality of life (Haem-Qol-A questionnaire)
 - Absenteeism
 - Economic cost and possible adverse effects.

RESULTS

	Pre-prophylaxis	Post-prophylaxis (8 months)
Total bleeding episodes in all patients	15.86	0.8
Haemarthros	135	10
Muscle bleeding	69	3
Other	34	0
Total absenteeism days per patient	17.75	1.25
FVIII IU consumption per patient	64.367	92.900
	Inclusion visit	After 8 months SP
Mean pain perception (scale over 100)		
Hip	79,8	39,6
Knees	16,8	5,6
Ankles	86,6	51,0

Pre-prophylaxis includes 8 months before starting prophylaxis and post-prophylaxis includes 8 months after

	Tropism			Strength			Joint range of movement			Joint perimeter
	Elbows	Knees	Ankles	Elbows	Knees	Ankles	Elbows	Knees	Ankles	
Mean improvement (after 8 months)	0.2 cm	1 cm	0.5 cm	1 cm	0.1 cm	0.4 cm	10°	2°	2°	No change

- SP showed a significant reduction in the number of bleedings and haemarthrosis per patient (15.86 episodes while on-demand to 0.8 episodes under prophylaxis) as well as chronic pain (Table 1).
- An improvement in the musculoskeletal function and quality of life was observed (Table 2)
- Possible effects of prophylaxis in haemophilic arthropathy will be long-term evaluated. For this, X-ray, ultrasound and MRI have already been performed.
- The economic cost of prophylactic treatment was 1.7 times higher than on-demand treatment.

CONCLUSIONS

- These preliminary results highlights the efficacy of SP in adults severe haemophilic patients after 8 months of follow-up.
- The consumption was only 1.7 times higher in patients on prophylaxis respect to on-demand regimen. We have to evaluate the medium-long term economic viability and efficacy of this treatment.

