



# Your ITP Discussion Guide

This guide is designed to help you have more focused discussions about your ITP care needs and preferences with your carer / care team

- 1 Reflect on your last month managing ITP** and note down what matters most to you. You do not need to complete everything: focus on the elements that are most important to you.
- Once completed, **tick the stars next to the questions that are most important to you.**
- Bring your completed guide to your next appointment** and discuss it with a member of your care team:
  - Use the guide to outline your top care priorities and go through your other issues in turn
  - Help your care team to understand your goals and what's most important to you in your daily life.
- 4 Make a joint decision** on your future care plan.

## Today's date:

Note down today's date so you can look back and track how you're feeling over time.

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## My goals

First, write down your short-term goals; the things that are most important to you right now (this week / month).

*For example, having a nice walk with the dog this week.*

Then, write down your longer-term goals; the things that are most important to you in the future (next 6 months).

*For example, going on a cycling holiday in three months.*

## Living with ITP

Living with ITP can affect your wellbeing and how you cope with everyday activities. **Use the scales below to rate how ITP affects your day-to-day life. Circle the score that best reflects how you feel.**

### Coping with ITP symptoms

How have ITP symptoms impacted your daily life in the last month (including fatigue, bleeding, bruising, etc.)?

1 2 3 4 5

### Feeling on top of things

Do you feel able to carry out everyday tasks like washing yourself, dressing up, cooking, DIY, doing household chores and shopping?

1 2 3 4 5

### Having emotional wellbeing

Do you feel positive (in control of your thoughts and feelings), or more negative (anxious, upset or depressed)?

1 2 3 4 5

### Pursuing hobbies

Do you feel you can pursue the activities you enjoy the most?

1 2 3 4 5

### Spending time with friends and family

Do you feel you can spend time with or care for family and friends in the way you want to?

1 2 3 4 5

### Performing well at work or school

Do you feel you can excel in your work and/or studies?

1 2 3 4 5

### Taking part in sports and exercise

Do you feel you can reach your sport and exercise goals?

1 2 3 4 5

Use this space to write down further details about how ITP affects your day-to-day life.

## Managing ITP effectively

To enable you to live your life the way you want to, it's important to work with your care team to find a treatment that works well for you. **Use the scales below to rate how you feel about your ITP treatment. Circle the score that best reflects how you feel.**

*How well does your ITP treatment help you to manage / prevent your symptoms (including fatigue, bleeding, bruising etc.)?*



*How satisfied are you that your treatment maintains or increases platelet production?*



*How satisfied are you with how often you take your treatment?*



*How satisfied are you with the number of blood tests needed to check your platelet count due to treatment?*



*How satisfied are you with the way your treatment is administered?*



*How easy is it for you to fit your treatment intake into your usual daily routine? (For example, commuting, working, eating, sleeping)*



*How easy is it for you to take treatment when your routine changes? For example, when on holiday?*



*Overall, how satisfied do you feel with your treatment and/or care?*



## Notes:

*Use this space to write down further details about how your treatment and care impacts your daily life, or any wishes you would like to share with your care team.*

## ITP treatment and your goals

Does ITP or ITP treatment currently affect your ability to pursue your personal goals?

YES  NO

*Use this space to write down how ITP affects your personal goals.*

## Priority discussion points for your next consultation

Look back over the questions and tick the stars highlighting the elements that are most important to you.

*Use this space to write down the 1-3 most important topics you would like to discuss at your next ITP appointment.*

## And finally...

- Don't be afraid to say if you feel that you're not being heard, or your issues aren't being taken seriously
- Ask for an explanation of anything you don't understand