



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

HENOCH-SCHONLEIN PURPURA (HSP)

Information for patients, relatives and carers

Your first appointment date is:

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Please bring this leaflet with you during each follow-up appointment with your doctor.

① For more information, please contact:
Rainbow Ward, Scarborough Hospital, 01723 342336
Ward 17, York Hospital, 01904 726017

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What is HSP?

HSP is a condition that is caused by inflammation of small blood vessels, producing a rash on the skin. It also commonly affects blood vessels in the kidneys, intestine and joints.

What causes HSP?

It is not known why the blood vessels get inflamed, but it may be triggered by a recent viral or bacterial infection.

How common is it?

Between 8 and 20 in 100,000 people will develop HSP in a year. The most common age group is 2-10 years old. It affects boys more than girls.

What are the symptoms?

Skin	Purple-red rash, which does not turn white when pressed. Very occasionally, the rash can turn into ulcers. Rash is usually over the back of limbs, usually in the legs.
Abdomen	Abdominal pain can be severe. Occasionally blood is visible in stools (poo).
Joints	Painful and swollen joints, usually in the knees and ankles
Kidneys	Protein and blood may be found in the urine

How is it diagnosed?

It is diagnosed by taking your child's history of symptoms and through physical examination. Urine tests will be required, and possibly blood tests.

If there is high blood pressure, a lot of blood and protein in the urine, or other blood test results suggestive of kidney damage, a referral to the kidney service may be required. However, this is rarely needed.

What is the treatment?

There is no specific treatment. The symptoms usually settle on their own within 4 to 6 weeks. Your doctor will perform a full assessment and your child may be admitted to a ward if needed.

Paracetamol can be used for joint and abdominal pain relief. Ibuprofen can be used if your doctor confirms that your child's kidneys are not affected. These can be purchased over the counter and given in child doses. Steroids may be used in severe cases.

You and your doctor will need to monitor your child's urine and blood pressure over the next 6 months. Your doctor will inform you if further monitoring is required and will update your child's GP with each review.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Rainbow Ward (Scarborough Hospital) 01723 342336,
or Ward 17 (York Hospital) 01904 726017

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: yhs-tr.FacilitiesmanagementHelpdesk@nhs.net

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