



Patiëntenvereniging
Nederland

At secondary school

Inform your mentor and teachers at school about your ITP. Do this by providing them with the following information:

- Your personal details, such as
 - your name
 - student number (you usually receive this in the first year)
 - a photo of yourself (passport style)
 - the class you are in
- A description of ITP:
ITP is a blood clotting disorder. This means that I bleed longer when I have injuries, even minor ones. In the case of a sprain, apply ice for a prolonged time (perhaps keep cold packs in the school's freezer, marked with my name and my class/student number).
- Attach to this document a patient information leaflet for teenagers or a general information leaflet on ITP and indicate where the leaflet can be found if the school has a spot for it.
- Provide phone numbers so that the school can contact the appropriate persons in case of an emergency. These could be your parents or other contact persons who know what ITP is and what should be done in case of an emergency. Make sure that the phone numbers are correct. It's also important that you check that your contact persons can be contacted during school hours on the numbers provided.
- Write down which doctor is treating you and in which hospital + the phone number of the department.
- Keep a supply of plasters (band-aids) and paper tissues in your bag, locker or pencil case.
- Perhaps keep some spare clothing in your locker.
- Make sure that your teachers are aware that they need to pay attention to what you tell them when something has happened: you know best how serious the bleeding is.
- Do not panic. Panic doesn't help anyone.
- Are there any other things you need to draw attention to? If so, include them.

For those continuing their education after high school, a study tool has been developed. The tips in this tool may be useful. <https://www.studietool.nl/contents/jv-itp/node/41042>



Name			
Student number		Class	
Date of birth			
Phone number of doctor/ hospital			
Contact persons			
Phone number 1 (name)			
Phone number 2 (name)			
Phone number 3 (name)			
Phone number 4 (name)			
Contact person at school			
Disorder	ITP (Immune thrombocytopenia)		
Main symptoms of ITP (Tick what is applicable and add any missing information)	Prolonged bleeding from (minor) wounds Spontaneous nosebleeds that may be difficult to stop Bruises Fatigue Heavy menstrual periods		
What to do	<p>Wounds bleed for a long time, so keep applying pressure. Nosebleeds may take a long time to stop. Treat in the same way as normal nosebleeds. Sprains: cool longer than usually (cold pack available?) Bumping the head (or heading a ball): In case of very low blood platelets, this can lead to a brain haemorrhage (fortunately this is rare). If in doubt, contact the hospital (see phone number of doctor/hospital and mention that the student has a clotting disorder).</p> <p>If the bleeding continues for too long, contact the contact person and/or doctor.</p>		



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Discuss the following topics with the mentor:

What is OK in the classroom?

What is OK during breaks?

What is OK during physical education ('gym') and what is possible (preferably no contact sports or sports with a high risk of injuries)?

What is OK during tests or exams?

What is OK regarding absence?

What is OK regarding medication?

What is OK regarding limited mobility? (ITP can cause fatigue, fortunately not for everyone)

What is possible with regard to catching up?

Extra support or coaching

Other agreements

Not everything applies to all people with ITP. This list can be used for several chronic conditions and can be adjusted where possible.

The aim is to get clarity in advance about what the possibilities and impossibilities are for the pupil and the school. It is impossible to cover everything at the start of the school year.

Make sure that this information is reviewed regularly and updated as necessary to reflect any changing circumstances. Bear in mind that the class you're in changes every year. It is therefore recommended to review the document at the start of a new school year and adjust it where needed.