

3. If your child has tummy aches that are bad and especially if your child vomit green fluid (bile) or has blood in their poo
4. If your son's testicles are swollen or painful
5. If your instinct as a parent tells you something is seriously wrong with your child

### Dipstick Test Table

Please record your results in the table below.

| Date: | Dipstick result for protein | Dipstick result for blood |
|-------|-----------------------------|---------------------------|
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |
|       |                             |                           |

If you have any questions or concerns, please contact the Starfish ward, A7 at Queen Alexandra Hospital, Tel: (023) 9228 3341 or your GP.

### How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail: [pht.pals@porthosp.nhs.uk](mailto:pht.pals@porthosp.nhs.uk)

### Consent- What does this mean?

Before any health professional examines or treats you they must have your consent or permission. Consent may be implied (e.g. offering a wrist for taking a pulse) or written (where you sign a form agreeing the treatment/operation). Young people are presumed to be able to give consent depending on their maturity and the nature of the decision.

Where a child is not competent to give consent, only a person (or body) with parental responsibility may consent on the child's behalf. More detailed information is available [www.dh.gov.uk](http://www.dh.gov.uk)

### Information we hold about you and your rights under the Data Protection Act

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities!' for further guidance.

The information may also be used to plan NHS services and assist in the teaching and training of health professionals. To make sure that patient confidentiality is maintained a policy has been written informing **all staff** of their responsibilities.

Other sources of information:  
NHS Direct online,  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
Helpline: 0845 4647

Author: Elma Morton  
Produced: March 2011 / 2015  
Review: Jan 2017  
Reference: PAE/018  
Medical Illustration ref: 06/1762  
© Portsmouth Hospitals NHS Trust

Produced by  
Medical Photography  
& Illustration  
[mpandi@porthosp.nhs.uk](mailto:mpandi@porthosp.nhs.uk)



## Henoch-Schonlein Purpura (HSP)

### Information for parents



The Paediatric Unit  
Queen Alexandra Hospital, Cosham  
Tel: (023) 9228 3344

### Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.



### **What is HSP?**

It is a rare condition where the body's immune system attacks itself (autoimmune). It leads to inflammation of small blood vessels. The exact cause is unknown but it is sometimes triggered by a preceding throat infection.

The rash is due to inflammation of blood vessels in the skin leading to redness, and bruising. Other organs are sometime affected by the inflammation, such as the gut, joints and kidneys.

### **Is HSP serious?**

Not usually. The rash, joint pains and abdominal pains usually resolve over days or weeks without needing any treatment. Rarely HSP can cause serious complications such as kidney failure or a type of blockage in the gut called intussusception. Sometimes HSP can recur after the first attack.

### **Why have I been asked to dipstick my child's urine?**

This is to check if the HSP is causing your child's kidneys to be inflamed and to keep an eye on this. Nearly all children who have HSP have some degree of kidney inflammation. Kidney inflammation will cause tiny amounts of blood and protein to be in the urine that cannot be seen with the naked eye. It is possible to have kidney inflammation without any symptoms or signs other than a positive urine dipstick test. Sometime the kidney inflammation can develop weeks or months after the rash has gone.

Kidney inflammation usually gets better without any complications or need for treatment but very rarely it can lead to kidney failure.

### **How do I dipstick my child's urine?**

In a clean container, collect the first urine your child does in the morning. (Urine collected later in the day might have a falsely high level of protein in it). Before you leave the ward, the nurses will show you how to dip the urine with the dipsticks and read off the protein and blood levels.

### **How often and for how long should I dip my child's urine?**

Once the HSP has been diagnosed, you should dipstick the urine once every week until you child is seen in outpatients (this would usually be after 3 months).

If the rash reoccurs, then recommence dipsticking the urine weekly until seen by your paediatrician.

### **What am I looking for?**

You are looking for microscopic amounts of blood or protein in the urine that cannot be seen with a naked eye. The dipsticks can detect other substances, such as ketones, but you can ignore these squares on the sticks.

### **What do I if the dipstick is positive for blood?**

This is not usually a cause for concern; it is very common in HSP and usually just needs monitoring.

If +1 or ++2 of blood on dipstick – then continue dipsticking your child's urine once per week. No further action is required if your child is well.

**If +++3 or ++++4 of blood is on the dipstick and/or if the urine looks red, rusty coloured or bloody to the naked eye contact The Children's Assessment unit (CAU) (023 9228 3344)** We will need to see your child at the hospital for a urine test and a blood test.

### **What should I do if the dipstick is positive for protein?**

Remember you should test the first urine your child does in the morning.

**If the protein is + or 'trace'** then do the dipstick test once per week until your child is seen in outpatients. No further action is required unless the amount of protein is increasing.

**If the protein is ++2 or more** on the dipstick then do the dipstick test again the next day. If it is still ++2 or more of protein then telephone CAU. We will need to see your child at the hospital for a urine test and a blood test.

### **If my child has HSP when should I contact a doctor or CAU?**

1. If your child's urine is: -
  - Red, rusty or blood coloured
  - Has ++2 or more of protein or +++3 or more of blood on the urine dipstick
2. If the joint swelling is very painful and especially if it stops your child walking