

Haematology Summary

The role of the GP in the care of people with haematological disorders

Many consultations in general practice involve haematological investigations. As a GP you should be able to:

- Identify symptoms that are within the range of normal or self-limiting illness and differentiate them from underlying pathology e.g. anaemia
- Know the epidemiology of common disorders and understand how to recognise them
- Make an effective assessment, including conducting more detailed tests and referring appropriately.

Key Areas for Exam preparation

Common and important conditions

- Anaemia and its causes including iron, folate and vitamin B12 deficiency, sideroblastic, haemolytic, chronic disease
- Anticoagulants: indications, initiation, management and reversal/withdrawal including heparin, warfarin, Direct Oral Anticoagulants such as dabigatran, drug interactions and contra-indications
- Clotting disorders including genetic causes such as haemophilia and von Willebrand's disease, infective causes such as meningococcal septicaemia and disseminated intravascular coagulation
- Common abnormalities of blood films and their management (e.g. macrocytosis, microcytosis, spherocytosis, neutrophilia)
- Enlarged lymph nodes of any cause +/- splenomegaly, including infection and malignancy (both primary and secondary); management of a single enlarged lymph node
- Enzyme diseases such as G6PD deficiency
- Gout associated with haematological malignancies and myelodysplasias
- Haematological malignances such as acute and chronic leukaemias, lymphomas (including Hodgkin's, non-Hodgkin's lymphomas, gut and skin lymphomas), multiple myeloma
- Haemochromatosis
- Haemoglobinopathies such as thalassaemia, sickle cell disease
- Haemolytic diseases including management of rhesus negative women in pregnancy, autoimmune and transfusion haemolysis
- Lymphatic disorders such as primary lymphoedema
- Myelodysplasia and aplastic anaemia
- Myeloproliferative disorders such as polycythaemia rubra vera, thrombocytosis
- Neutropenia: primary and secondary including chemotherapy and drug-induced
- Pancytopenia and its causes
- Polycythaemia: primary and secondary such as to hypoxia, malignancy
- Purpura: recognition and causes such as drug-induced, Henoch-Schönlein
- Splenectomy including functional asplenia
- Thrombocytosis and thrombocytopenia, including causes and associations, indications for referral.

Suggested Resources

General Information

- <https://www.e-lfh.org.uk>

Types of anaemia

- <https://www.evidence.nhs.uk/search?q=anaemia>
- <https://cks.nice.org.uk/anaemia-iron-deficiency#!topicSummary>
- <https://www.bsg.org.uk/resource/guidelines-for-the-management-of-iron-deficiency-anaemia.html>
- <https://patient.info/doctor/sideroblastic-anaemia>
- <https://patient.info/doctor/haemolytic-anaemia>

Anti-coagulant drugs

- <https://www.evidence.nhs.uk/search?q=anticoagulants>
- <https://www.gov.uk/drug-safety-update/new-oral-anticoagulants-apixaban-eliquis-dabigatran-pradaxa-and-rivaroxaban-xarelto>
- <https://www.ukcpa-periophandbook.co.uk/medicine-monographs/direct-oral-anticoagulants-doacs?c=anticoagulants>
- <https://patient.info/doctor/oral-anticoagulants>

Clotting disorders

- <https://www.evidence.nhs.uk/search?q=clotting+disorders>
- <https://www.msmanuals.com/en-gb/professional/hematology-and-oncology/coagulation-disorders/hemophilia>
- <https://patient.info/doctor/haemophilia-a-factor-viii-deficiency>
- <https://patient.info/doctor/haemophilia-b-factor-ix-deficiency>
- <https://www1.wfh.org/publication/files/pdf-1472.pdf>
- <https://ghr.nlm.nih.gov/condition/von-willebrand-disease>

Blood film abnormalities

- <https://www.evidence.nhs.uk/search?q=blood+film+abnormalities>
- <https://www.mrcpass.com/Notes/Haematology%20Notes.pdf>
- <https://patient.info/doctor/peripheral-blood-film>

Enlarged Lymph nodes

- <https://www.evidence.nhs.uk/search?q=enlarged+lymph+nodes>
- <https://www.aafp.org/afp/1998/1015/p1313.html>

G6PD deficiency

- <https://www.evidence.nhs.uk/search?q=G6PD+deficiency>
- <https://patient.info/doctor/glucose-6-phosphate-dehydrogenase-deficiency>

Gout

- <https://www.evidence.nhs.uk/search?q=gout>

Haematological malignancies

- <https://www.evidence.nhs.uk/search?q=haematological+cancers>
- <https://patient.info/doctor/acute-lymphoblastic-leukaemia-pro>
- nssg.oxford-haematology.org.uk/lymphoma/documents/lymphoma-primary-care-resources/L-68-cll-guide-for-gps-managing-stage-a.pdf
- <https://patient.info/doctor/chronic-lymphocytic-leukaemia-pro>
- <http://www.nnuh.nhs.uk/publication/download/lymphocytosis-chronic-lymphocytic-leukaemia-cll-and-low-grade-lymphoma-with-overspill-h-a001-v10>
- <https://patient.info/doctor/acute-myeloid-leukaemia-pro>
- <https://patient.info/doctor/chronic-myeloid-leukaemia-pro>
- <https://patient.info/doctor/hodgkins-lymphoma-pro>
- <https://patient.info/doctor/non-hodgkins-lymphoma-pro>
- <https://cks.nice.org.uk/haematological-cancers-recognition-and-referral>
- <https://cks.nice.org.uk/multiple-myeloma>

Haemoglobinopathies

- <https://www.evidence.nhs.uk/search?q=+Haemoglobinopathies>

Haemolytic disease

- <https://www.evidence.nhs.uk/search?q=Haemolytic+disease>
- https://transfusion.com.au/adverse_transfusion_reactions/acute_haemolytic_reaction
- <https://www.msmanuals.com/en-gb/professional/hematology-and-oncology/transfusion-medicine/complications-of-transfusion>
- <https://www.nice.org.uk/guidance/dg25/resources/clinical-guideline-rhesus-rhd-negative-antenatal-management-bristol-university-hospital-pdf-4368966308>
- <https://www.gpnotebook.co.uk/simplepage.cfm?ID=2040135744>

Lymphathic disorders

- <https://www.evidence.nhs.uk/search?q=lymphoedema>
- <https://www.dermnetnz.org/topics/lymphoedema/>

Myelodysplasia

- <https://www.evidence.nhs.uk/search?q=Myelodysplasia>
- <https://patient.info/doctor/myelodysplastic-syndromes-pro>
- <https://bloodwise.org.uk/info-support/myelodysplastic-syndromes>

Myeloproliferative disorders

- <https://www.evidence.nhs.uk/search?q=Myeloproliferative%20disorders>

Neutropenia

- <https://www.evidence.nhs.uk/search?q=neutropenia>
- <http://www.nnuh.nhs.uk/publication/download/neutropenia-in-adult-patients-a011>

Pancytopenia

- <https://www.evidence.nhs.uk/search?q=pancytopenia>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3858928/>

Polycythaemia

- <https://www.evidence.nhs.uk/search?q=polycythaemia>

Purpura

- <https://www.evidence.nhs.uk/search?q=purpura>
- <https://patient.info/doctor/henoch-schonlein-purpura-pro>

Splenectomy

- <https://www.evidence.nhs.uk/search?q=splenectomy>
- <https://www.webmd.com/digestive-disorders/splenectomy>

Thrombocytosis

- <https://www.evidence.nhs.uk/search?q=thrombocytosis>