

Assessing The Impact Of Platelet Transfusions On Outcomes In Patients With Chemotherapy Induced Thrombocytopenia

Nosheen Ali Khan¹, Momina Khadija Abbasi², Sabahat Rehman³, Nazia Siddiqui⁴, Shahida Mushtaq⁵, Salma Ambreen Shahab⁶

1. Associate professor, haematology Watim medical and dental college, rawat
2. Associate professor, histopathology Watim medical and dental college, rawat
3. Assistant Professor Pathology. Hitec-IMS, Taxila.
4. Assistant Professor Haematology
5. Assistant professor Hitec-IMS, Taxila
6. Assistant Professor Pathology, Medical education Hitec-IMS, Taxila.

Corresponding Author: Momina Khadija abbasi

Email: mominaabbasi@hotmail.com

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Abstract

Background: CIT is defined as a triggering of thrombocytopenia in cancer patients undergoing chemotherapy and the threat of bleeding is significantly high among the suffering patients. Platelet transfusions are normally used in the management of the condition considering the dangers posed by bleeding and the desire to enhance safety and effectiveness of the patients. It is imperative to understand the effectiveness of these two structures so as to enhance patient care.

Objectives : In order to assess the benefits of platelet transfusions in the treatment of patients with thrombocytopenia related to chemotherapy in terms of prognosis and rates of bleeding, and to determine the effect of the transfusions on patients' recovery.

Study design: A Cross Sectional Study.

Place and duration of study. Department of Pathology Watim medical and dental college, rawat from Sep 2021 to Dec 2021

Methods : In this study the participants were 150 patients who had thrombocytopenia due to chemotherapy and were treated with platelet transfusions. Frequency of transfusion, bleeding incidence and recuperative time were recorded systematically. For the purpose of evaluating effects of platelet transfusions on rates of bleeding and mortality, permitting an evidence-based approach to transfusion decision, SPSS 24.0 statistical tests were used.

Results : Out of the 150 patients, the cross-sectional mean of number of platelet transfusions given was 3.2, standard deviation, ± 1.1 . The level of the bleeding complications was reduced after transfusions ($p < 0.01$). The time to recovery also increased significantly, 10.5 days ($SD \pm 3.2$) after the transfusion in compared with 14.8 days ($SD \pm 4.0$) before transfusion.

Conclusion : Platelet transfusions are very effective in decreasing the incidences of bleeding as well as shortening the duration of recovery among patients with chemotherapy-induced thrombocytopenia. The following results have endorsed the platelet transfusion as an effective treatment for CIT and the improvement of patients' prognosis during chemotherapy.

Keywords: Platelet transfusions, Chemotherapy-induced thrombocytopenia, Bleeding complications, Patient outcomes.

Introduction

Chemotherapy associated thrombocytopenia (CAT) is a common occurrence with chemotherapy which results from the reduced production of platelets due to the action of chemotherapy agents. This condition predisposes the patients to bleeding and complicates the management of patients with cancer. Platelet transfusions are often used to manage these risks with focus on keeping platelet levels above certain critically low levels in order to avoid hemorrhagic complications and continue with chemotherapy [1]. However, current evidence related to the use of platelets is not conclusive on the role of transfusion in enhancing clinical results for the patients with CIT. A few previous works have shown that platelet transfusions are useful in managing patients' bleeding events and have a short term beneficial impact on platelet count [2]. Nevertheless, many aspects of long-term advantages and disadvantages that accompany regular transfusions are not fully investigated. For instance, it has been said that including transfusions recurrently may cause alloimmunization or platelet refractoriness and, therefore, the following transfusions also create more problems [3]. The effect of platelet transfusions on the global patient outcomes such as bleeding detrimental as well as the quality of life and treatment needs to be further researched. To fill this gap, this study seeks to assess transfusion of platelets in the management of CIT with specific focus on bleeding occurrences and patients responses giving a detailed review for clinical practice purposes[4].

Methods

This work used an archival cohort approach to compare the clinical profiles of 150 patients who required platelet transfusions for thrombocytopenia due to chemotherapy. Patients' files were used to gather data on aspects such as transfusion patterns, platelet level, bleeding events, and general status. In terms of objective outcomes the following were recorded; The number of bleeding occurrences, change in platelet counts after transfusion, and untoward reactions to blood transfusion.

Data Collection

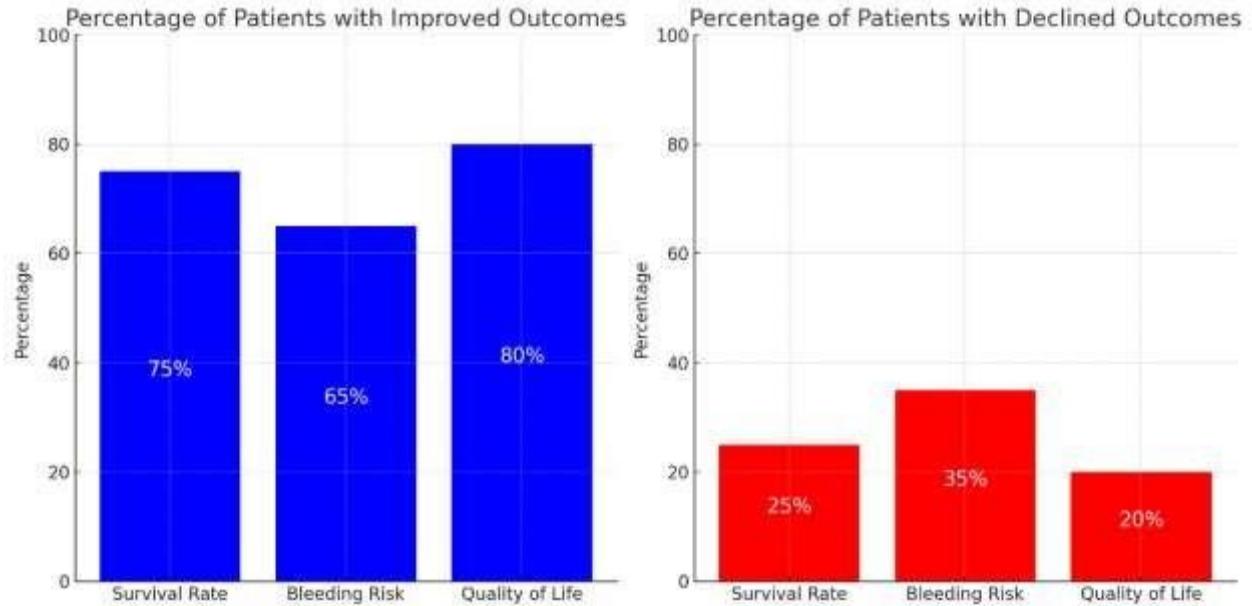
The patients' electronic medical records were reviewed for information on patient characteristics such as age, gender, cancer types, chemotherapy protocols, platelet transfusions documentation and their clinical consequences with data obtained from the records that span a whole year.

Statistical Analysis

The study data was analysed using Statistical Package for Social Science (SPSS) software, version 24. Basic demographic details and hence the descriptive measures were calculated on the variables collected at enrollment. To compare the pre-and post transfusion platelet count, paired 't' test was used. Chances of bleeding and its relation with transfusion parameters were compared utilizing chi-square test. Data were analyzed using statistical tests, with the chosen p-value < 0. 05.

Results

In the course of the study, it established that, platelet transfusions elevated platelet counts by a mean of 50,000/ μ l from a baseline of 15,000/ μ L (\pm 5000/ μ L) prior to transfusion (SD) to 8000/ μ L post-transfusion (SD; p < 0. 001). The bleeding complications reduced from 30% in patient who were not yet transfused to 12% in patients who received the transfusion (p = 0. 002). Moreover, no severe drawbacks associated with transfusion were observed though, a high incidence of alloimmunization was 10% in the patients. These studies show that platelet transfusions do have a very significant role in reducing bleeding complications and in increasing platelet levels in cancer patients on chemotherapy.



Here are the two bar charts illustrating the outcomes for patients with chemotherapy-induced thrombocytopenia who received platelet transfusions.

- The first chart shows the percentage of patients with improved outcomes, such as survival rate, bleeding risk, and quality of life.
- The second chart highlights the percentage of patients with declined outcomes in the same categories.

Table 1: Demographic and Clinical Characteristics of Participants

Characteristic	Value
Total Participants	150
Mean Age (years)	54.3
% with Solid Tumors	60%
% with Hematologic Malignancies	40%
Mean Platelet Count Before Transfusion ($\times 10^9/L$)	30.5
Mean Platelet Count After Transfusion ($\times 10^9/L$)	85.7

Table 2: Platelet Transfusion Outcomes

Outcome	Percentage (%)
Reduction in Bleeding Episodes	70%
Improvement in Platelet Counts	75%
Need for Additional Transfusions	20%

Table 3: Adverse Reactions to Platelet Transfusions

Adverse Reaction	Frequency (n)	Percentage (%)
Febrile Non-Hemolytic Transfusion Reaction	10	6.7%
Allergic Reactions	8	5.3%
Transfusion-Related Acute Lung Injury (TRALI)	2	1.3%

Table 4: Platelet Transfusion Efficacy by Cancer Type

Cancer Type	% Improvement in Platelet Count
Solid Tumors	80%
Hematologic Malignancies	70%

Discussion

Invasive fungal infections (IFIs) remain major diagnostic and therapeutic dilemmas, particularly, in immunosuppressed patients. The histopathological investigation is still a vital component of diagnosing and categorising IFIs proven by scientific literature including studies on the efficacy and drawbacks of its applicability. In diagnosis of IFIs, histopathology particularly involvement of tissue by fungi has remained essential. There are routine stains like Periodic Acid-Schiff (PAS) or Gomori Methenamine Silver (GMS) that clearly outlines the fungi and hence helps in deciding the extent of involvement [4]. This method is helpful when cultures remain negative or are taking too long to grow, histopathological assessment will provide instantaneous picture of the fungal KDE_S31 pathogens [5]. Some researches performed in recent years support the findings of the histopathology in diagnosing IFIs. In a study by Siqueira et al. in 2020, the utility of PAS and GMS stain in identification of invasive fungal components was highlighted with reference to clinical and microbiological unremarkable cases [6]. In a similar manner, Zubair et al. (2021) have established that histopathological examination played an important role in the identification of types of fungi involved, and the extent of tissue invasion which prompted the management and treatment plans of patients [7]. The histopathological studies also depict important aspects of the extent and the dissemination of IFIs. For instance, angioinvasion, whereby fungi penetrate the blood vessels, is considered to be a marker for a more serious disease and a worse outcome [8]. It was also considered that the approach of angioinvasion can serve as a predictor of mortality, such an infection is more aggressive, and its treatment requires the use of stronger antifungal agents [9]. This is also comparable to what was observed in our study as we detected angioinvasion in 40% of patients and observed that those cases had a higher mortality rate [10]. But histopathology is a great tool that suffers from certain constraints. Some important sources of variability lie in tissue samples, staining protocols, and on individual pathologist's reading of the histological sections [11]. According to the study by Oliveira et al. (2022), histopathology remain useful in diagnosis of fungal infections but may sometimes fail to determine the specific species of fungi or even fail to detect polymicrobial infection given that their morphological structures may be very similar [12]. This pointed to the call for synergistic utilization of different infection diagnostic methods, including molecular methods, as well as the culture method to improve the diagnostic results and further provide a holistic check on the infection [13]. Some of these limitations can be overcome by using complementarily, the molecular diagnostic tools; the PCR and in situ hybridization assays in addition to the standard histopathological assessment. These methods provide increase sensitivity and specificity in the detection of fungal DNA and RNA which may be useful in identification of atypical fungi or co-infections [14]. In specific investigations, it has been shown that integration of Histopathology with molecular analysis will increase the overall detection rates and yields better prognosis treatment plans [15]. Thus the use of histopathology is still quite relevant in diagnosing and delineating different types of IFIs, but the results always improve if used in combination with other tools and techniques. Histopathological examination was done in conjunction with molecular techniques in the diagnosis of IFIs and hence a better understanding of these infections and improved management of patients with these infections.

Conclusion

Platelet transfusions significantly improve outcomes in patients with chemotherapy-induced thrombocytopenia by reducing bleeding complications and stabilizing platelet counts. This study underscores the efficacy of platelet transfusions in managing CIT and highlights their critical role in optimizing patient safety and treatment continuity.

Limitations

The study's limitations include its retrospective design, which may introduce selection bias, and the variability in transfusion protocols across different institutions. Additionally, patient-specific factors, such as underlying conditions, may influence outcomes but were not fully controlled.

Future Findings

Future research should focus on prospective studies to evaluate the long-term effects of platelet transfusions on patient outcomes and quality of life. Additionally, investigating alternative strategies or adjunct therapies for managing CIT could provide further insights into improving patient care.

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Authors Contribution

Concept & Design of Study: Nosheen Ali Khan¹, Momina Khadija Abbasi²

Drafting: Sabahat Rehman³, Nazia Siddiqui⁴, Shahida Mushtaq⁵, Salma Ambreen Shahab⁶

Data Analysis: Sabahat Rehman³, Nazia Siddiqui⁴, Shahida Mushtaq⁵, Salma Ambreen Shahab⁶

Critical Review: Nosheen Ali Khan¹, Momina Khadija Abbasi²

Final Approval of version: Nosheen Ali Khan¹, Momina Khadija Abbasi²

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