

Developing a Nurse-Led Service for Patients with Myeloproliferative Disorders

Myeloproliferative Disorders (MPD's) are a group of haematological conditions in which there is a clonal abnormality of the haematopoietic progenitor cells. These stem cells retain their differentiating capacity but there is overproduction of one or more of the cell lines resulting in an accumulation of blood cells. MPD's include Polycythaemia Vera (PV), Essential Thrombocythaemia (ET), Idiopathic Myelofibrosis and Chronic Myeloid Leukaemia.

This poster outlines a haematology service development which is aligned with the current modernisation agenda within the Health Service. A nurse-led clinic has been set up in the authors unit to review patients with PV and ET. These patients require long-term treatment in order to reduce their risk of thrombosis and haemorrhage. MPD's also have the potential to transform to acute leukaemia and therefore careful monitoring is essential due to the uncertainty of the disease trajectory. As a result, patients and their families require care that is specific to their needs and specialist in nature. They are followed up at varying degrees of frequency, from weekly if they are requiring dose adjustments, to a maximum of three monthly if their condition is stable. This group of patients are ideal for nurse-led follow-up for the following reasons. Due to the homogenous nature of these disorders, a limited number of interventions are indicated and thus treatment algorithms have been designed which guide the management of a significant number of patients.

It is envisaged that benefits of the service will include:

- Consultant time dedicated to meeting the needs of more complex patients
- Increased continuity of care
- More time spent on the holistic assessment and care of the MPD patients

