

Henoch-Schonlein Purpura (HSP) Follow-Up Record

Place patient sticker here

Blood pressure (BP) 95th percentile for age and height: _____

Regular blood pressure and urine monitoring is required to monitor your child's kidney health.
Collect an early morning urine (first urine passed that day) to take with you when you see your GP.

When	Where	Date of review	Urine dipstick (protein)	Urine dipstick (blood)	Blood pressure (BP)
Week 1	GP				
Week 2	GP				
Week 3	GP				
Week 4	GP				
Week 6	GP				
Week 8	GP				
Week 10	GP				
Week 12	GP				
6 months	GP				
12 months	GP				

Information for GP

This patient has HSP and requires monitoring of their blood pressure and urine (ideally early morning urine for proteinuria and haematuria). We have given your patient this record sheet which details the timing of the required monitoring. Please refer/discuss with the paediatric team acutely if:

- Urine shows 2+ or more proteinuria
- Macroscopic haematuria
- Blood pressure persistently >95th centile for age, height and sex (on 3 recordings)

One third of patients with HSP will have a relapse; in this circumstance monitoring should start again at week 1. No further follow-up is needed for children with normal urine and blood pressure at 12 months. For more information please see the Starship guidelines on Henoch-Schonlein Purpura: <https://www.starship.org.nz/for-health-professionals/starship-clinical-guidelines/h/henoch-schonlein-purpura/>