CHILDHOOD POLYCYTHEMIA REFERRAL GUIDELINE

MAINE CHILDREN'S CANCER PROGRAM • 100 CAMPUS DRIVE, SCARBOROUGH, ME • (207) 396-7565

HIGH RISK

SUGGESTED EMERGENT CONSULTATION

SYMPTOMS AND LABS

SYMPTOMS/HISTORY: Plethora or cyanosis, new neurologic deficits

EXAM: Ill appearance, hypertension, splenomegaly, hepatomegaly, abdominal mass, hypoxemia

LABS: Hematocrit is above the upper age-related reference range on **two separate occasions** plus any of the following:

Red cell mass › 25% of mean predicted value

Thrombocytosis & Leukocytosis

Low or inappropriately high serum erythropoietin

BMP/LFT abnormalities

SUGGESTED PREVISIT WORKUP

MANAGEMENT: Pediatric heme/onc will determine etiology and management depending on the dx

MODERATE RISK

SUGGESTED CONSULTATION OR CO-MANAGEMENT

SYMPTOMS AND LABS

SYMPTOMS/HISTORY: Family history of polycythemia

EXAM: Mildly elevated blood pressures, no organomegaly

LABS: Hematocrit above the upper age-related reference range on two separate occasions

Appropriately high erythropoietin

SUGGESTED WORKUP

MANAGEMENT: Pediatric heme/onc will determine etiology and management depending on the dx

LOW RISK

SUGGESTED ROUTINE CARE

SYMPTOMS AND LABS

SYMPTOMS/HISTORY: Clinically asymptomatic, identified modifiable secondary risk factors

EXAM: Normal exam findings

LABS: Hematocrit above the upper age-related reference range on only one of two separate evaluations

Relative erythrocytosis

SUGGESTED MANAGEMENT

MANAGEMENT: Follow with surveillance labs

Eliminate any identified modifiable secondary risk factors

CLINICAL PEARLS

- Immediate management of patient with polycythemia while awaiting referral:
  - Identify and eliminate any potential secondary causes
  - Palpate for organomegaly
  - In this setting – yes please do an Erythropoietin level if concerned – will significantly help next steps – but would wait until increased Hgb is confirmed with a 2nd CBC
- Common Ways To Improve Referral Process: patients should have the CBC repeated at least once prior to referral

Maine Medical PARTNERS

10/17