

PSYHO-SOCIAL IMPLICATIONS OF THE DIAGNOSIS OF HEREDITARY THROMBOPHILIA

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Background: Thrombophilia is a inappropriate tendency to thrombus formation. Its causes are hereditary or acquired and often may be associated. In recent years numerous studies were conducted in the field of heritable and acquired thrombophilia, in an attempt to prevent the consequences of thrombotic disease. However, there are few studies to evaluate impact of diagnosis on quality of life and socio-economic implications of this situation.

Methods: Between 02.2010-01.2012 in Oncomed Timisoara we evaluated 104 patients with thrombophilia, 94 women and 10 men. A questionnaire was given to every patient, to asses the quality of life.

Results: There was a major diference between men and women, all men had a normal life, without any thoughts about the disease. All of them were taking 75 mg of aspirin per day, without any other concomitant medication. Their emotional well-being score was the same with the score of general population. Between women, only 70 patients accepted to answer the questionnaire. This can be explained by the implication of thrombophilia diagnosis in women and the anxiety they feel about their disease and the failure to conceive. All nonpregnant women were taking 75 mg of aspirin(70) and all pregnant women were taking LMWH in different doses acording to weight(24).

Among pregnant women, emotional well-being score was not different than in general population, but was better than in women who did not achieve pregnancy. These women were having thoughts of hope- 70%, but 85% of them felt frustration, and 27%- fatigue.

Differences in QOL were observed by number of miscarriages, the patients with more than 2 miscarriages were more depressed than those with one miscarriage or none. Factors associated with lower quality of life included age, severity of co-morbid health conditions (other obstetrical conditions) and number of miscarriages and thrombophilia type (those with homozygous condition felt more depressed) . None of them resigned or were expelled due to low quality of daily work.

Conclusion: Thrombophilia has a profound impact on QOL of patients. This result shows that a close collaboration between hematologist, gynecologist and psychologist is the key to a good quality of life for these patients.