

**Sickle cell disease: regular follow-up – adult patients**

**On behalf of the RBC committee – BHS:**

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<b>Minimum once</b>	<b>Annual evaluation Including nurse call if no show</b>	<b>Three months follow up visit Including nurse call if no show</b>
Extended red blood cells phenotype and if possible red blood cells genotyping	Regular clinical evaluation Education and training Social and psychological support	<b>Vital parameters</b> T°, Blood Pressure Pulse, O <sub>2</sub> saturation  <b>Standard medical history</b> with enquiry about last painful crisis  <b>Standard clinical examination</b>
	<b>Biology</b> CBC, reticulocyte count, CRP, BUN, creatinine, LDH, AST, ALT, Bilirubin, Alc Phosphatase, Glycaemia, vit B12, Folic acid Urine analysis (24H): protein, creatinine clearance Ferritin PTH, vit D, Calcium/creat., NTx/creat . Viral serologies: HBS, HBC, HIV (1x/year or more frequently if transfusions)	<b>Biology</b>  Minimum CBC (fingertip ok),  % HbS level (if treatment via RBC transfusions, simple or exchange)  % HbF (if treatment with hydroxyurea)  Ferritin (if regular RBC transfusions)  Renal function (if treatment with iron chelator-Exjade)
	ECG Echocardiogram with evaluation of tricuspidal regurgitation (Vmax)	
	Chest X-ray Pulmonary function (transcutaneous O <sub>2</sub> saturation) and 6 minutes walking test	
	Abdomen ultrasonography	
	Brain: Angio-MRI	
	Ophthalmology: retinal exam	

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**<http://www.bhs.be/>**

	<b>Other procedures/advices based on individual clinical course</b> Gynaecology(fertile women) Bone densitometry Otorhinolaryngology (ENT) Stomatology Dermatology	
	<b>Vaccination</b> Influenza vaccine: annually  <b>Check immunization status</b> Haemophilus influenzae type B Meningococcal Pneumococcal (every 5 years)	

Hb=Haemoglobin

CRP =C Reactive Protein

AST = Aspartate aminotransferase,

ALT =Alanine Aminotransferase

LDH= Lactate dehydrogenase

PTH=Parathyroid hormone

NTX= N terminal Telopeptide

CBC= complete blood count

BUN= Blood urea nitrogen

MRI= Magnetic resonance imaging

**References**

British Guidelines on sickle cell anaemia, 2008

[www.sicklecellsociety.org/app/webroot/files/files/CareBook.pdf](http://www.sicklecellsociety.org/app/webroot/files/files/CareBook.pdf)

ENERCA guidelines, 2012 [www.enerca.org](http://www.enerca.org)