

Pakistan Thalassaemia Welfare Society

Technical Instructions



1. Periodical follow up for thalassaemia major

The patients of thalassaemia require periodical follow-up. PATHWEL shall make all endeavours to record the finding on prescribed forms and the computer software designed for this purpose. A summary of the periodical follow-up in patients of Thalassaemia major is given in Table.

Table. Periodic follow-up in thalassaemia major.

Every month (at each transfusion)

General physical examination including ankle oedema, chest, spleen, and liver

Pre-transfusion Hb

Post-transfusion Hb (30-60 minutes after transfusion)

Blood Counts

Every three months

Clinical examination including height and weight

Serum ferritin

Liver function test

Fasting blood glucose

Creatinine

Ionized calcium

Every six months

Growth velocity

Volume of packed red cells transfused

Every year

Volume of packed red cells used per year

Hepatitis B & C serology

T3, T4, TSH, PTH

Mean pre-transfusion Hb for the year
