A New Chapter in ITP Management - Updated Trials

Jun Ho Jang
Sungkyunkwan University School of Medicine, Korea

Chronic primary immune thrombocytopenia (ITP) is a hematological disorder characterized by a significant reduction in platelet counts, leading to an increased risk of bleeding complications. Despite the availability of several effective therapeutic options, managing refractory ITP—defined as a lack of response to standard treatments—continues to pose a significant challenge in clinical practice. Current treatments include rituximab, a monoclonal antibody that targets CD20 on B cells; thrombopoietin receptor agonists (TPO-RA), such as eltrombopag and romiplostim, which stimulate platelet production in the bone marrow; and splenectomy, a surgical intervention often effective in cases involving splenic platelet destruction.

The diagnosis of refractory ITP mainly relies on the exclusion of other potential disorders, necessitating a high level of clinical expertise. This diagnostic approach can lead to substantial risks, including drug-related toxicities and severe bleeding events, which may be life-threatening. Given these challenges, there is a growing interest in exploring new therapeutic strategies, particularly combination therapies that may target multiple pathogenic mechanisms involved in ITP. Such approaches have the potential to provide additive or synergistic effects, thereby improving treatment outcomes for patients.

This overview aims to elucidate the currently available treatment options for refractory ITP, discuss the emerging rationale behind novel therapeutic approaches, and highlight best practices derived from both published studies and real-world clinical experiences. By optimizing management strategies, healthcare providers can enhance patient safety and efficacy in treating this complex disorder, ultimately improving the quality of life for individuals affected by refractory ITP.