

Example of a Patient–Doctor Conversation Tool

The following infographic* was prepared by a MPN patient to facilitate discussion at an initial consultation with a haematologist. It **summarises** 10 years of medical history, with key health events and the blood tests# that have been consistently abnormal i.e. clotting history (D-dimers) and low blood counts that were relevant for that appointment. The infographic helped to quickly identify trends, patterns, and possible relationships between health events and test results. By “talking to the infographic” it enabled pointing out and returning our attention to key information and ultimately exploring various differentials / ideas. (*The Infographic was prepared in Apple’s Freeform, copied into Word as a picture, and saved as PDF. #The test results are an extract from an Excel 70 x A3 pages spreadsheet, consisting of 2,365+ tests. Other abnormal tests were copied into smaller Excel documents for discussion.)

	Thrombotic Event	D-Dimer P = Positive	Platelets	WCC	Neutrophils	Lymphocytes	Haematocrit	Graves' Disease	Ferritin & Iron Infusion	Health Events	Procedures
2015	DVT		333	5.3	3.3	1.4				1980+ Migraine Factor 5 Leiden Mutation (heterozygous)	1995 & 2000 Caesarean 2011 Excision benign tumour upper R back
2016	?PE	<0.28 0.43 P 0.5 P	394 390 398 412	7.03 6.4 5.8 4.3	4.34 3.55 3.9 2.2	1.89 2.06 1.3 1.4	0.4 0.42 0.39 0.4		138	Chronic Fatigue Mar - May Premature Atrial Contractions	
2017		0.74 P	414	4.6	2.2	1.8	0.41				
		0.63 P	518	5.5	3.6	1.3	0.417		95	Commenced Apixaban	Colonoscopy & Endoscopy Right hip arthroscopy
		0.67 P	422 430	4.6 5.5	2.9 3.7	1.1 1.2	0.43 0.4		39 268	Janus Kinase 2 V617F Mutation Commenced Aspirin	
2018		0.62 P	414	5.3	3.7	1.1	0.412		186		
			412 408 447	6.3 3.9 3.9	4.3 2.2 2.1	1.4 1.2 1.2	0.404 0.39 0.41		131 119 123	2018 & 2020 Mild hepatosteatosi Raynaud's diagnosed	L Breast biopsy - fibroadenoma Right ovarian cystectomy
2019		0.34	387	4.7	2.7	1.2	0.395		87		
		0.28 0.33	353 439 457 378 409	3.4 4.31 4.25 4.34 4.6	1.5 2.38 2.42 2.64 2.4	1.3 1.31 1.19 1.14 1.6	0.398 0.43 0.44 0.42 0.423	Onset of Graves' Disease symptoms	92 90 56		Bone marrow biopsy - Confirmed ET
2020		0.5 P	391 360 336 385 348 364 373 372 351 370 379 372	3.17 3.0 2.9 4.5 2.3 3.0 4.0 2.91 3.6 2.8 4.3 2.7	1.38 1.6 1.5 2.2 1.1 1.4 2.0 1.28 2.1 1.19 2.7 1.5	1.24 1.0 1.0 1.7 0.9 1.3 1.5 1.18 1.1 1.14 1.1 0.8	0.42 0.38 0.4 0.4 0.405 0.409 0.41 0.42 0.397 0.41 0.42 0.417	Graves' Disease diagnosed Commenced Carbimazole 4 Feb 2020	207 295 268 154 151 154 109 132 114	Bilateral carpal tunnel diagnosed Shingles	Right hip arthroscopy
2021		0.49 P									
		0.78 P	356 346 345	2.6 2.5 2.28	1.3 1.3 1.16	0.9 0.8 0.79	0.423 0.41 0.43	Ceased Carbimazole 12 Aug 2021 Graves' Disease remission	100 98 92	Thickening of lingual tonsils & dysphagia	L Breast biopsy - fibroadenoma Panendoscopy
2022			330	2.9	1.4	1.0	0.431				
		0.52 P	378 375 322	3.4 3.9 3.5 3.85	1.7 2.3 2.13	1.3 1.2 1.02 1.05	0.419 0.413 0.43		92 106		Colonoscopy
2023		0.44	345 356 329	3.5 2.6 2.25	2.0 1.2 0.93	1.1 1.0 1.02	0.437 0.427 0.41		83 69		
		0.51 P	357 331 361	3.9 2.8 2.5	2.11 1.3 1.2	1.4 1.2 0.9	0.41 0.41 0.397		72		Excision benign soft tissue tumour lower L back
2024			329 340	3.1 2.8	1.8 1.7	1.0 0.8	0.436 0.4347		59		Excision 2 wisdom teeth
			378 382	2.7 3.52	1.3 2.2	1.1 0.98	0.443 0.42		258 283	Covid-19	
2025			306 314 316 488	3.1 2.7 9.1 3.01	1.8 1.2 7.6 1.56	1.0 1.1 0.7 1.01	0.412 0.42 0.34 0.39		114 237	JAK2 VAF 3.2%	Right total hip replacement

Key: High blood count Low blood count Iron Infusion Treatment

NB: As the results are from 4 laboratories (Pathwest, Western Diagnostic Pathology, Cilinpath, Australian Clinical Labs) with varying reference ranges, high and low scores are relevant to the lab at that time. For accurate analysis, please refer to the original results.

In 2019, a decrease in platelets, WCC, neutrophils, and lymphocytes coincided with the onset of Graves' Disease symptoms, i.e. high resting heart rate, body pain, and eventually numbness, tingling and tremors in hands. Only on Carbimazole from 4 Feb 2020 - 12 Aug 2021 (Dosage: From 4 Feb 2020 - 20mg; From 7 March 2020 - 10mg; From 25 March 2020 - 5mg)