

Trust guidelines for anaemia of unknown cause

Anaemia: (hb <130 in males, hb <120 in females)

These Guidelines have been created as a guide as to how to investigate a finding of anaemia (range as specified above) without a clear or known cause and should always be used alongside clinical judgement and an individual patient's co-morbidities and past medical history e.g., frailty status, renal impairment, hepatic impairment or malignancies.

The guide includes a set of 'Rules of Anaemia' for reference to enable unnecessary interventions and investigations, alongside general advice regarding when to transfuse patients.

This guide has been produced following consultation and evaluation from multiple specialty departments prior to publication. Useful links can be found on the final page.

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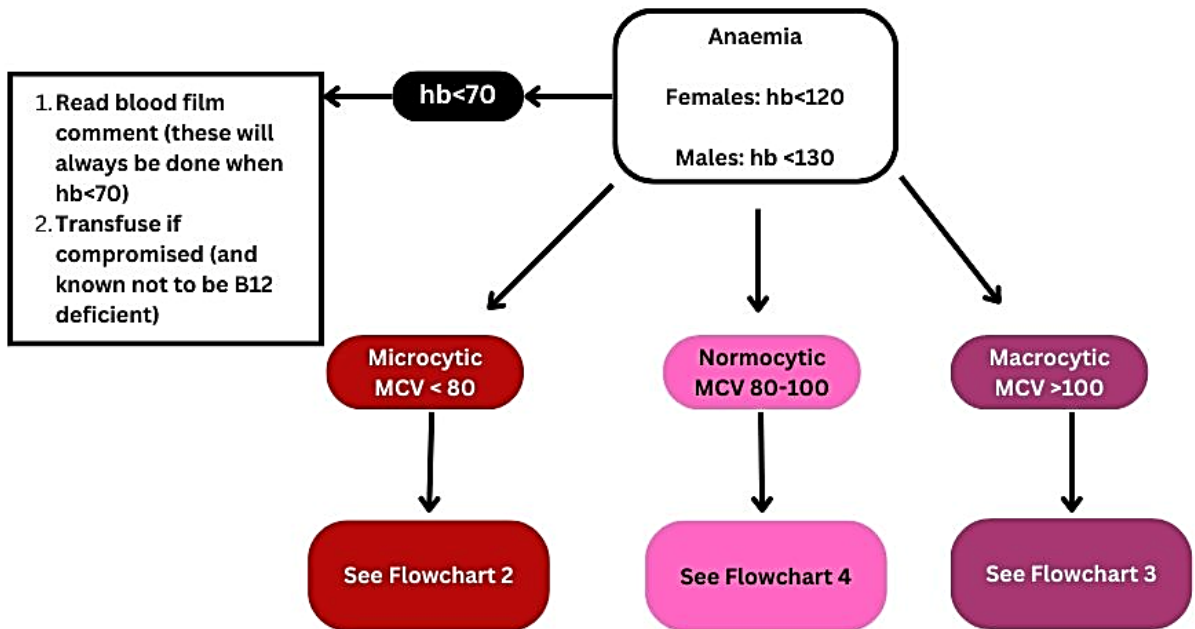
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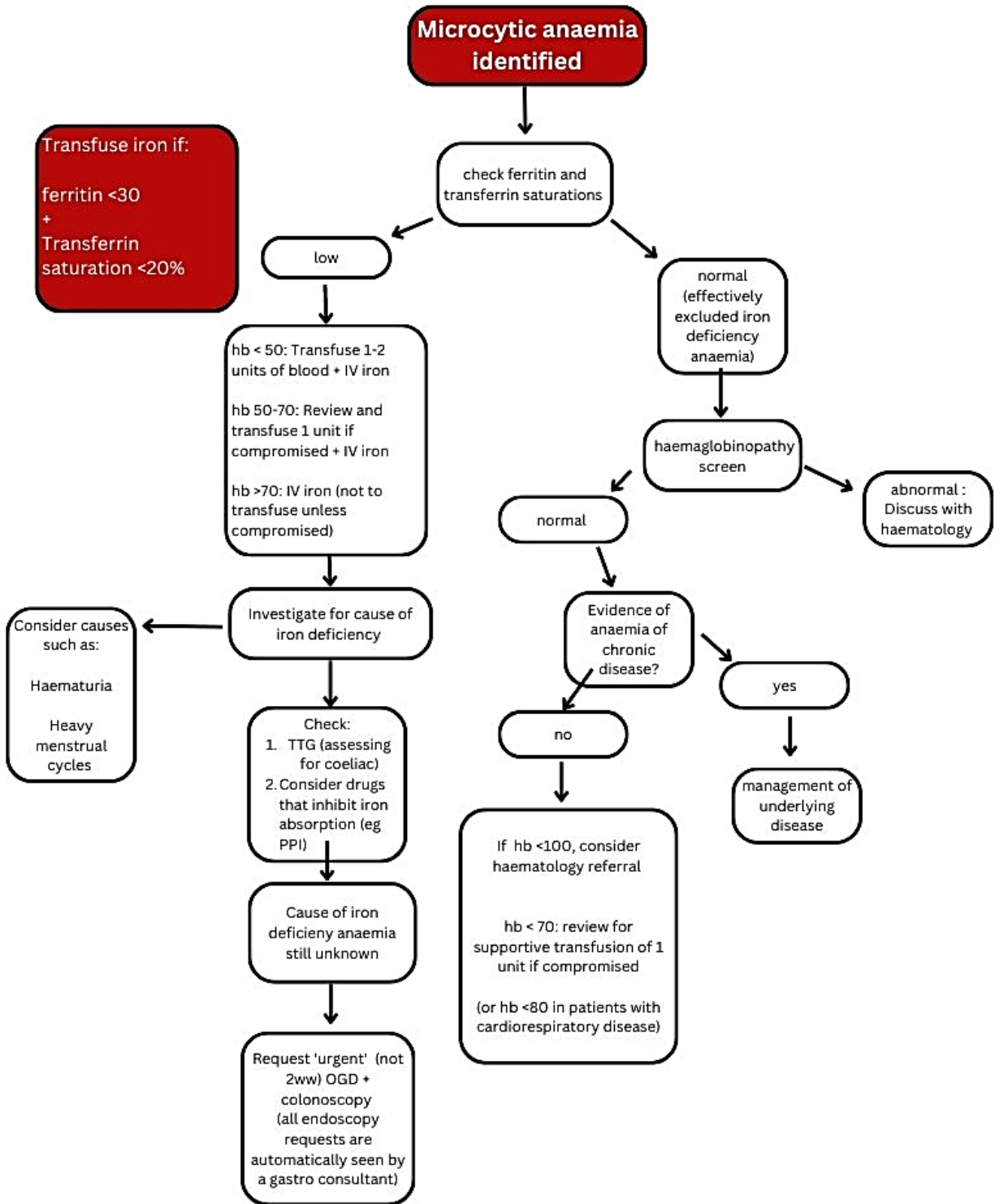
Rules for anaemia

1. Exclude haematinic deficiency in the first instance
2. Investigate for cause
3. If haematinic deficiency – replace. Only give transfusion if compromised.
4. Consider transfusion if hb <70 (<80 if cardiorespiratory compromise)
5. Can consider transfusion at higher hb levels if compromised, but please discuss alternatives with the patient
6. Discuss transfusion and alternatives with the patient and document on EPR. Give blood transfusion leaflet to patient if receiving transfusion.
7. Discuss with haematology if anaemia of unknown cause or other significant cytopenia that do not resolve on haematinic replacement.
8. If transfusing, only transfuse 1 unit then re-assess need for further replacement

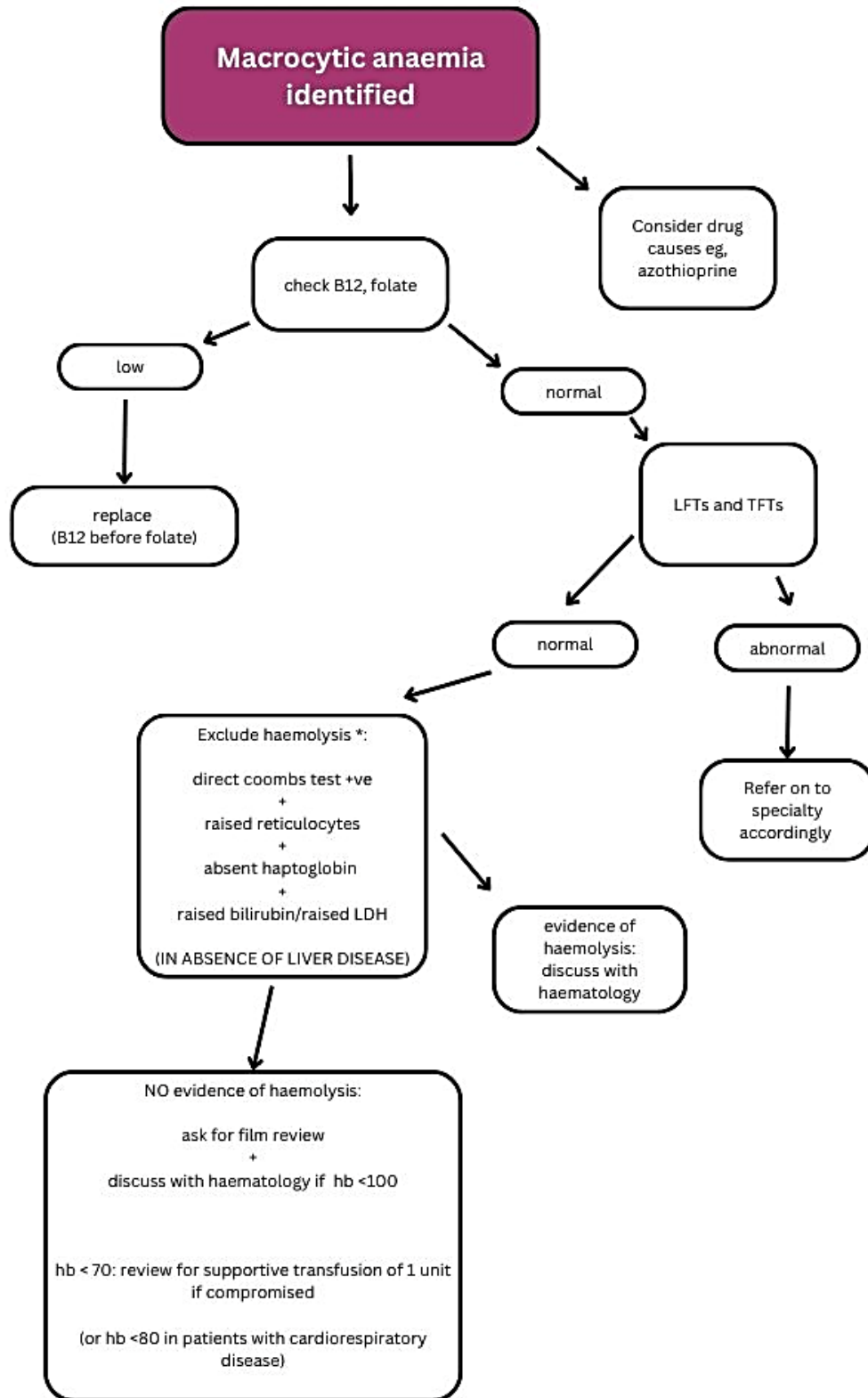
Flowchart 1 - Initial investigation of a low hb with unknown cause



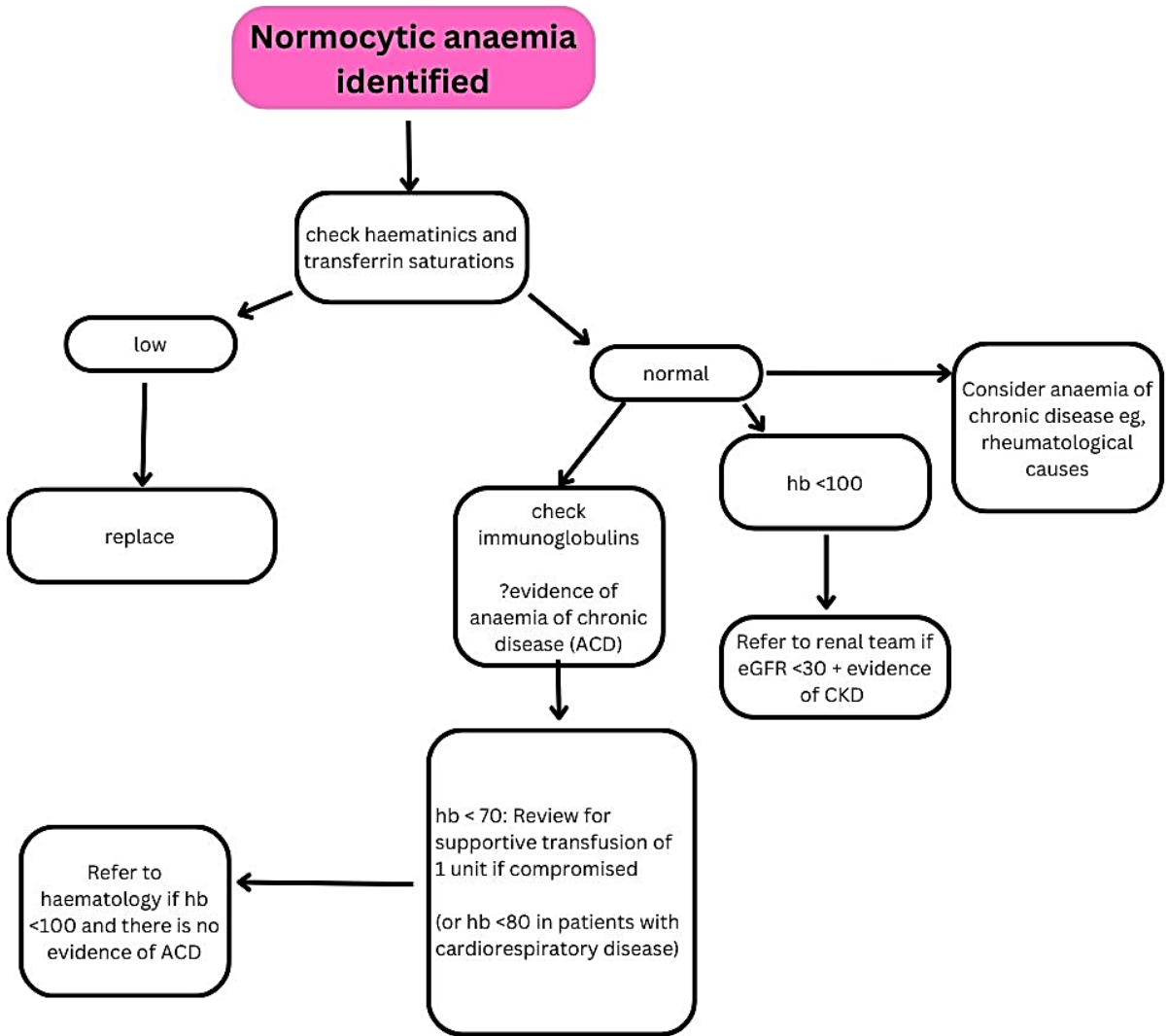
Flowchart 2 - Investigation of microcytic anaemia



Flowchart 3 - Investigation of macrocytic anaemia



Flowchart 4 - Investigation of normocytic anaemia



Useful links:

Blood transfusion guidelines

<https://intranet.gloshospitals.nhs.uk/departments/diagnostics-specialties/pathology/blood-component-tracking-blood360/>

Oncology guidelines

https://www.gloshospitals.nhs.uk/media/documents/Anaemia_and_Iron_Deficiency_in_Oncology_Patients.pdf

Renal guidelines: anaemia in patients with CKD

[Anaemia_and_its_treatments_for_patients_with_chronic_kidney_disease_GHPI0392_11_21.pdf \(gloshospitals.nhs.uk\)](#)

Direct Coombs test/ Direct antiglobulin test information

[Direct antiglobulin test \(DAT\) \(gloshospitals.nhs.uk\)](#)

British Society of Gastroenterology guidelines for the management of iron deficiency anaemia in adults

[Iron-Deficiency-Anaemia-in-Adults.pdf \(bsg.org.uk\)](#)

Trust Guide to haematinics

[Haematinics section \(gloshospitals.nhs.uk\)](#)