Heparin-Induced Thrombotic Thrombocytopenia (HITT)

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Introduction

- Heparin, an anticoagulant, is a common form of treatment for various thromboembolic conditions.
- These include DVT, VTE, PE, Heart Attack, Stroke, and various others.
- However, in a few cases, the administration can cause a condition known as Heparin Induced Thrombotic Thrombocytopenia. (HITT).
- Thrombocytopenia is a condition with reduced platelet counts.

Mechanism of Action of Heparin

- The clotting cascade is a complex series of events involving the activation of clotting factors which eventually lead to the formation of a clot.
- Heparin exerts its action by reversibly binding to Antithrombin III – ATIII (a natural inhibitor of clotting factors), further enhancing the abilities of AT III.
- Through this, heparin accelerates the inhibition of thrombin and factor Xa, preventing further clotting from occurring.

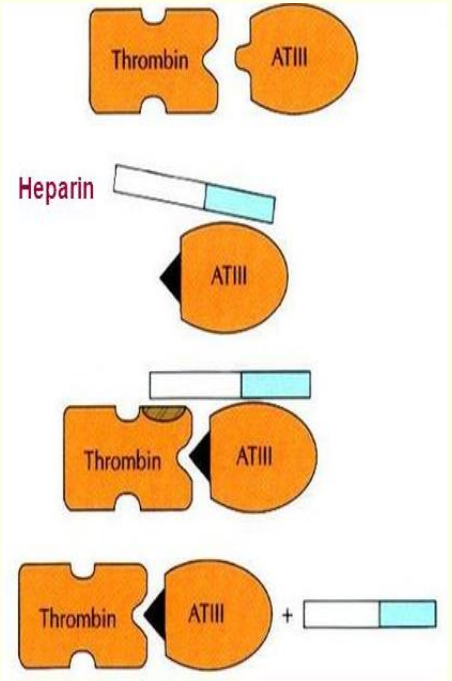


Figure 1: Heparin and ATIII

Heparin in the Coagulation Cascade

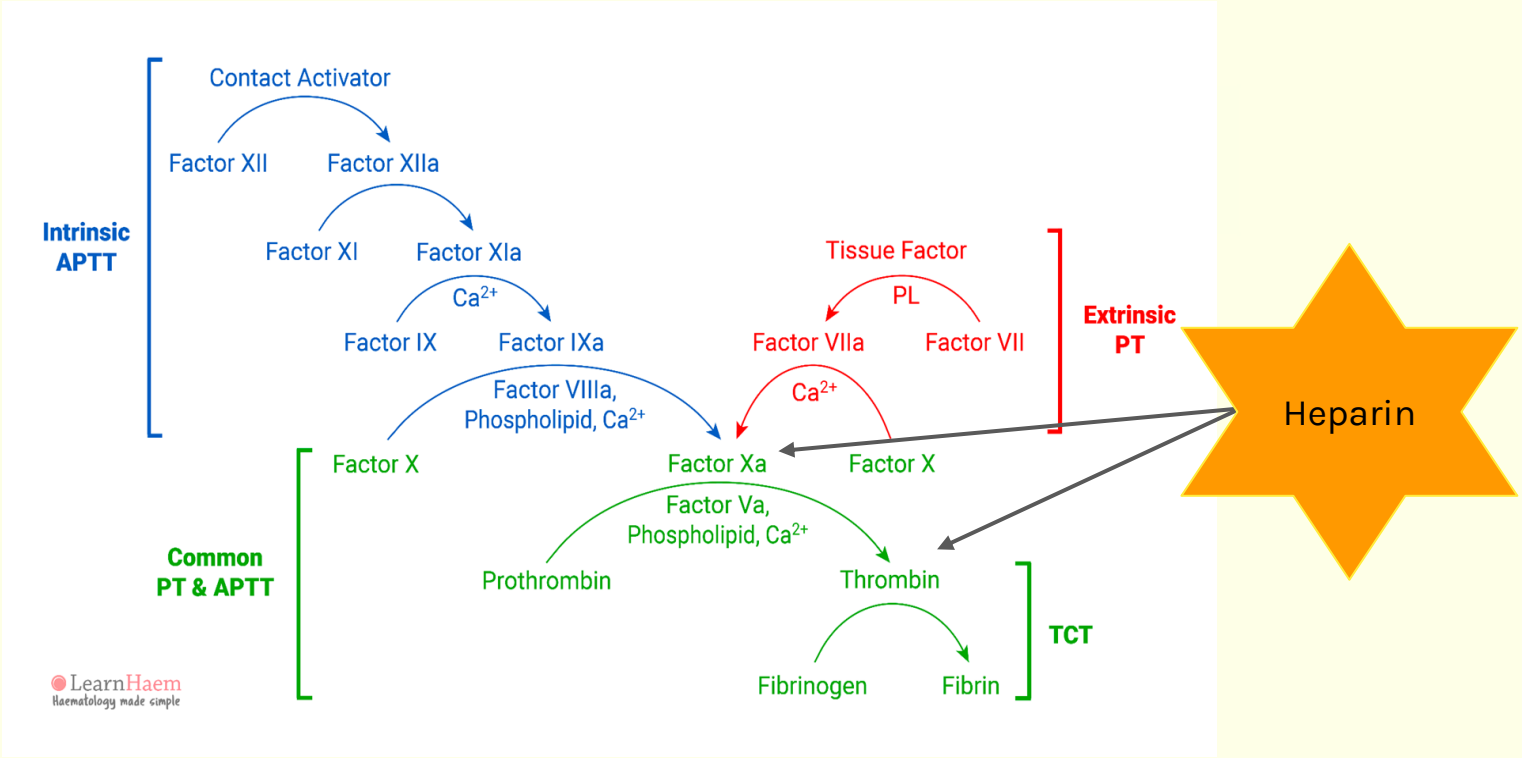


Figure 2: Coagulation cascade with its intrinsic, extrinsic, and common pathways.
(LearnHaem, 2020)

Heparin Induced Thrombotic Thrombocytopenia Incidences Graph

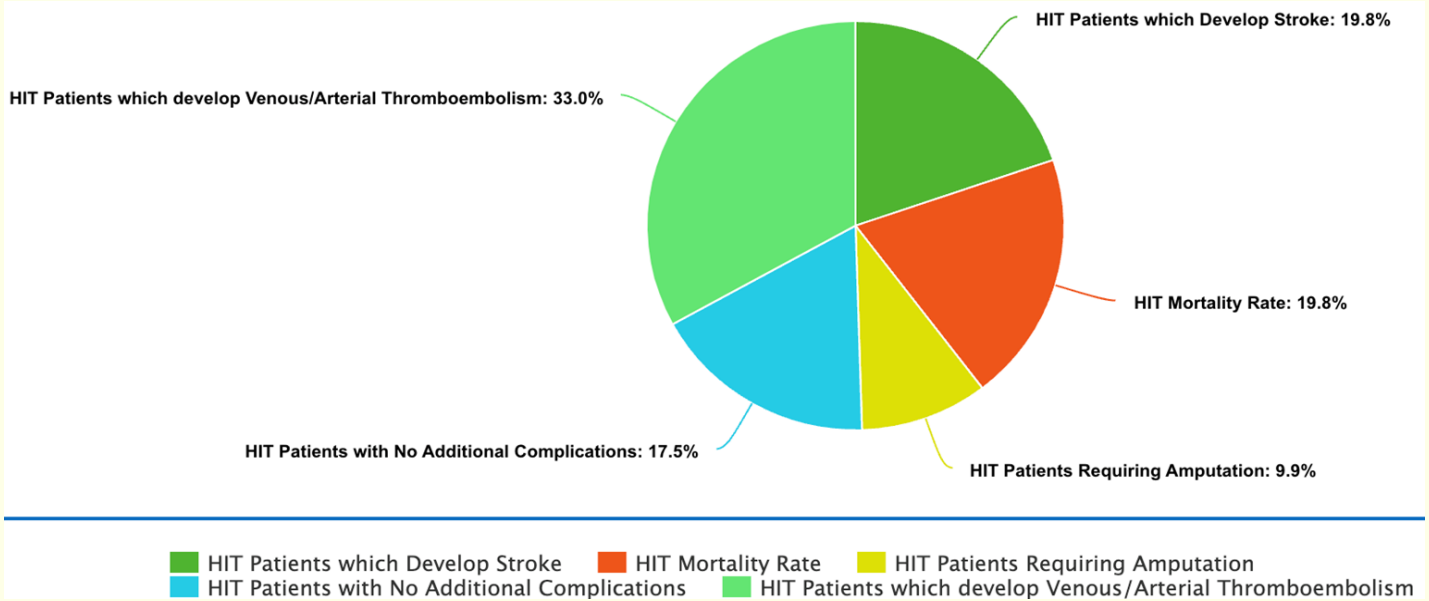


Figure 3: Showing the incidence of HITT
(Eke et al., 2023)

Incidence of HITT and Patient Population

- HITT incidence rates vary drastically depending on the treatment type of the patient
- For example, HITT incidence is highest in patients using UFH.

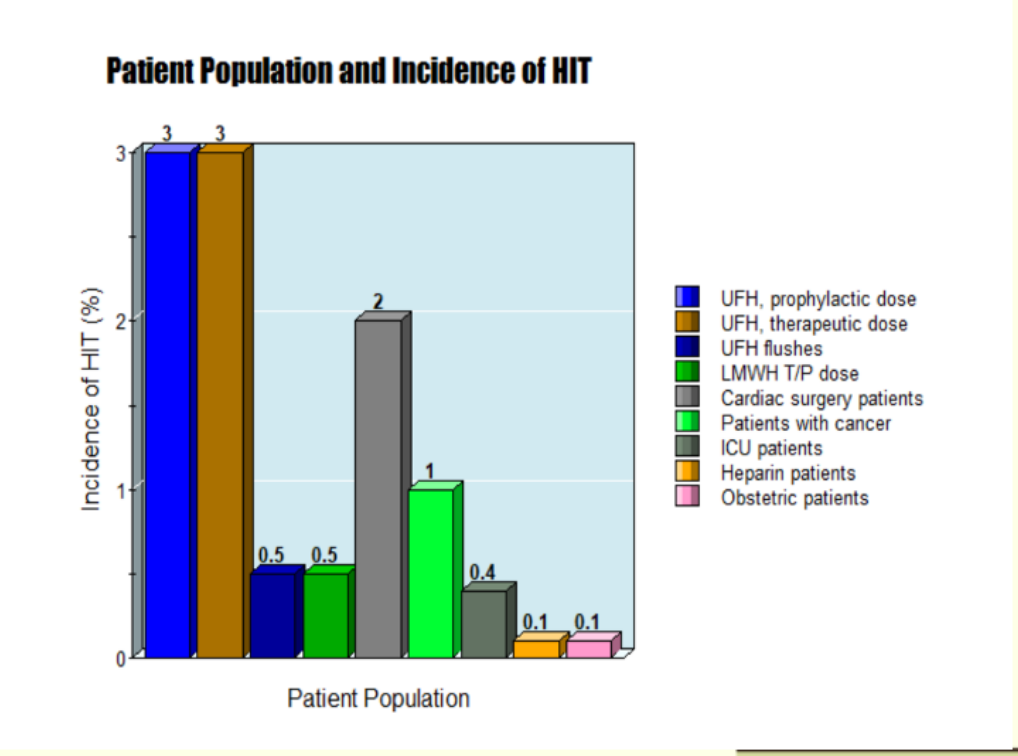


Figure 4: Incidence of HITT in various patient categories.
(Kyriakou et al., 2013)

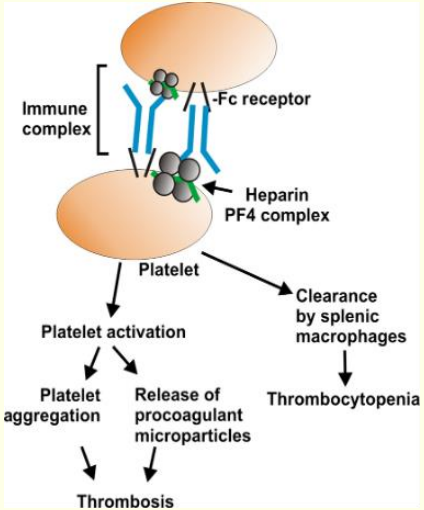
Incidence of HITT and Patient Population

- Females are 1.7x more likely to have additional thrombotic complications of HITT
- HITT is more common in surgical rather than medical patients (more common in cardiac and orthopaedic surgical patients than others)

Types of Heparin - UFH and LMWH

UFH	LMWH
- Injected IV - Heterogenous mixture of molecular chains - Works very quickly - Requires regular checks on patients and more frequent dosing - Administered in hospitals - Reversible with Protamine Sulfate - Cost effective	- Derived from UFH - Lower average weight resulting in more predictable pharmacokinetics - Less checks on patients required - Self-injectable - Only partially reversible with Protamine Sulfate - Expensive

Thrombocytopenia and Heparin



Platelets and their Significance

- Platelets are cell fragments that are a part of blood and are made in bone marrow
- When blood vessels are injured, platelets travel to the site of injury and group together, creating a platelet plug
- Platelets change shape, become activated, and release prothrombotic molecules such as ADP (adenosine diphosphate)
- This recruits more and more platelets to the site, forming a plug
- Activating platelets stimulates the coagulation cascade, which stimulates the formation of thrombin, causing even more platelet aggregation

Clinical Conditions or Causes of Thrombocytopenia

- Thrombocytopenia occurs when the blood in the body has a low platelet count
- Normal platelet count: 150,000 to 450,000 platelets per microliter of blood
- Patients with thrombocytopenia have a platelet count of under 140,000 platelets per microliter of blood
- Causes of thrombocytopenia include: Enlarged Spleen, Anemia, Cancer, or HIV

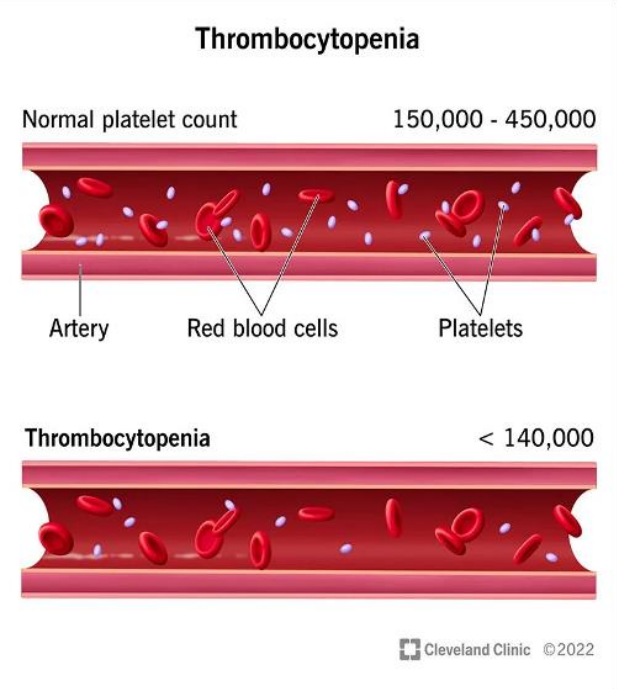


Figure 5 : Showing normal and low platelet counts in blood vessel
(Adapted from LearnHaem, 2020)

HITT

- Heparin-induced thrombotic thrombocytopenia is triggered by a reaction to the anticoagulant heparin.
- HITT causes the blood to clot excessively and platelet levels to drop.
- Patients on Heparin therapy have a decrease in platelet count by 50% or to less than 100,000 from 5 to 14 days of therapy.
- Heparin binds to platelet factor 4 (PF4) and forms the HPF4 complex. With HITT, the body will attack this complex, resulting in thrombocytopenia.

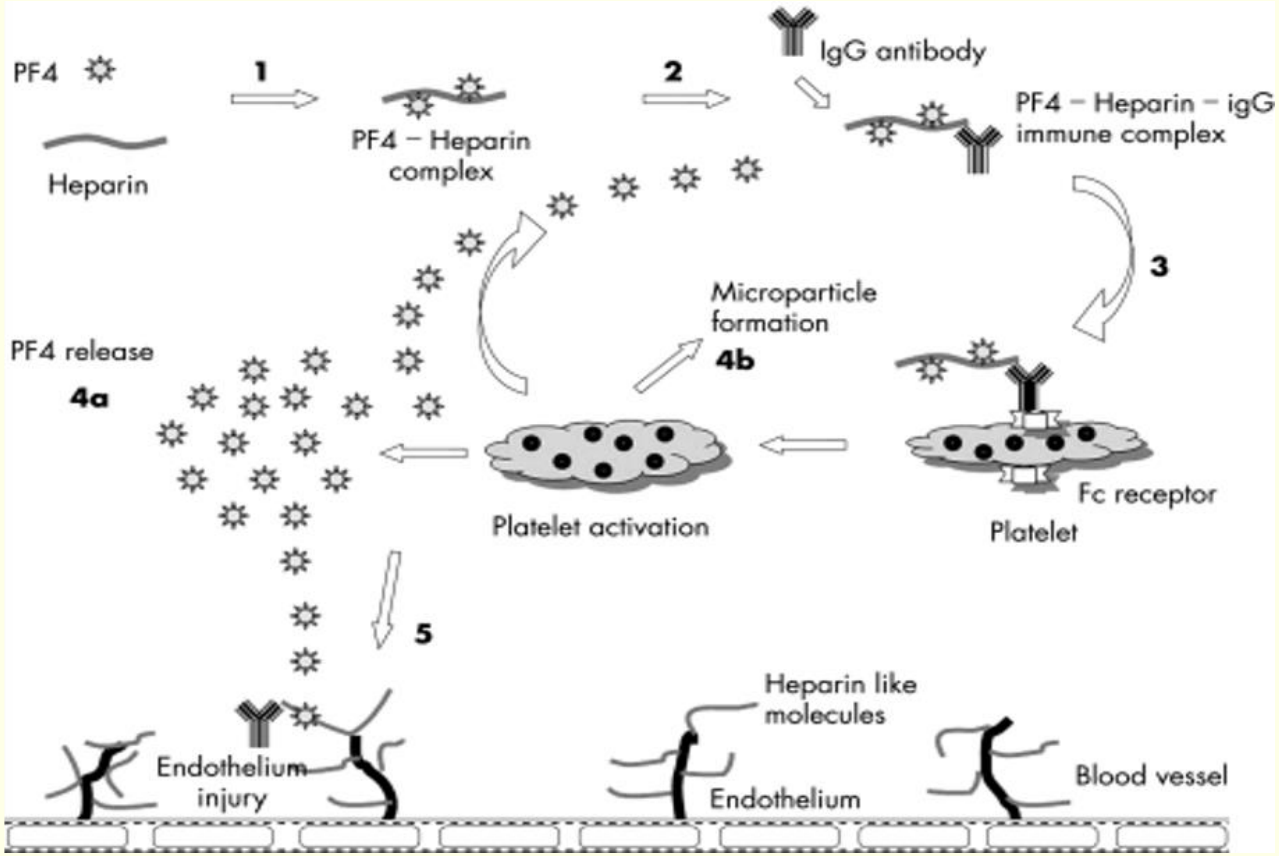


Figure 6: Onset of Heparin-induced thrombocytopenia

(Ahmed et al., 2007)

Types of HITT

HITT Type I	HITT Type II
- Not considered a medical emergency - Occurs in up to 10% of patients on Heparin - Blood clots cannot be formed - Occurs about 48-72 hours after treatment - Platelet count will return to normal after about 4 days, and will require observation - More common than type II, and may not require treatment	- Considered a medical emergency - Occurs in about 1-3% of Heparin patients - Blood clots can be formed, leading to thrombosis and possible death - Occurs about 5-14 days after receiving Heparin - Treatment is required including halting heparin and using DTIs.

HITT - Hypercoagulable States

Example of an extreme complication of HITT:

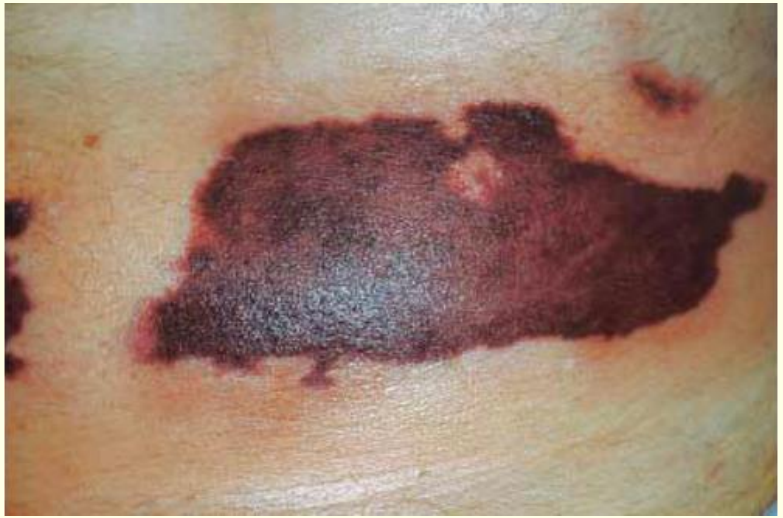


Figure 7: HITT Cutaneous Manifestation of Hypercoagulable State
(Liu, 2021)
Image Adapted from Published Description of Patient of Dr. Lucy Liu

HITT - Hypercoagulable States

- In extreme cases, hypercoagulable states can result in skin necrosis (death of the skin) due to a compromised blood supply.
- In certain cutaneous manifestations of hypercoagulable states, they appear to people as bruises.
- It is important that physicians administering heparin in patients monitor for any cutaneous abnormalities after each dosage.

Untreated HIT has a mortality rate of up to 30% with a 5-10% daily risk of thromboembolism, amputation, and death.

Diagnosis of HITT:

- Clinical Diagnosis
- Patient History
- Laboratory Diagnosis

Table 1: HITT Diagnosis - 4T Score

Thrombocytopenia	Timing of platelet count fall	Thrombosis or other sequelae	Other causes of Thrombocytopenia
How much has the platelet count fallen? (%)	When did platelet count fall after exposure to heparin?	Does the patient have thrombosis or skin necrosis?	Could there be other causes of thrombocytopenia?

Table 2: 4T Score for Decision Making (Cuker et al., 2012)

4Ts category	2 points	1 point	0 points
Thrombocytopenia	Platelet count fall > 50% and platelet nadir ≥ 20	Platelet count 30%-50% or platelet nadir 10-19	Platelet count fall < 30% or platelet nadir < 10
Timing of platelet count fall	Clear onset days 5-10 or platelet fall ≤ 1 day (prior heparin exposure within 30 days)	Consistent with days 5-10 fall, but not clear (eg, missing platelet counts); onset after day 10; or fall ≤ 1 day (prior heparin exposure 30-100 days ago)	Platelet count ≤ 4 days without recent exposure
Thrombosis or other sequelae	New thrombosis (confirmed); skin necrosis; acute systemic reaction postintravenous unfractionated heparin bolus	Progressive or recurrent thrombosis; non-necrotizing (erythematous) skin lesions; suspected thrombosis (not proven)	None
Other causes of thrombocytopenia	None apparent	Possible	Definite

6-8 points = High risk of HITT

4-5 points = Intermediate risk of HITT

0-3 points = low risk

How is HITT diagnosed in a Laboratory?

- The two main laboratory procedures involved in the diagnosis of Heparin Induced Thrombotic Thrombocytopenia:
  - ELISAs (Enzyme Linked Immunosorbent Assays)
  - Chemiluminescence Assays

ELISAs

- The Enzyme Linked Immunosorbent Assay (ELISA) is a test which is uses the properties of enzymes to display immune reactions in order to indicate if HITT is present or not.

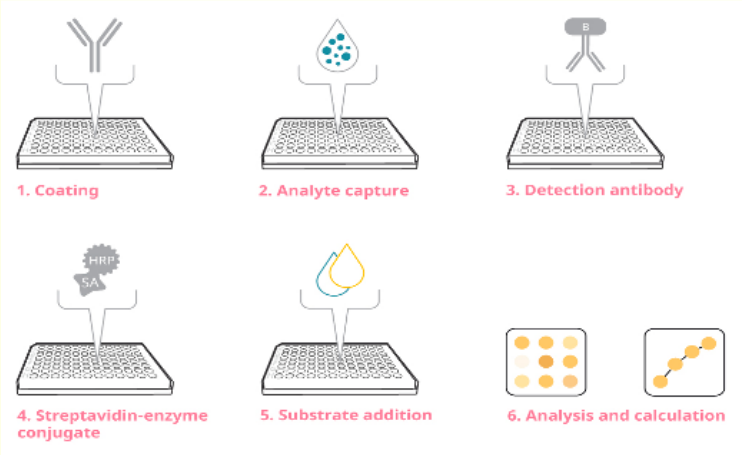


Figure 8: ELISA Testing Process

Coating the Microplate

↓

Blocking Excessive Active Sites

↓

Incubation and binding

↓

Washing any Unbound Materials

↓

Adding Secondary Antibodies

↓

Adding the Substrate/Enzyme Catalysis

Chemiluminescence Assays

Chemiluminescence Assays work in a 6 step series. The first 4 steps are the same as those of ELISAs but involve a divergence in process during the 5th and 6th steps. These steps include:

1) Coating the Microplate
2) Blocking Excessive Active Sites
3) Incubation and Binding
4) Washing any Unbound Materials
5) Chemiluminescent Conjugation
6) Luminometric Light Measurement
7) Quantification of Antibodies

} Same as ELISA

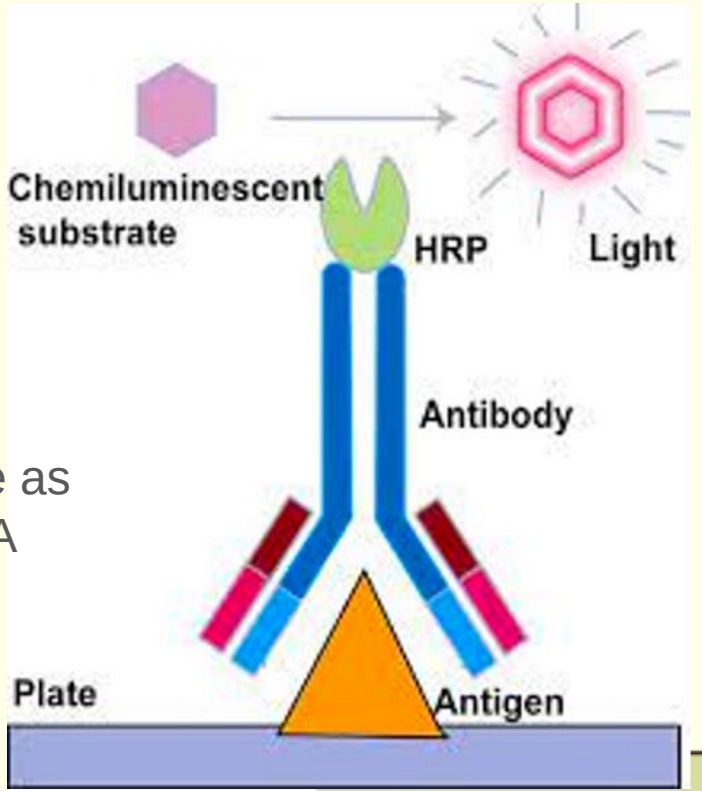


Figure 9: Chemiluminescent Substrate Addition

Comparison of ELISA vs Chemiluminescence Assays

Advantages to ELISAs:

- Cost Efficient
- Long-Standing Usage

Disadvantages to ELISAs:

- Lower in sensitivity compared to newer technologies
- Limited in detection when compared with other tests
- Requires skilled technicians to perform the test
- Time consuming, requiring 3-4 hours

Advantages to Chemiluminescence Assays:

- Higher Sensitivities than ELISAs
- Shorter Incubation Periods, allowing Faster Results
- Carried Out by an automated analyzer

Disadvantages to Chemiluminescence Assays:

- Expensive to perform
- Require different equipment that is not found in all laboratories (ie. Luminometers)

Management of HITT

- STOP HEPARIN
- As, on average, it takes about 50-80 days for HITT antibodies to disappear, it is important that an alternative anticoagulant is used.
- Patients are typically placed on a direct thrombin inhibitor (DTI), which is another form of anticoagulant.
- Ex: Argatroban, bivalirudin

Treatment of HITT

- Direct thrombin inhibitors are a form of anticoagulant that bind directly to thrombin and have an anti-platelet effect, which makes the blood less sticky.
- **Unlike heparin, DTIs do not bind to other plasma proteins.**
- Some DTIs are derived from Hirudin, which is originally from the saliva of leeches. An example of this is Lepirudin or Desirudin.
- Bivalirudin is another type of DTI that is synthetically engineered from 20 amino acids. Unlike Hirudins, Bivalirudin is reversible.
- Argatroban is a type of DTI that selectively inhibits the active site of Thrombin.

Mechanism of Action - Bivalirudin and Argatroban

- Bivalirudin directly inhibits thrombin (an enzyme responsible for converting fibrinogen to fibrin, which helps clots form) by binding to the active and anion-binding exosites on thrombin.
- Unlike in heparin, bivalirudin does not bind to platelet factor 4, and cannot cause HITT.
- Argatroban also binds directly to thrombin. However, unlike bivalirudin, it only binds to the active site of thrombin.

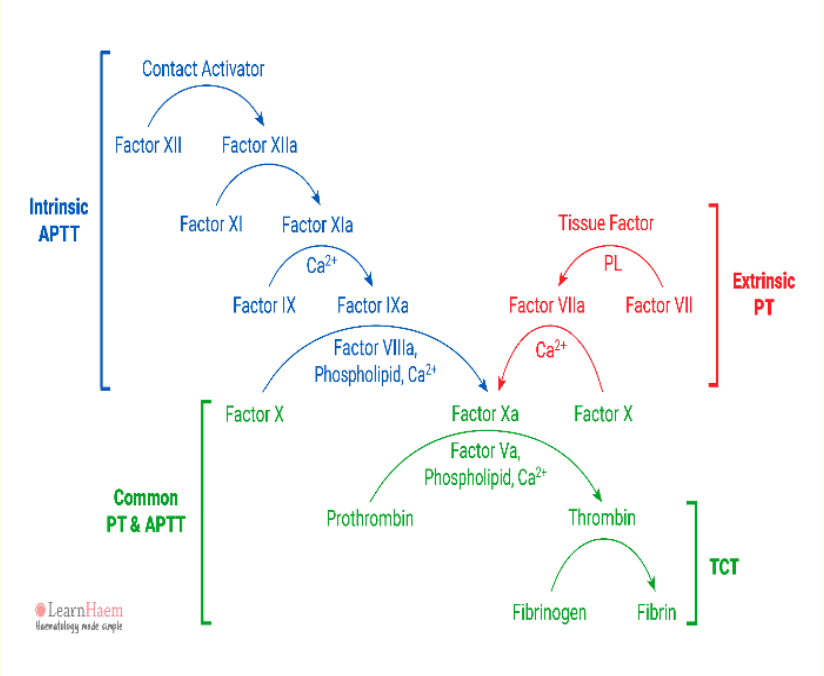


Figure 10: Bivalirudin in the Coagulation Cascade (LearnHaem, 2020)

Conclusions

- After heparin exposure, a condition called HITT can occur. Because of this, platelet counts in the blood may drop, which can lead to many serious complications like stroke, deep venous thrombosis, pulmonary embolism, or even death.
- If HITT is diagnosed, it is very important that patients are placed on alternate anticoagulants such as direct thrombin inhibitors.

- HITT is a clinical emergency and requires immediate management and treatment.

Acknowledgements

We would like to thank our mentor Neha Thomas, our parents, and the Board of GTF for all of their continuous help and support throughout the process of this project. We hope that all of you learned a lot about this very important topic throughout this presentation.

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