

IMMUNOGLOBULIN TREATMENT AND WELLBEING MANAGEMENT PLAN

Immunoglobulin (Ig) products are a life-saving treatment. This action plan outlines some of the steps you can take to prepare for your review appointment and track any changes to your health and wellbeing. It also includes helpful tips to support you in taking an active role in your treatment and can help your healthcare team provide the best possible care that is tailored for you.

Monitor your treatment

Keep a detailed record of your treatment using your treatment journal and this management plan to monitor your overall health and wellbeing. You can record information about your condition, medicine (including Ig product name and dose), treatment schedule and appointments in the spaces provided below.

Treatment	
My condition:	
Current Ig product and dose:	
Treatment method (IVIg or SCIg):	
Treatment schedule (e.g., once per week):	

Appointments
My specialist review period is every _____ months. My next appointment is: _____
My GP review period is every _____ months. My next appointment is: _____
Use the NPS MedicineWise app to manage your appointments and other essential health information: nps.org.au/medicinewiseapp

Monitor your side effects

Ig products can be given by needle into a vein (intravenously, IVIg), or by injection into the tissue under the skin (subcutaneously, SCIg). Side effects differ depending on which method is used.

Side effects of **IVIg** include headache, fever, chills, tiredness, nausea, and body pain that are usually mild and short-lived. These effects are much less common with SCIg.

SCIg can cause local side effects at the injection site, such as redness, swelling and soreness. These can happen with the first few infusions but usually improves over time.

What side effects to monitor for		What to do
Mild	Mild and short-lived headache, fever, chills, tiredness, nausea, and body pain.	These side effects are common, and you should not be concerned. Stay hydrated, rest when tired, and eat small meals. Take painkillers such as paracetamol if required. Inform your doctor of your side effects at your next appointment. Your treatment may be adjusted to reduce these effects.
Moderate	Hives, fatigue, nausea, or vomiting interfering with daily activities; headache or diarrhoea lasting > 24h; swelling of the feet.	These side effects are NOT expected and should be reported to your doctor immediately.
Severe	Pain in the calf, difficulty breathing, shortness of breath, chest pain, severe headache with neck stiffness, sensitivity to light, uncontrollable vomiting, or diarrhoea.	These side effects may be a sign of a severe reaction. Seek immediate medical attention/Phone an ambulance on triple zero (000).

Monitor your overall health and wellbeing

Living with a long-term condition can affect many aspects of your life. This can include changes in mood, lower energy levels and reduced quality of life. Take the general anxiety and depression quiz at [eCentre Clinic](#). This helpful tool will help you monitor your emotional wellbeing and recognise when you may need support. If you are concerned about any changes you are experiencing, make an appointment with your healthcare provider or make a note to discuss this with them at your next visit.

Changes to my health

- ▶ Other medicines:
- ▶ Other health conditions:
- ▶ Allergies:
- ▶ Do you know what to do in an **emergency**?

Changes to my wellbeing

- ▶ How have you been feeling overall?
- ▶ How is your sleep and energy?
- ▶ How is your mood?
- ▶ **Do you know where to go for support?**

List any other questions or concerns about your treatment, condition, or symptoms
▶
▶
▶
▶

Key contacts		
Emergency contact/next of kin:	Name:	
	Contact No:	
My Treating Specialist:	Name:	
	Contact No:	
Hospital/Clinic:	Name:	
My GP (for non-urgent health concerns):	Name:	
	Contact No:	

Make the most of each review

Regular contact with your healthcare team is an important part of care for anyone being treated with Ig. Each review appointment is an opportunity to ask questions about your treatment or condition and discuss any concerns you may have. Bring this sheet to your appointments to help prompt questions that are important to your treatment, health, and wellbeing.

Where to find support

Managing a chronic health condition can be challenging, but **you are not alone**.

Did you know that there are several local support groups that can provide social, emotional, educational, and advocacy support?

These groups can help connect you to others with similar experiences and support you on your treatment and recovery journey.

- ▶ Australasian Society of Clinical Immunology and Allergy: <https://allergy.org.au/>
- ▶ AusPIPS: <https://www.auspips.org.au/>
- ▶ Guillain-Barré Syndrome Association of NSW: <https://www.gbs-cidp-nsw.org.au/>
- ▶ Immune Deficiencies Foundation Australia: <https://www.idfa.org.au/>
- ▶ The Inflammatory Neuropathy Support Group of Victoria: <http://www.ingroup.org.au/>

More information

- ▶ To keep track of your medicines and access important health information: <https://www.nps.org.au/medicinewiseapp>
- ▶ National Blood Authority: Immunoglobulin: <http://www.blood.gov.au/Ig>
- ▶ National Blood Authority: Patient resources <http://www.blood.gov.au/Ig-resources>
- ▶ About immunoglobulins: <https://www.nps.org.au/immunoglobulins#consumers>
- ▶ Immunoglobulins and me: <https://www.nps.org.au/immunoglobulins/communication-videos>

Record your symptoms, wellbeing and health concerns

Use the space below to record symptoms from your condition, any side effects, and capture other information to support your treatment goals. Download the National Blood Authority SCIg treatment diary to help record your treatment:

[Immunoglobulin Resources – for patients and health professionals](#)

Use the space below to note any **new infections** and **antibiotics** taken to treat those infections and record any concerns you may have around your physical, psychological, and social function. Let your doctor know there are changes and request a review or ask for help.

Date	Changes to my health or wellbeing	Details of new infections, symptoms, new or changed medicines or any health/wellbeing concerns

VALUE IN PRESCRIBING PROGRAM – IMMUNOGLOBULIN PRODUCTS

Increasing the awareness and understanding amongst health professionals of access to immunoglobulin products in Australia, and improving health outcomes for patients through access to better health information to manage their health conditions. Funded by the Australian Government Department of Health through the Value in Prescribing Program: Immunoglobulins Products Grant.

