STIMULATED ERYTHROPOIESIS - SAFE AND COST EFFECTIVE: A CASE REPORT

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Introduction: Anemia is a common medical problem. The aetiology of anemia is varied. Correction of anemia without allogenic transfusion is always a better and safer option. Stimulated erythropoiesis is a useful tool in achieving correction of anemia in a safe and cost-effective way.

Case summary: A case report of 2 young female patients, 27 and 36 years of age respectively, who presented with post op anemia (6.9g/dl) and anemia in sepsis (4g/dl) respectively. They declined blood transfusion for religious reasons and were managed successfully with stimulated erythropoiesis in our hospital. Patients were discharged after 15 and 18 days respectively with Hb of 9.3g/dl for each of the patients. Parenteral iron and erythropoietin were key elements of the stimulated erythropoiesis.

Conclusion: Stimulated erythropoiesis is a useful tool in the hands of clinicians in managing anemia in this era of concerns about blood safety and shortage of supply. It is cheap reliable and cost effective. Advocacy about this treatment should be carried out so as to encourage its usage especially in this our resource poor setting.

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