



Patient Treatment Tracking Chart

Patient Name: James Veteran

	Normal Values	Before Treatment	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11
Date		1/31	3/18	4/15	5/13	6/12	7/10	8/27	9/17	10/22	11/19	12/18	1/20
WBC # x 1,000 per mm ³	5-10	4.7	4.0	2.7	2.3	2.1	1.8	1.6	2.3	2.0	2.0	2.2	2.9
Neutrophils # x 1,000 per mm ³	2.2-8.6	2.0	1.9	1.1	0.9	0.7	0.8	0.8	1.2	0.9	0.9	0.9	1.5
Hemoglobin g/dl	12-18	16.0	13.8	12.8	11.8	11.8	10.7	10.4	10.9	9.9	10.0	10.7	11.6
Hematocrit %	37-52	46.3	39.4	38.6	35.2	35.7	31.9	32.0	33.2	30.8	30.3	32.2	34.9
Platelets # x 1,000 per mm ³	150-400	106	94	75	65	61	58	58	56	55	58	56	55
ALT u/l	12-46	91	81	73	71	74	80	52	70	55	52	46	40
T. Bili mg/dl	0.1-1.2	1.5	1.9	2.1	2.3	1.8	1.7	2.3	2.2	1.9	1.8	2.1	1.5
HCV RNA (viral load) IUs	undetectable	27,400			<600	Qual neg		Qual neg					Qual neg
Interferon	Peg-alfa 2a		180										
Ribavirin			1200										
Other meds	Paroxetine				X	X	X	X	X	X	X	X	X
Side effects	Fever		X	X									
	Fatigue		X	X	X	X	X	X	X	X	X	X	X
	Diarrhea			X	X			X					
	Skin Rash				X			X	X				
	Depression				X	X	X	X	X	X	X		

Learning Points

The tracking chart can help you explain to your patients why they are experiencing certain side effects and what their lab values mean. In the sample chart, for example, you could point out to the patient:

- Declines in blood counts (white blood cells, hemoglobin/hematocrit, platelets) are typical of those seen during therapy.
- Lab values indicate a positive response to treatment, and an increased likelihood of a sustained virological response (SVR).
 - Note: HCV RNA was checked pre-treatment, then at 12 weeks, and likely a 2-log drop was experienced (27,400 IU/ml, 2-log drop would be 274 IU/ml, and in this example the patient was at least <600 IU/ml). A qualitative HCV RNA, with sensitivity down to 50 IU/ml, was obtained one month later, and documented to be negative.
 - ALT did not normalize until very late in therapy, despite early virological response, illustrating that elevated ALT can be seen during therapy despite viral clearance.
- Fever, fatigue, and depression were likely caused by interferon. Skin rash was likely caused by the ribavirin. Both medications may have contributed to the diarrhea.