Compartment syndrome of the forearm with life-threatening bleeding after fasciotomy as the presenting sign of postpartum acquired hemophilia A: a case report

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Acquired hemophilia A (AHA) is a rare bleeding disorder caused by the development of autoantibodies against clotting factor VIII. Although the cause of this disorder remains obscure, it is often linked to malignancies, drug administration, autoimmune diseases and pregnancy. In pregnancy-associated AHA, hemorrhagic symptoms usually present 1–4 months peripartum, however they may occur up to 1-year postpartum. Compartment syndrome of the forearm is also very uncommon complication of AHA but can have devastating consequences. We report a rare case of a compartment syndrome of the forearm in a 30-year-old woman 2.5 months postpartum as the presentation of pregnancy-associated AHA. *Blood Coagul Fibrinolysis* 30:120–126 Copyright © 2019 Wolters Kluwer Health, Inc. All rights reserved.

Introduction

Acquired hemophilia A (AHA) is a rare bleeding disorder caused by the development of autoantibodies against clotting factor VIII (FVIII). The incidence is 1.3–1.5 persons per million each year and increases with age until 70–80 years [1–8]. AHA is probably under-reported. In contrast to congenital hemophilia, where hemarthroses are the most common bleeding symptom, the hemorrhages in AHA more commonly involve the skin, mucous membranes and muscles [5]. Although the cause of this disorder remains obscure, it is often linked to malignancies, drug administration, autoimmune diseases and rarely, pregnancy [9–12,14].

Pregnancy-associated AHA (P-AHA) hemorrhagic symptoms mostly present 1–4 months peripartum, however they may occur up to 1-year postpartum [15,16]. The most common presentations are bleeding in the skin or muscles, hematuria, hematemesis or melena and prolonged postpartum or postoperative bleeding [5]. These complications may be life or limb threatening but can oftentimes be prevented by early diagnosis and appropriate therapy [15,24]. In P-AHA, FVIII inhibitor may be transferred via the placenta to the fetus causing bleeding disorders, such as intracranial bleeding, in the newborn [17,18,61].

AHA should be suspected when a patient with no previous history of bleeding presents with bleeding and an unexplained prolonged activated partial thromboplastin time (aPTT) [20,21]. The diagnosis is confirmed when low plasma FVIII activity is present together with a FVIII Blood Coagulation and Fibrinolysis 2019, 30:120-126

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inhibitor, as shown on the Bethesda assay [16,19]. Negative testing for lupus anticoagulant is important because it is the most common cause of isolated prolonged aPTT, it can act as a (fast reacting) inhibitor in aPTT mixing studies and even sometimes results in an artificially low FVIII activity (in one-stage clotting tests and in chromogenic substrate assays) [22]. Clinically lupus anticoagulant causes more a thrombophilic state. Therefore, lupus anticoagulant should be considered as a priority differential diagnosis, particularly in patients who do not bleed [22]. But one should know that patients with AHA may have concomitant lupus anticoagulant [63–65].

It may also cause false-positive results in the Bethesda Assay (inhibitor detection and quantification), but less common with the Nijmegen modification due to the use of immunodepleted plasma [22]. Lupus anticoagulant can be excluded in most patients by specific tests as the diluted Russel viper venom time based assays [62] that use snake venom to activate factor X and induce clotting in the presence of phospholipids and calcium [22]. On the contrary, no tests are available that can fully discriminate between the two types of immunoglobulins [66]. Most phospholipid-depending coagulation tests are sensitive both to lupus anticoagulant and to inhibitors to FVIII [67–70], and therefore the results strongly depend on the type of test used [71].

Case report

A 30-year-old woman was seen in our emergency department (ED) because of progressive muscle pain and firmness

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of the right forearm. Two days before admission she developed muscle pain in her right forearm after playing the piano. That day, and again the day of admission, she visited an osteopath who relaxed the muscles of her forearm by manipulation. However, gradually she noticed more pain and tingling in the 4th and 5th finger of the right hand, and visited the ED. One week before admission, she had developed a muscular pain in her left calf for which she also received a manipulation with the appearance of a descending hematoma around the ankle, now in resolution. Two and a half months before admission, she gave birth to a healthy baby. She reported no other medical history, no regular medications, and no allergies.

She was in good health and in no acute distress with normal vital signs. Her physical exam was unremarkable except for a moderate hematoma on the right forearm in its distal third and a nonpainful hematoma around the left ankle with a soft, nontender left calf. The whole forearm was firm and very tender with good capillary refill in the fingers. Radial and ulnar pulses were present. Active flexion and extension of the fingers was possible but very painful, as was passive extension. She had diminished sensation in the ulnar dermatome. The blood results of electrolytes, bicarbonate, renal-function, glucose and albumin were normal. The creatine kinase was 287 U/l, the white-cell count was 10710/µl and the platelet count (418 × 1000/µl) was normal.

She subsequently described paresthesia in fingers 1–3. Compartment pressure measurements in the superficial volar and dorsal compartments (Stryker Surgical, Kalamazoo, MI, USA) both revealed a pressure of 100 mmHg. A compartment syndrome was diagnosed. She was transferred to the operating theatre for fasciotomies.

Postoperatively, the patient described recurring paresthesia and paresis in the fingers. The fasciotomies were revised and extended. Because of oozing, a rotational thromboelastogram was performed and the tests [FIB-TEM: maximum clot firmness of 18mm (normal 9-25 mm) and EXTEM: clotting time of 53 s (normal 38-79s), clot formation time of 55s (normal 34-159s), maximum clot firmness of 69 mm (normal 50-72 mm) and maximum lysis of 2% (normal <15%)] were normal. The INTEM-test (information on the intrinsic coagulation pathway) was not performed. Since, during surgery, dilution coagulopathy can usually be detected by EXTEM, INTEM is not routinely performed in our institution in a healthy young person. The multiplate whole blood aggregometry tests (Roche Multiplate analyser; Roche R Diagnostics International Ltd, Rotkreuz, Switzerland) were normal except for the ASPI test who was 204 (normal range 505–1086), suggesting the intake of aspirin or other nonsteroidal anti-inflammatory drugs, which she confirmed. No routine coagulation-tests [aPTT, prothrombin time (PT)] were unfortunately sent to the lab at that moment.

On the 3rd day, the wounds were still oozing, she was hypotensive and the hemoglobin level dropped to 5.9 g/ dl. Routine coagulation tests were ordered and 1 g of tranexamic acid was given intravenously with red cell transfusion and fresh frozen plasma. The PT, international normalized ratio and thrombin time were normal. The activated partial thromboplastin time (aPTT; 25.1–36.5 s) was prolonged to 51.8 s. Fibrinogen level (normal range 150–450 mg/dl) was high normal 466 mg/dl. An urgent hematology consult was asked.

An in-depth anamnesis now revealed a mandibular osteotomy and wisdom teeth extraction without bleeding problems some years ago. She had a normal first pregnancy, with delivery under uncomplicated epidural analgesia and a vacuum-assisted vaginal delivery with uterine revision for retained placenta 2.5 months ago. An aPTT was normal 3 weeks before delivery. She now reveals that 4 days before current admission, she had woken up with a blood clot in her mouth.

Coagulation factors and inhibitors testing revealed a deficit in the activity of FVIII (14% one-stage aPTT and 15% on chromogenic assay) and factor XII (30%) and the presence of a FVIII inhibitor [142 Bethesda Units (BU)/ml]. Based on these results and the exclusion of lupus and other systemic diseases a diagnosis of P-AHA was established. The rationale for using both one-stage clotting assay (measures the extent a plasma sample corrects the coagulation time of FVIII deficient plasma in an aPTT based assay) and chromogenic assay (where patient plasma is added to a reaction mixture consisting of thrombin or prothrombin, factors IXa, X, calcium and phospholipid and were then factor Xa production is assumed to be proportional to the amount of functional FVIII present in the sample) for measuring FVIII activity is because chromogenic FVIII assay does not show interference with lupus anticoagulant and because there may be a discrepancy between both results. Sometimes FVIII activity may appear to be higher in a one-stage clotting assay. But the bleeding phenotype of this patient is more closely related to the lower FVIII activity.

She was treated with methylprednisolone 60 mg once a day, recombinant factor VII activated (rFVIIa) 5 mg (90 μ g/kg/injection) every 3 h intravenous and tranexamic acid 1 g three times daily intravenous until stabilized, and afterwards as needed in terms of surgical acts and bleeding. She underwent multiple surgeries of her forearm for approaching the wound margins and eventually skin grafting. She left the hospital after a total hospitalization time of 17 days, with a treatment of steroids and oral tranexamic acid. One month after diagnosis, a concomitant treatment with rituximab (four doses in total) was started since FVIII activity was still decreasing (Fig. 1). In addition, the FVIII inhibitor peaked 1.5 months after diagnosis at 162 BU/ml (Fig. 2). At 3 months, because of favorable evolution (FVIII levels of 42% by



one-stage assay and 54% by chromogenic assay - FVIII inhibitor of 164 BU/ml), treatment with steroids was tapered and stopped and replaced by cyclophosphamide. 2.5 months later, she was neutropenic, without fever or infection for which the treatment was interrupted for 2 weeks. A month after restarting cyclophosphamide, she felt unwell and had hair loss. Because of these complications and normalizing lab data, FVIII level was normalized 5 months after diagnosis (57% by one-stage assay and 76% by chromogenic assay), therapy was finally stopped 6.5 months after diagnosis. She remained in follow-up with monthly monitoring of the FVIII activity (by onestage and by chromogenic assay), a FVIII-inhibitor screening (by Nijmegen modification of the Bethesda assay) and a hemogram until undetectable FVIII inhibitor 9 months after diagnosis. At that time FVIII level raised to 73% by one-stage assay and 94% by chromogenic assay. She still has some functional disability of her right forearm, but could restart her job.

Discussion

P-AHA typically presents in women with no family or personal history of abnormal bleeding [9,25–27], mostly primagravidas [24]. Delay in diagnosis and initiation of appropriate treatment may increase morbidity and mortality, therefore awareness of this rare bleeding disorder is important [24]. Typical presentation consists of abnormal bleeding in association with a prolonged aPTT, findings which should prompt investigation for (P-)AHA [20,21]. The European Acquired Haemophilia registry (EACH2) registry), that published data of 501 patients from 117 centers in 13 European countries, has shown that delay in the initiation of the appropriate investigation and in the recognition of the significance of a prolonged aPTT occur in a significant proportion of P-AHA patients [24]. In our case, a test to reveal the function of the intrinsic pathway of the coagulation cascade (INTEM or aPTT) was only performed on the 3rd day of hospitalization. In the EACH2 registry, the diagnosis was triggered by abnormal bleeding in all of the cases, most commonly in the skin, mucous membranes and muscles [5]. Intracranial hemorrhages may also occur [28,29]. In our case, there was a presentation with skin hematomas and compartment syndrome first attributed to manipulation by an osteopath, which delayed diagnosis. Among the EACH2 P-AHA cohort, the first reported bleeding episode began at a median of 2.5 months postpartum [24], exactly as in our patient. In very few cases bleeding already started during or even before delivery [24].

The reason why P-AHA usually presents postpartum is not known. A plausible hypothesis is that the mother is exposed to fetal FVIII during delivery [30]. P-AHA might have a complete different pathogenesis than AHA. Investigators found that, in P-AHA, antibodies are often of the IgG1 and IgG3 subclass whereas in non-P-AHA patients







Time course of factor VIII inhibitor titer (Nijmegen-Bethesda technique) [Bethesda Units (BU)].

more often of the IgG4 subclass. Hence, a Th1-driven response in the generation of autoantibodies in P-AHA compared with Th2 in the non-P-AHA presentations [31]. However, in the EACH2 registry in some women (17%), P-AHA was already present prior to delivery, suggested by the formation of antibodies prior to delivery [24]. Since in our patient, an aPTT was normal 3 weeks before delivery and no bleeding problems were reported at delivery, it is unlikely P-AHA was already present antepartum.

Although no patient died in the P-AHA cohort, probably due to younger age and fewer comorbidities, the mortality rate from bleeding in the entire AHA EACH2 cohort was 3% and the overall mortality 20% [24].

Relapse occurs and therefore monitoring of the levels (monthly the aPTT and FVIII levels during the first 6 months, then every 2–3 months up to 12 months and every 6 months during the 2nd year and beyond, if possible) [20] and close follow-up are advised. It is advised to follow FVIII activity by both one-stage and chromogenic assay, as they may differ. In addition, the clinical FVIII activity correlates most with the lowest value. In literature, more often chromogenic FVIII activity assays gave lower values. But in our patient, there was a lot of variation. In the beginning, the one-stage assay showed the lowest values. At the moment of the peak of the FVIII inhibitor value, 1.5 month after diagnosis, chromogenic assay showed the lowest FVIII activity values. When the FVIII inhibitor titers again went down, one-stage FVIII activity assay gave the lowest values until eradication of the inhibitor.

Although relapse during subsequent pregnancies is uncommon [27], data concerning future pregnancies of women with P-AHA are limited and conflicting. It is reasonable that women with a history of (P-)AHA be followed by a hematologist and screened for aPTT prolongation in the peripartum period [35].

The mainstay of treatment for (P-)AHA is to avoid and stop bleeding, administration of hemostatic agents if needed, eradication of the inhibitor with immunosuppressive therapy (IST) and treatment of underlying diseases if present [23]. Invasive procedures should be avoided and if urgently needed, hemostatic therapy is required before and after the procedures [23]. There are two main options for hemostatic agents in patients with AHA: FVIII replacement therapy and the use of bypassing agents [2,13-15]. Two FVIII concentrates are available: human FVIII (hFVIII) and porcine FVIII (pFVIII). Among some patients AHA antibodies may be nonneutralizing, and continuous administration of FVIII concentrates may be beneficial as replacement therapy [35]. Porcine FVIII can achieve measurable FVIII levels and hemostasis, even if the human inhibitor is high [23,33]. Both have some cons: hFVIII is not effective in the

presence of high titer (>236 BU) inhibitors [36] and one can develop antiporcine FVIII antibodies during therapy [23]. The novel extended half-life FVIII concentrates such as B-domain deleted recombinant porcine factor VIII (rpFVIII) (OBI-1) are promising [32]. OBI-1 is an investigational, B-domain deleted, recombinant porcine FVIII with low cross-reactivity to antihuman FVIII antibodies. It was found to be safe and effective in treating bleeding episodes in 28 patients with AHA, but is not yet tested in P-AHA [33]. Most (P-)AHA patients with high titer inhibitors, will, however, require use of bypassing agents such as activated prothrombin complex concentrate (aPCC) and rFVIIa. They were shown to be superior to FVIII [24,38].

Other hemostatic agents include desmopressin and tranexamic acid (TCA). Desmopressin could release FVIII and Von Willebrand factor from endothelial cells, but this effect is unpredictable and may only suitable for minor bleeding with low inhibitor titers (<247 BU) [36–41]. TCA in combination with either aPCC or rFVIIa normalizes clot stability [44,45]. TCA can also be used topically for oral or skin bleeding [23].

Response to hemostatic therapy should be evaluated clinically [23]. The aPTT will normalize when replacement results in FVIII levels more than 30–50% but is not a predictor of supra-therapeutic levels and not a good marker to guide treatment [23]. Hemostatic agents should not be given in a patient with rising factor levels and no active or increased risk for bleeding. Among P-AHA patients safety of bypass therapy is of major concern, as the peripartum is a hypercoagulable state. The physiologic pregnancy-associated state induces increased thrombin generation, yielding an up to 60-fold increase in the relative risk of venous thromboembolism during the postpartum period [42,43]. Thromboembolism prophylaxis should therefore be considered in nonbleeding hospitalized patients were FVIII activity levels exceeds 50 IU/dl [23].

The second part of the treatment is inhibitor eradication by IST. Most low titer inhibitors tend to disappear spontaneously, whereas patients with high titer inhibitors may be difficult to treat [9,25,35]. In the majority of cases, the potency and the titer of the FVIII inhibitor in P-AHA are rather low [26,43]. The antibodies often display nonlinear FVIII inactivation, causing incomplete FVIII neutralization despite presence of high levels of active inhibitors [47]. The optimal therapeutic strategy to eradicate the inhibitor is unknown, but mostly steroids (prednisone) alone or in combination with cytotoxic agents (mostly cyclophosphamide) are used [34,48]. Current data suggest that the combination of both is more likely to result in a stable autoantibody eradication than steroids alone, but final outcome is not improved, possibly reflecting increased toxicity of the regimens involving cyclophosphamide [49]. In the overall EACH2 cohort of AHA, mortality and morbidity due to complications of IST is

high [5]. Despite this, all women in the P-AHA subgroup of the EACH2 registry received IST, probably to reduce the length of time during which the women were at risk of severe hemorrhage [24]. In addition, one should keep in mind that cyclophosphamide is not safe during pregnancy or lactation. Rituximab is increasingly used and seems to be particularly attractive as it is well tolerated [50]. A review including 13 P-AHA patients treated with rituximab, when used as first-line or rescue therapy, obtained a stable complete response in all patients [51]. However, rituximab may cross the placenta and may cause lymphopenia at birth, as reported in neonates exposed to rituximab *in utero* [52].

A novel therapeutic agent, emicizumab, a bispecific antibody that possesses FVIII mimetic activity, has shown promise in the treatment of patients with hemophilia A, including patients with inhibitors [53]. It has not yet been used in P-AHA by our knowledge. High-dose intravenous immunoglobulins alone or in combination with steroids are no longer recommended [20].

Compartment syndrome of the forearm is rare but has been described in some series [54]. It is usually associated with trauma although other causes, such as crush injury, penetrating injury, burns occur. Typical symptoms are pallor, pain disproportional to clinical signs, pain with passive stretch, paresthesia and in late stages paralysis and pulselessness [55]. To preserve muscle and nerve function, the diagnosis should be made in an early stage [56]. Compartment syndrome can be suspected from the clinical history and signs and symptoms and can be confirmed by measuring compartment pressures. A pressure difference of 30 mmHg or less between DBP and compartment pressure is considered compatible with the syndrome [57–59]. However, pressure measurements are not necessary for the diagnosis and the above-mentioned cut-offs should be used cautiously. Treatment consists of urgent fasciotomies of the involved compartments by an experienced surgeon [60].

Conclusion

P-AHA is often underdiagnosed and misdiagnosed. A history of recent bleeding [46] or bruising (or a compartment syndrome as in our patient) associated with no or only moderate trauma, should alert the clinician. A prolonged aPTT further rises suspicion. Awareness of this pregnancy-associated disorder needs to be improved so that appropriate management can be initiated as soon as possible. FVIII activity should be monitored by both onestage and chromogenic assay, as their values may differ in the course of the disease and earlier studies assume that the bleeding phenotype is more closely related to the lower FVIII-activity levels.

Acknowledgements

Conflicts of interest

There are no conflicts of interest.

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