

## Postprint of a Retrospective Study on Clinical Characteristics of Patients with Acute Pulmonary Embolism and Thrombocytopenia

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### Abstract

**Background** Acute pulmonary embolism (APE) is a severe cardiovascular disease. In recent years, the detection rate of patients with APE complicated by thrombocytopenia has been continuously increasing. These patients face dual problems of thrombosis and bleeding. Current research mainly consists of successful case reports, and there exists a research gap in clinical assessment and treatment protocols.

**Objective** To investigate the clinical characteristics and prognosis of patients with APE complicated by thrombocytopenia, and to provide a basis for clinical diagnosis and treatment.

**Methods** Twenty-one patients with APE complicated by thrombocytopenia who presented to the Emergency Department of Peking University People's Hospital between January 2015 and January 2020 were enrolled as study subjects. Patients were divided into a severe bleeding group (7 cases) and a mild/no bleeding group (14 cases) according to their bleeding status; they were divided into a multiple-site thrombosis group (7 cases) and a pulmonary artery thrombosis group (14 cases) based on whether they had thrombosis in sites other than the pulmonary artery; and they were divided into a death group (5 cases) and a survival group (16 cases) according to patient mortality. Clinical data were collected and compared between groups.

**Results** This study enrolled a total of 21 patients with APE complicated by thrombocytopenia, including 7 males and 14 females, with a mean age of (63.2±18.9) years. Analysis of patient etiologies revealed 5 cases of immune thrombocytopenic purpura, 4 cases of antiphospholipid antibody syndrome, 3 cases of eosinophilia, 2 cases of drug-related thrombocytopenia, 2 cases of systemic lupus erythematosus, 2 cases of tumor-related thrombocytopenia, and 3 cases of unknown etiology. Nineteen patients received anticoagulation

therapy. The pulmonary artery thrombosis group had higher fibrinogen and fibrinogen/albumin ratio than the multiple-site thrombosis group ( $P<0.05$ ). The severe bleeding group had lower male proportion and mean platelet volume, and higher multiple-site thrombosis proportion and neutrophil/lymphocyte ratio than the mild/no bleeding group ( $P<0.05$ ). The death group had lower anticoagulation therapy proportion and platelet count, and higher heart rate, mean platelet volume/platelet ratio, and tumor-related thrombocytopenia proportion than the survival group ( $P<0.05$ ).

**Conclusion** Patients with APE complicated by thrombocytopenia are at risk for multiple thrombotic events. Anticoagulation therapy helps improve clinical prognosis. Initiating anticoagulation therapy based on platelet count shows no significant correlation with severe bleeding events. Platelet count, platelet-related parameters, and other coagulation-related parameters are helpful for assessing thrombus burden, bleeding risk, and clinical prognosis.

## Full Text

### Abstract

**Background:** Acute pulmonary embolism (APE) is a serious cardiovascular disease. In recent years, the detection rate of APE patients with concurrent thrombocytopenia has been increasing, presenting a dual challenge of thrombosis and bleeding. Current research consists primarily of successful case reports, leaving a significant gap in clinical evaluation and treatment protocols.

**Objective:** To investigate the clinical characteristics and prognosis of APE patients complicated with thrombocytopenia, providing evidence for clinical diagnosis and treatment.

**Methods:** We enrolled 21 APE patients with thrombocytopenia who presented to the Emergency Department of Peking University People's Hospital between January 2015 and January 2020. Patients were stratified into a severe bleeding group ( $n=7$ ) and a mild/no bleeding group ( $n=14$ ) based on bleeding severity; into a multiple-site thrombosis group ( $n=7$ ) and a pulmonary artery thrombosis group ( $n=14$ ) based on the presence of thrombosis at sites other than the pulmonary artery; and into a death group ( $n=5$ ) and a survival group ( $n=16$ ) based on in-hospital mortality. Clinical data were collected and compared between groups.

**Results:** Among the 21 APE patients with thrombocytopenia, 7 were male and 14 were female, with a mean age of  $(63.2\pm 18.9)$  years. Etiological analysis revealed 5 cases of immune thrombocytopenic purpura, 4 cases of antiphospholipid syndrome, 3 cases of eosinophilia, 2 cases of drug-related thrombocytopenia, 2 cases of systemic lupus erythematosus, 2 cases of tumor-related thrombocytopenia, and 3 cases of unknown etiology. Nineteen patients received anticoagulation therapy. The pulmonary artery thrombosis group exhibited significantly higher fibrinogen (FIB) and fibrinogen-to-albumin ratio (FAR) com-

pared to the multiple-site thrombosis group ( $P < 0.05$ ). The severe bleeding group had lower male proportion and mean platelet volume (MPV), but higher multiple-site thrombosis proportion and neutrophil-to-lymphocyte ratio (NLR) compared to the mild/no bleeding group ( $P < 0.05$ ). The death group showed lower anticoagulation therapy proportion and platelet count, but higher heart rate, MPV-to-platelet ratio (MPR), and tumor-related thrombocytopenia proportion compared to the survival group ( $P < 0.05$ ).

**Conclusion:** APE patients with thrombocytopenia face a high risk of multiple thrombotic events. Anticoagulation therapy helps improve clinical prognosis, and its implementation based on platelet count shows no significant correlation with severe bleeding events. Platelet count, platelet-related parameters, and other coagulation-related indicators are valuable for assessing thrombus burden, bleeding risk, and clinical prognosis.

**Keywords:** pulmonary embolism; thrombocytopenia; prognosis; retrospective study

## 1.4 Statistical Methods

Data analysis was performed using SPSS 25.0 statistical software. Normally distributed continuous variables were expressed as mean  $\pm$  standard deviation ( $\bar{x} \pm s$ ) and compared between groups using independent samples t-test. Non-normally distributed continuous variables were expressed as median (interquartile range) [M(P25, P75)] and compared using Mann-Whitney U test. Categorical variables were expressed as percentages and compared using Fisher's exact test. A P-value  $< 0.05$  was considered statistically significant.

## 2.1 Patient Characteristics

This study included 21 APE patients with thrombocytopenia, comprising 7 males and 14 females with a mean age of ( $63.2 \pm 18.9$ ) years. Etiological analysis revealed immune thrombocytopenic purpura in 5 cases, antiphospholipid syndrome in 4 cases, eosinophilia in 3 cases, drug-related thrombocytopenia in 2 cases, systemic lupus erythematosus in 2 cases, tumor-related thrombocytopenia in 2 cases, and unknown etiology in 3 cases. Nineteen patients received anticoagulation therapy, including 12 who received standard-dose low molecular weight heparin and 7 who received half-dose low molecular weight heparin or unfractionated heparin. Seven patients had multiple-site thrombosis, 7 experienced severe bleeding, and 5 died in hospital (including 2 who did not receive anticoagulation therapy).

## 2.2 Comparison Between Multiple-Site Thrombosis and Pulmonary Artery Thrombosis Groups

The pulmonary artery thrombosis group showed significantly higher fibrinogen (FIB) and fibrinogen-to-albumin ratio (FAR) compared to the multiple-site

thrombosis group ( $P < 0.05$ ). No statistically significant differences were observed between the groups in terms of gender, age, platelet count (PLT), mean platelet volume (MPV), international normalized ratio (INR), activated partial thromboplastin time (APTT), creatinine (Cr), total bilirubin (TBil), serum albumin (ALB), MPV-to-platelet ratio (MPR), neutrophil-to-lymphocyte ratio (NLR), proportion of critically ill patients, or etiology ( $P > 0.05$ ).

This study found that 85.7% (18/21) of APE patients with thrombocytopenia had identifiable etiologies, suggesting that APE with thrombocytopenia is likely caused by underlying diseases. Therefore, further etiological investigation is warranted in these patients. While PLT and MPV showed no significant correlation with multiple-site thrombotic events, FIB and FAR levels were associated with such events, with lower levels observed in patients with multiple-site thrombosis, likely due to platelet consumption during thrombus formation.

Research has confirmed that elevated fibrinogen promotes fibrin formation, increasing thrombus strength and stability while enhancing resistance to fibrinolysis, and is associated with cardiovascular disease and both arterial and venous thrombosis. Fibrinogen levels may show dynamic evolution during different disease stages, initially rising then falling. In cases of excessive thrombus burden, consumptive hypofibrinogenemia may occur. Albumin directly or indirectly inhibits platelet activation and thrombus formation, suppressing fibrinogen activation and reducing fibrin aggregation. FAR is considered a marker for various pre-thrombotic conditions such as ST-elevation myocardial infarction and chronic venous insufficiency. Therefore, we believe that fibrinogen is associated with high thrombotic risk and thrombus burden, while albumin has a protective effect. FIB and FAR can help clinicians assess the risk of multiple-site thrombotic events in APE patients with thrombocytopenia.

### 2.3 Comparison Between Severe Bleeding and Mild/No Bleeding Groups

The severe bleeding group had a lower male proportion and MPV, but a higher proportion of multiple-site thrombosis and NLR compared to the mild/no bleeding group ( $P < 0.05$ ). No statistically significant differences were observed in age, anticoagulation therapy, PLT, INR, FIB, APTT, Cr, TBil, ALB, MPR, FAR, proportion of critically ill patients, or etiology between the two groups ( $P > 0.05$ ).

Severe bleeding was defined as a hemoglobin decrease  $\geq 20$  g/L and/or requirement for  $\geq 2$  units of blood transfusion, while mild/no bleeding was defined as not meeting these criteria.

This study found that among APE patients with thrombocytopenia, those with severe bleeding had higher proportions of females and multiple-site thrombotic events, lower admission MPV, and higher NLR. However, admission PLT, INR, APTT, FIB, and anticoagulation therapy showed no significant correlation with severe bleeding. Studies have shown that MPV reflects platelet function to some

extent; under physiological conditions, MPV is inversely proportional to PLT to maintain constant platelet mass. Increased MPV indicates release of large, newly generated platelets into circulation. MPV is associated with hemostasis and thrombosis and helps assess hemostatic status even in thrombocytopenic patients. MPV correlates with platelet activation, inflammatory processes, and thrombus formation. Therefore, platelet function may influence the occurrence of severe bleeding events.

APE severity is associated with inflammatory status, and NLR, an easily obtainable parameter from routine blood tests, can assess inflammatory status and is associated with APE prognosis. NLR can affect fibrinogen, factor VII, and factor VIII levels. PLT and MPV play important roles in evaluating thrombosis and inflammatory responses and are associated with inflammatory processes. Platelet-neutrophil interactions contribute to thrombus formation. Therefore, we believe that severe bleeding risk in APE patients with thrombocytopenia may be associated with multiple-site thrombosis, platelet quality, and inflammatory status. Screening for multiple-site thrombotic events and monitoring MPV and NLR may help predict severe bleeding.

No difference in anticoagulation therapy was observed between the severe bleeding and mild/no bleeding groups, suggesting that anticoagulation can be administered to APE patients with thrombocytopenia under effective monitoring without significantly increasing severe bleeding risk.

## 2.4 Comparison Between Death and Survival Groups

The death group had lower anticoagulation therapy proportion and PLT, but higher heart rate, MPR, and tumor-related thrombocytopenia proportion compared to the survival group ( $P < 0.05$ ). No statistically significant differences were observed in gender, age, multiple-site thrombosis proportion, systolic blood pressure, respiratory rate, follow-up platelet count, MPV, NLR, FAR, or proportion of critically ill patients between the two groups ( $P > 0.05$ ).

This study suggests that tumor-related thrombocytopenia and lack of anticoagulation therapy are associated with higher in-hospital mortality. The death group had higher admission heart rate, lower PLT, higher MPR, and lower post-treatment PLT. Research has shown that critically ill patients can develop thrombocytopenia with increased MPV, and that PLT and MPV can predict mortality risk in ICU patients. The prognostic value of MPR has been confirmed in numerous studies; elevated MPR predicts early mortality risk in severe sepsis and is associated with prognosis in acute myocardial infarction, post-myocardial infarction stroke, and venous thromboembolism. Yordan et al. confirmed that MPR correlates with right heart function and disease severity in APE patients, with decreased MPR indicating lower risk, consistent with our findings. Therefore, we believe that APE patients with thrombocytopenia should receive active anticoagulation therapy to improve prognosis. Tumor-related APE with thrombocytopenia carries a poor prognosis, and monitoring PLT and MPR may help

further assess clinical outcomes.

## Limitations

This study has several limitations. First, it is a single-center retrospective study with a small sample size. Second, single-timepoint measurements may not fully reflect patients' disease status. Prospective studies are needed to further evaluate the predictive value of MPV, MPR, and FAR in APE patients with thrombocytopenia.

## Conclusion

In conclusion, APE patients with thrombocytopenia have a high incidence of multiple-site thrombotic events. Patients with multiple-site thrombosis have lower FIB and FAR levels, while those with severe bleeding have lower MPV and higher NLR. APE patients with thrombocytopenia should receive active anticoagulation therapy. In-hospital mortality is not significantly associated with multiple-site thrombosis or severe bleeding events. Screening for underlying diseases and evaluating platelet-related parameters along with other coagulation and inflammatory markers such as FIB and FAR can help predict thrombotic events, bleeding risk, and clinical prognosis.

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