

Autologous Transplant Education Class



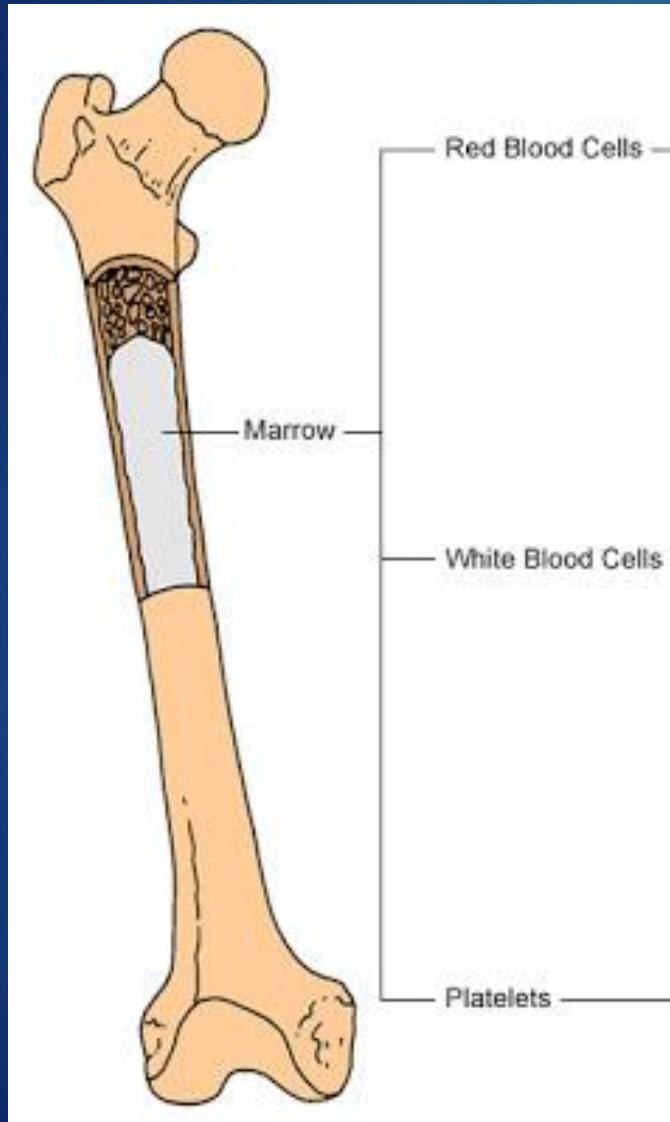
Blood & Marrow
Transplant

Autologous “Auto” Cells or Tissues Obtained from the Same Individual

What is the purpose of a stem cell transplant?

- ▶ Autologous stem cells are reinfused into your body after high doses of chemotherapy. The purpose is to help your body make cancer free bone marrow.

Bone Marrow



Bone Marrow is where the stem cells are made in our bodies. Both terms are used interchangeably.

Pre-Transplant Process

- ▶ Evaluation or initial consult
 - ~Referral from your oncology physician
- ▶ Disease management with standard-dose chemotherapy
 - ~Depending upon your disease, it may be necessary to give additional chemotherapy prior to transplant



Pre-Transplant Team Meeting

Social Work

- ▶ Care giver for 30 days total after transplant. (7 days post discharge) 24/7
- ▶ Intermittent 3-4 months
- ▶ Driver to take to apts after discharge from hospital
- ▶ Lodging
- ▶ Emotional Support
- ▶ Medications
- ▶ Disability paper work
- ▶ Employer

Pre-Transplant Team Meeting

Financial Coordination

- ▶ Our team of financial coordinators are here to help you with all of your insurance needs
- ▶ If you have any questions regarding your insurance please make sure to contact us
- ▶ Please do NOT change insurance without speaking with Financial Coordinator first!
- ▶ We can help you if you are thinking of changing your current insurance plan OR if you are currently uninsured
- ▶ We are here for YOU! – please feel free to speak with us at your next office visit
- ▶ Have a question about your co-pay or deductible? Ask us!

Pre-Transplant Work-up

► Pre-transplant workup

- CT Scans and/or PET scan
- Lab work
- Bone Marrow Biopsy(BMBX)
- Pulmonary Function (PFT)
- Chest Xray (CXR)
- ECHO
- EKG



Pre-Transplant Work-up

- ▶ Transplant Criteria
- ▶ Substance use
- ▶ Blood and blood product
- ▶ Timeframe
- ▶ Psychosocial consultation
- ▶ Dental evaluation
- ▶ Fertility concerns
- ▶ PAR(pre-admission review) Informed consent
- ▶ Trifusion line care



Stem Cell Source and collection process con't.

- **Neupogen (GCSF) or Zarxio** injection to increase the amount of stem cells your body makes.
 - Body aches- (Zyrtec/Claritin)
 - Low grade fever
 - rash
- **Plerixafor** injection is given on the 4th day with the Neupogen to help push the stem cells into the peripheral blood to be able to collect more stem cells.
 - Diarrhea (bring Imodium)

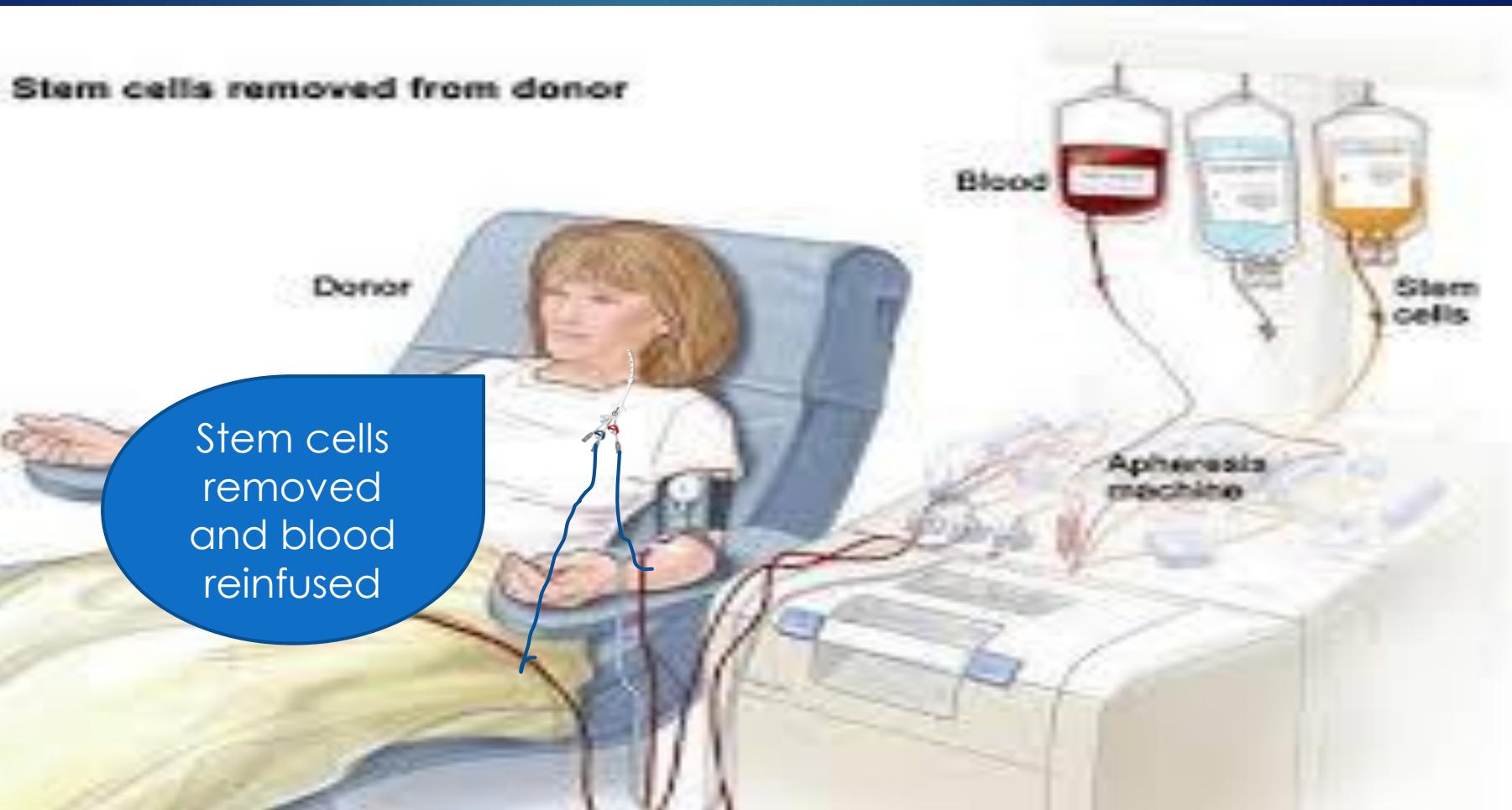


Collection of stem cells

- ▶ **Trifusion placement**
 - ▶ Under sedation
 - ▶ Used for chemo, transplant, blood draws, and medications
 - ▶ Removed before discharge from the hospital
 - ▶ Keep dressing dry
 - ▶ Cover dressing with surround wrap for showers



Apheresis Process



Apheresis Process

- ▶ Arrive to AIC at 7 am
- ▶ Labs will be drawn
- ▶ Apheresis nurse will hook you up to machine
- ▶ Family members then can accompany you at bedside
- ▶ Procedure takes about 6 hours
- ▶ CTL will pick up product and count the cells
- ▶ Once product is counted nurse coordinator contacts AIC nurse and communicates if 2nd day of apheresis is needed.
- ▶ If 2nd day needed= neupogen and plerixafor
- ▶ During apheresis nurses are monitoring for possible side effects
 - ▶ Decrease in Calcium

Apheresis Process

- ▶ Bring food/drinks
- ▶ Comfortable clothing (button down top)
- ▶ Will need to use bed side commode/ urinal during apheresis
- ▶ Can bring lap top or other things for entertainment
- ▶ Will be able to go home once we know if 2nd day of apheresis is needed or not
- ▶ Once apheresis is complete, you will have about a week off from appointments

Transplant Process (Inpatient) General Guidelines

- Visiting Hours
- What to bring to the hospital
- Caregiver parking
- Daily inpatient routine
- Food allowed while inpatient
- Length of inpatient stay



Transplant Process (Inpatient)

What to expect on admission day

- Registration
- In your room
- Monitor
- Fluids/labs
- MD visit
- Chemo regimen



Transplant Process (Inpatient)

What happens when my stem cells are infused??

- What time????
- Premeds, Vital signs
- How long
- Strange smell/taste



Transplant Process (Inpatient)

What to expect during you stay

- Possible fever
- Hair loss
- Mouth care
- Pain control
- Nausea/Vomiting/Diarrhea control
- Fall risk precautions
- Line care
- Intensive Care



Transplant Process (inpatient)

What happens prior to discharge?

- Medication
- Case management
- Discharge timeframe
- Follow up appointment



Preparing for Life After Transplant

- ▶ Preparing your home for return
- ▶ Caring for pets
- ▶ Household chores
- ▶ Visitors
- ▶ Memory Issues
- ▶ Sexual activity
- ▶ Vaccinations
- ▶ Returning to work



Follow up appointments:

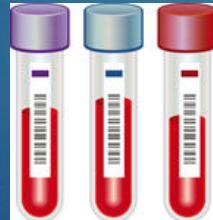
- ▶ The time you spend at your appointment varies from a couple hours to all day, depending on your needs and scheduling.
- ▶ We are committed to keeping wait times as short as possible.
- ▶ We suggest that you and your caregiver bring fluids, snacks and something to read to your appointments.



What to expect:

We will assess:

- Vital signs & weight
- Symptoms and symptom management
- Perform a physical exam
- Draw blood/lab work
- Administer fluids, medications and blood products as needed
- CVC care if needed



When to call your BMT team: **407-303-2070**

- ▶ Fever or chills , temperature > **100.4 F**
Acetaminophen (Tylenol) can mask a fever, so only under the direction of the BMT team
- ▶ Cold Symptoms- such as cough, sore throat, green or yellow sputum, runny nose
- ▶ Shortness of breath
- ▶ Diarrhea more than **4-5 loose bowel** movements a day
- ▶ Painful urination
- ▶ Rash or any area of your skin becomes warm to touch, red, painful or swollen

Things to remember...

- ▶ Bring medication list to ALL appointments and your blood band.



Long Term Follow-Up

- ▶ All information will be communicated to your referring oncologist



Questions?



