

# Autologous Transplant Education Class



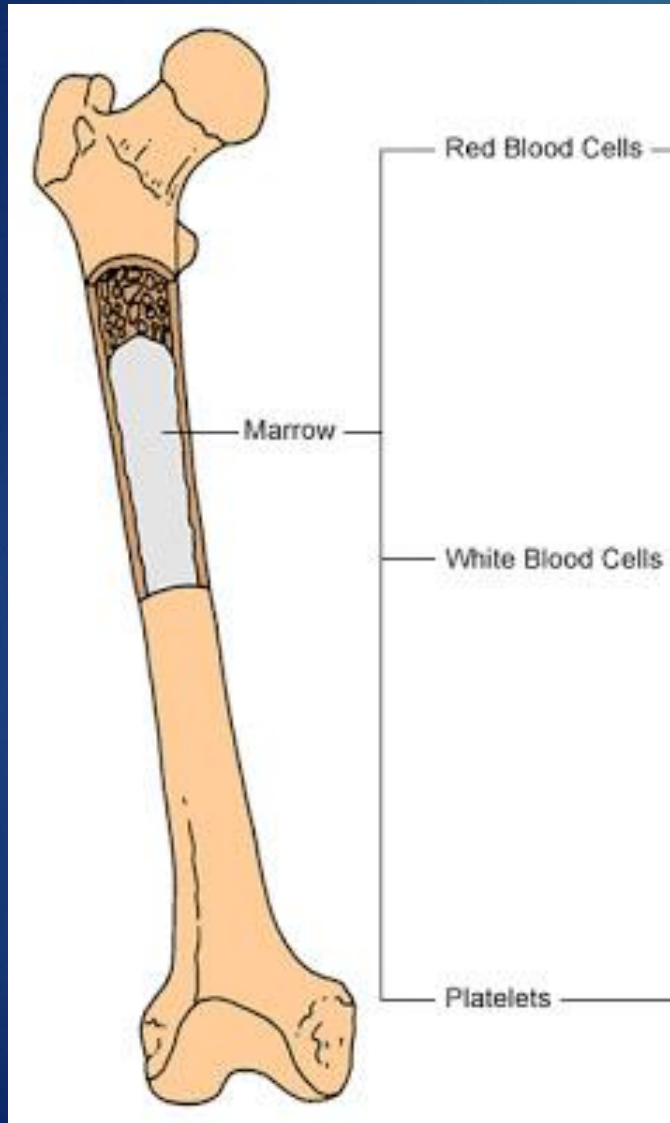
Blood & Marrow  
Transplant

# 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 4<sup>th</sup> 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)



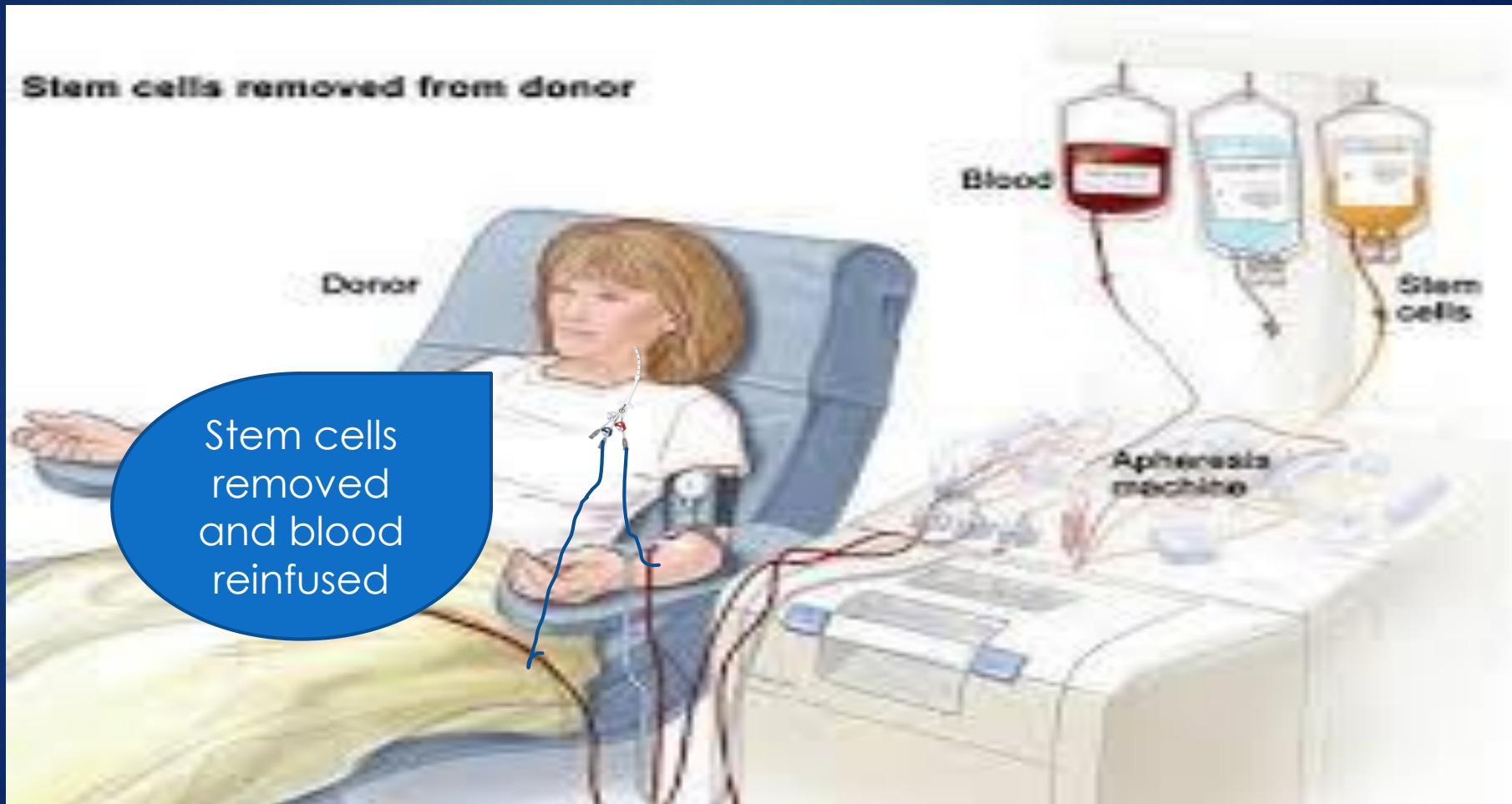
# Collection of stem cells

## ▶ 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 the count the cells
- ▶ Once product is counted nurse coordinator contacts AIC nurse and communicates if 2<sup>nd</sup> day of apheresis is needed.
- ▶ If 2<sup>nd</sup> 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 2<sup>nd</sup> 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



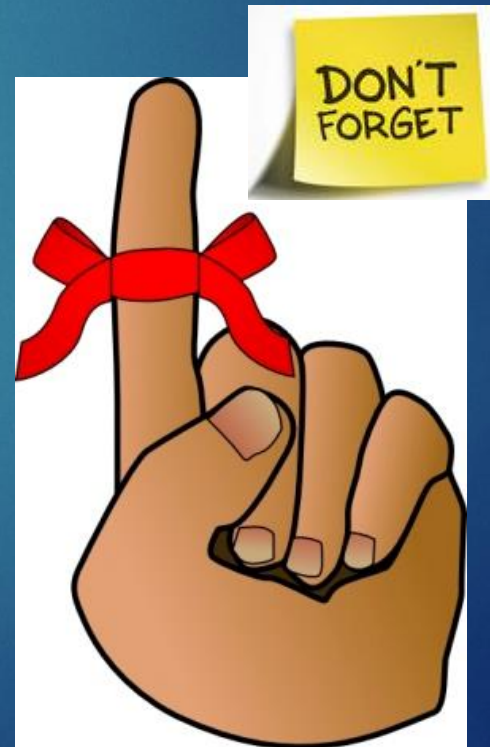
## When to call your BMT team:

### **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?



