

LONG-TERM SURVIVAL GUIDELINES

Recommended Post-Transplant Care





Recommended post-transplant care

After your patient leaves the transplant center and returns to your care, your support is critical to his or her long-term recovery.

This two-part guide contains post-transplant care guidelines developed in partnership with leading transplant organizations and based on peer-reviewed publications.

Part I: Long-term screening

Includes a checklist of recommended post-transplant screening and preventive practices. Consult this section at a patient's six-month, one-year and annual appointments.

Part II: Screening for chronic GVHD

Identifies clinical manifestations and patient symptoms of chronic graft-versus-host disease (GVHD) – includes photo atlas. Consult this section when chronic GVHD is suspected or to review the full range of chronic GVHD manifestations.



RECOMMENDED POST-TRANSPLANT CARE

Part I: Long-term screening



Part I: Long-term screening

Recognizing complications early, while there are more therapeutic options and while treatments are more effective, is critical to the well-being of transplant recipients.

Complications from hematopoietic cell transplantation can develop long after a patient leaves the transplant center and returns to his or her primary physician. To prevent late complications from increasing morbidity in these post-transplant patients, physicians need to be aware of the specialized care these patients require.

These long-term screening guidelines are based on ***Recommended Screening and Preventive Practices*** that were developed by a consensus panel formed by members of the Center for International Blood and

Marrow Transplant Research (CIBMTR), the European Group for Blood and Marrow Transplantation (EBMT) and the American Society for Blood and Marrow Transplantation (ASBMT).¹

¹Rizzo JD, Wingard JR, Tichelli A, et al. Recommended screening and preventive practices for long-term survivors after hematopoietic cell transplantation: joint recommendations of the European Group for Blood and Marrow Transplantation, Center for International Blood and Marrow Transplant Research, and the American Society for Blood and Marrow Transplantation (EBMT/CIBMTR/ASBMT). *Bone Marrow Transplantation* 2006; 37(3): 249-261. (Published concurrently in *Biology of Blood and Marrow Transplantation* 2006; 12(2): 138-151.)



Use the following chart to:

- Become aware of the specialized care required by transplant recipients
- Track treatments administered and tests completed
- Trigger discussions with patients on proper self-care

A patient version of these guidelines is available for transplant recipients and includes:

- Information about side effects that might occur months or years after transplant
- Charts with recommended tests and procedures for patients' six-month, one-year and annual post-transplant check-ups
- Space for patients to record important information about their own post-transplant care

To download or order copies of the patient guide (available in autologous and allogeneic versions), visit: www.cibmtr.org/posttransplant

Part I: Long-term screening

Key:

1 = Recommended for all transplant patients

2 = Recommended for allogeneic patients only

3 = Recommended for any patient with ongoing chronic GVHD or immunosuppression

+ = Reassessment recommended for abnormal testing in a previous time period or for new signs/symptoms

Six Months	One Year	Annually	Recommended Screening/Prevention
Liver			
1	1	+	Liver function testing
	1	+	Serum ferritin testing
Respiratory			
1	1	1	Clinical pulmonary assessment
1	1	1	Smoking tobacco avoidance
	2	+	Pulmonary function testing
+	+	+	Chest radiography
Musculoskeletal			
	1	+	Bone density testing (women and patients with prolonged corticosteroid or calcineurin inhibitor use)
3	3	3	Screen for corticosteroid-induced muscle weakness
3	3	3	Consider need for physical therapy consultation
3	3	3	Osteopenia prophylaxis with bisphosphonates is recommended by some experts
Kidney			
1	1	1	Blood pressure screening
1	1	+	Urine protein screening
1	1	1	BUN/creatinine testing
Nervous System			
	1	+	Neurological clinical evaluation
Endocrine			
	1	+	Thyroid function testing
	1	1	Growth velocity in children
1	1	1	Gonadal function assessment (prepubertal boys and girls)
	1	1	Gonadal function assessment (postpubertal women)
Vascular			
	1	1	Cardiovascular risk factor assessment
Immune System			
3	3	3	Encapsulated organism prophylaxis
1	3	3	PCP prophylaxis
3	3		CMV testing
	1	1	Immunizations
3	3	3	Antifungal prophylaxis is recommended by some experts
3	3	3	Prophylaxis for HSV is recommended by some experts
	2	2	Endocarditis prophylaxis with dental procedures following AHA guidelines
Second Cancers			
	1	1	Second cancer vigilance counseling
	1	1	Breast/skin/testes self-exam
	1	1	Clinical screening for second cancers
	1	1	Pap smear/mammogram (over age 40)
Psychosocial			
1	1	1	Psychosocial/QOL clinical assessment
+	+	+	Mental health counseling for patients with recognized psychosocial problems
1	1	1	Sexual function assessment
1	1	1	Maintain robust support networks
Oral Complications			
1	1	1	Dental assessment
Ocular			
1	1	1	Ocular clinical symptom evaluation
	3	3	Schirmer testing
	1	+	Ocular fundus exam