







Recommended Screening and Preventative Practices for Long-Term Survivors after HCT

Co-published in:
 Biology of Blood and Marrow Transplantation, 2012; 18: 348
 Bone Marrow Transplantation, 2012; 47: 337
 Hematology Oncology and Stem Cell Therapy, 2012; 5: 1
 Revista Brasileira de Hematologia e Hemoterapia, 2012; 34: 109

Guidelines History




- Initial work in 2006 by CIBMTR, ASBMT and EBMT
 - Co-published in BBMT and BMT
- Guidelines group reconvened in 2011
 - Greater international representation – CIBMTR, ASBMT, EBMT, APBMT, BMTSANZ, EMBMT, SBTMO
 - Literature review and conference calls to discuss and finalize consensus recommendations
 - Co-published in March 2012 issues of 4 journals to maximize international dissemination
 - Emphasis on exposures and called out “special populations” (e.g., GVHD, TBI, children, steroids)

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Organ Systems/Issues Considered




- Immune system
- Ocular
- Oral
- Respiratory
- Cardiac and vascular
- Liver
- Renal and genitourinary
- Muscle and connective tissue
- Skeletal
- Nervous system
- Endocrine
- Mucocutaneous
- Second cancers
- Psychosocial and sexual
- Fertility
- General Health

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Example: Oral Complications

- All HCT recipients
 - Educate about preventive oral health and dental maintenance
 - Counsel to avoid smoking and chewing tobacco, avoid intraoral piercing
 - Clinical oral evaluation at 6 mo, 1 yr and then yearly
 - Dentist or oral medicine specialist evaluation at 1 yr and then yearly
- Pediatric recipients
 - Assessment of teeth development
- Chronic GVHD patients
 - Clinical oral evaluation every 6 mo
 - More frequent dentist or oral medicine specialist consultations may be considered

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Print Version – Post-Transplant Care

LONG-TERM SURVIVAL GUIDELINES

Recommended Post-Transplant Care



SCREENING • IMMUNIZATION • GVHD





marrow.org/md








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Print Version – Screening/Prevention

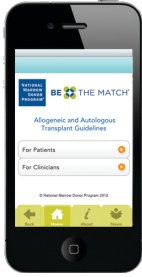
Tissues/Organs	Complications and Tests	Preventive Measures	Recommended Timing		
			6 mo	12 mo	Annually
Skeletal	Complications: - Osteopenia/osteoporosis - Axial/neck fractures	All HCT recipients Dual photon densitometry for adult survivors, all allogeneic HCT recipients and pediatric who are at high risk for bone loss (e.g., prolonged corticosteroid exposure); subsequent testing determined by doctor or at doctor request or therapy Counseling about physical activity, vitamin D and calcium supplementation to prevent loss of bone density		✓	+
	Tests: - Dual photon densitometry - MRI	Prevention/prevention* for general population† Consider dual photon densitometry at an earlier date to patients with prolonged corticosteroid or calcium inhibitor exposure		✓	+
			✓	✓	+
			✓	✓	+
Nervous system	Complications: - Sensorimotor neuropathy - Neuropsychological and cognitive deficits - Late infections - Calcium neurotoxicity - Hospital neurotoxicity	All HCT recipients Clinical evaluation for symptoms and signs of neuropathy/dysfunction. Diagnostic testing (e.g., neurographic, nerve conduction studies) for those with symptoms or signs Evaluate for changes in cognitive function, which may be subtle in adults		✓	✓
	Tests: - MRI - Neuropsychological testing	Prevention/prevention* for general population† Assessment for cognitive development milestones		✓	✓
			✓	✓	✓
			✓	✓	✓

✓ = recommended preventive measure
 + = assessment recommended for patients with pre-existing conditions, if clinically indicated, if abnormal testing in a previous time period, or with new signs/symptoms
 *Special populations = GVHD (patients with GVHD), Steroids (patients with ongoing significant corticosteroid exposure), Pediatric (pediatric patients), TB (patients who have received total body irradiation)

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App Version



- Patient and physician versions
- Choose risk factors (age group, gender, GVHD, steroid exposure, TBI) and get individualized recommendations
- Email functionality
- Links to references – can be opened in a browser
- Referral timing guidelines and outcomes data
- Link to *Advances in Transplantation* newsletter

App Version



Resources for Patients and Physicians

- HCT Quick Reference Guidelines for physicians - marrow.org/md-guidelines
 - Print and online
 - Mobile (search 'transplant')
- Patient guidelines include – BeTheMatch.org/patients
 - Simple medical descriptions
 - Checklist to bring to physician visits
 - Glossary of medical terms



Post-transplant guidelines



This resource will help your patients understand and prepare for their follow-up care.

You can also download a free Smartphone app [here](#).

Transplant Survivors

