

Multiple Myeloma Survivorship Care Plan Key Components

Organizing Health History and Personal History		
Medical and Surgical History	Listing of all Health Care Providers	
Personal History	Listing of key contacts, caregivers, advocates	
Health Care and Legal Profile	Insurance information, Power of Attorney, Advanced Directives	
Myeloma History and Treatment Summary		
Diagnostic Profile	Dates, R-ISS Stage, Cytogenetic and Molecular profile, Presence of Bone disease, Creatinine Clearance	
Treatment Summary	Dates, Regimen or Procedures, Outcomes and Key Events, Providers, Treatment Center	
Supportive Care/Adjunctive Therapy	Dates, Transfusion History, Bone Health Agents, Dialysis, Providers, and Treatment Center	
Health Maintenance	Referrals and Follow-up	
Infection Prophylaxis	General infection prevention guidelines	
<ul style="list-style-type: none"> Flu vaccine Pneumonia Vaccine Antiviral Prophylaxis 	See CDC guidelines http://www.cdc.gov/mmwr/preview/mmwrhtml/rr4910a1.htm <ul style="list-style-type: none"> See caution for use of live vaccines 	
Bone Health	Referrals and Follow-up	
<ul style="list-style-type: none"> Bisphosphonate therapy Activity/Mobility Safety 	Recommended for patients on active myeloma therapy Physical therapy Home safety evaluation Exercise physiologist/sports medicine Get Up and Go test	
Cancer Surveillance and monitoring of late effects	Modified surveillance recommendations for patients at increased risk http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/index Referral to genetic counselor if indicated	
Routine Physical Exam	Primary Care Provider (PCP) at least yearly	
Myeloma Specific evaluation	Individualized for each patient based on current disease and treatment status	
Management of co-morbidities	PCP and other specialists as indicated	
Healthy Lifestyle	Referrals and Follow-up	
Dietary Recommendations	Clinical dietician	Diabetes specialist if indicated
Exercise/Activity Recommendations	Individualized for each patient based on disease and treatment specific attributes	
Sleep	Consider sleep study in patients with poor sleep patterns	Review bedtime rituals Medication review
Smoking Cessation	Referral to smoking cessation programs	Reinforcement by all HCPs
Reduce Alcohol Intake	Referral to alcohol cessation/reduction programs	Reinforcement by all HCPs
Psychosocial and Financial Health	Referrals and Follow-up	
Family and Interpersonal dynamics	Family counselor, social worker	
Financial Concerns	Financial counselor, social worker Referral to assistance programs	Counseling for return to work Tips on maintaining insurance coverage
Anxiety/Depression	Should be addressed by all HCPs, Referral to psychologist, psychiatrist as indicated Referral to support groups	

Modified from Table 8-5. Key Components of the Multiple Myeloma Survivorship Care Plan, Kurtin, S. (2015). In Multiple Myeloma: Tariman and Faiman (eds)