

Evidence-Based Recommendations for Distress

LEVEL OF EVIDENCE I

- The International Myeloma Foundation (IMF) Nurse Leadership Board (NLB) recommends screening for distress among all patients with MM. Distress and psychopathology affect several dimensions of quality of life, which independently predicts overall survival (NCCN, 2017b; Strasser-Weippl & Ludwig, 2008).
- Interventions, such as listening to the patient's concerns and offering cognitive behavioral therapy, may reduce distress among patients with cancer (Maher & de Vries, 2011; NCCN, 2017b).
- Patients should be made aware of the value of relaxation techniques, psychological counseling, and peer-support groups (Lamers et al., 2013).

Source: Catamero et al. *Clin J Oncol Nurs*. 2017 Oct 1;21(5):7-18.