

Survivorship care plans help transplant survivors



Survivorship care plans (SCPs) help survivors of blood or marrow transplant (BMT) have a better quality of life, according to a study.

Although BMT can cure some blood cancers and blood disorders, it may also cause serious problems months or years later. These problems, such as graft-versus-host disease (GVHD), can be treated, but some primary care providers aren't familiar with them.

An SCP is a paper or electronic tool on possible health issues after transplant, and recommended ways to watch for and prevent them

A study on a new SCP found that it helped survivors talk with their primary care providers. About 400 BMT survivors volunteered for the study, and about half received an SCP. The SCP was personalized for each survivor using information usually collected by a transplant center. Each plan had personalized guidelines for:

- vaccines
- blood tests
- cancer screening
- emotional and sexual health
- checkups for GVHD and general health

After 6 months, the survivors who got care plans said they had less distress and a better quality of life than those who didn't have care plans. About 70% (7 in 10 people) said the care plan helped them understand their BMT, treatments, side effects, and health care.

Keep in mind

Most of the people who volunteered for this study were white and had BMT to treat a blood cancer, so the results might not apply to everyone.

Ask your transplant team

Ask your transplant team for an SCP when you complete your treatment. and ask them to explain it to you.

Learn more about

- [This research](#)
- [After Transplant Care Guide](#)
- [Life after transplant](#)

Source

Majhail NS, Murphy E, Laud P, et al. Randomized controlled trial of individualized treatment summary and survivorship care plans for hematopoietic cell transplantation survivors. *Haematologica*. doi:10.3324/haematol.2018.203919. Epub 2018 Dec 4.

About this research summary

This information is provided on behalf of the Consumer Advocacy Committee of the CIBMTR.