



Juravinski Cancer Centre
A Cancer Care Ontario regional partner

Living Well With Lymphoma

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Objectives

- Provide a high level review of the most common side effects of lymphoma and its treatment
- Review 3 of the most common side effects
- Validate and discuss the emotional changes that can accompany a diagnosis of lymphoma and its treatment
- To provide some insight into your supportive care team and ESAS



Learning a New Language

- Types of Lymphoma
- Types of Treatment
- Chemotherapy
 - CHOP-R -BEAM
 - DHAP -ABVD
 - ABVD -mini BEAM
- PICCs, PORTs, Hickmans and Pheresis Catheters
- The “counts”



Common Side Effects

- Related to Lymphoma
 - Fever
 - Weight loss
 - Night sweats
 - Fatigue
 - Pain/swelling due to enlarged lymph nodes or masses



B Symptoms



Common Side Effects

- Related to Chemotherapy
 - Risk of Infection
 - Fatigue
 - Nausea/Vomiting/loss of appetite/change in taste
 - Bowel Changes
 - Sleep disturbance
 - Hair loss



Common Side Effects

- Related to Radiation
 - Fatigue
 - Skin Reaction
 - Side effects largely depend on the radiation field and the total dose delivered



Febrile Neutropenia & Infection

Leukocytes white blood cells ~ WBC

agranular

lymphocytes
20 - 25 %

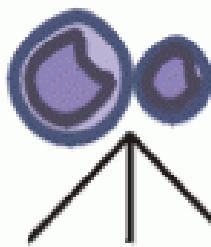
monocytes
3 - 8%

basophils
.5 - 1%

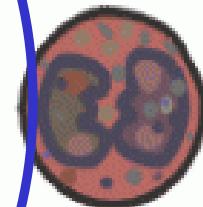
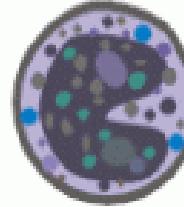
granular

neutrophils
60 - 70%

eosinophils
2 - 4%



T-cell, B-cell, NK Cell





Fatigue

- Contributors can be anemia, pain, lack of sleep, medication side effects, impaired nutritional intake, depression, disease
- The Energy Bank
 - Deposit
 - Physical activity (unless not recommended)
 - Eating well, may need a dietitian to help
 - Stress reduction
 - Energy conservation
 - Withdraw
 - Consider your spending carefully!
- ESAS Screening





Nausea/Vomiting

- Your team will work to identify the cause
- Multiple possible triggers so a multipronged approach may help
- Food
 - Limit spicy, fatty, salty, sweet
 - Limit smells, keep foods warm not hot
 - Eat small amounts more often, off small plates
 - Sip fluids as much as possible
 - Limit caffeine and alcohol



Emotional Challenges

- Living with uncertainty
- Depression/anxiety/guilt
 - May need to explore past strategies for coping

- Change in roles
- Change in relationships
- Everyone has advice! It may or may not always be welcome...



Supportive Care

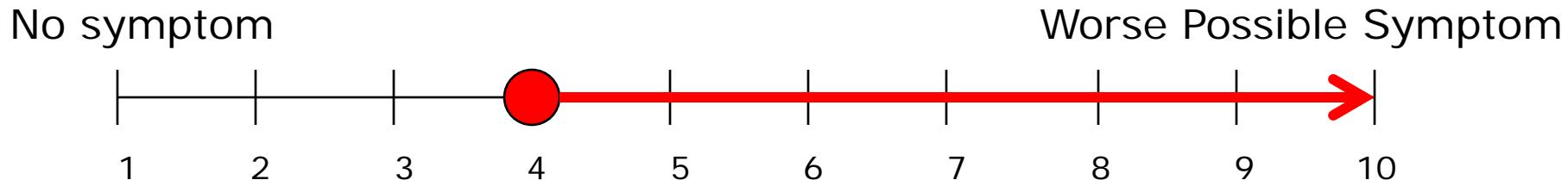
- Your hematology team
- Pain and Symptom Management Team
- Supportive Care Practitioners
 - Psychiatrist
 - Psychologist
 - Nurses
 - Social Worker
 - Registered Dietician
 - Chaplain
 - Physiotherapy
 - Occupational Therapy



ESAS Symptom Assessment Scale



- Pain
- Tiredness (decreased energy)
- Nausea
- Depression (sad or blue)
- Anxiety (nervous or restless)
- Drowsiness (sleepy)
- Appetite
- Wellbeing (how are you overall?)
- Shortness of Breath





Questions?