



# 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

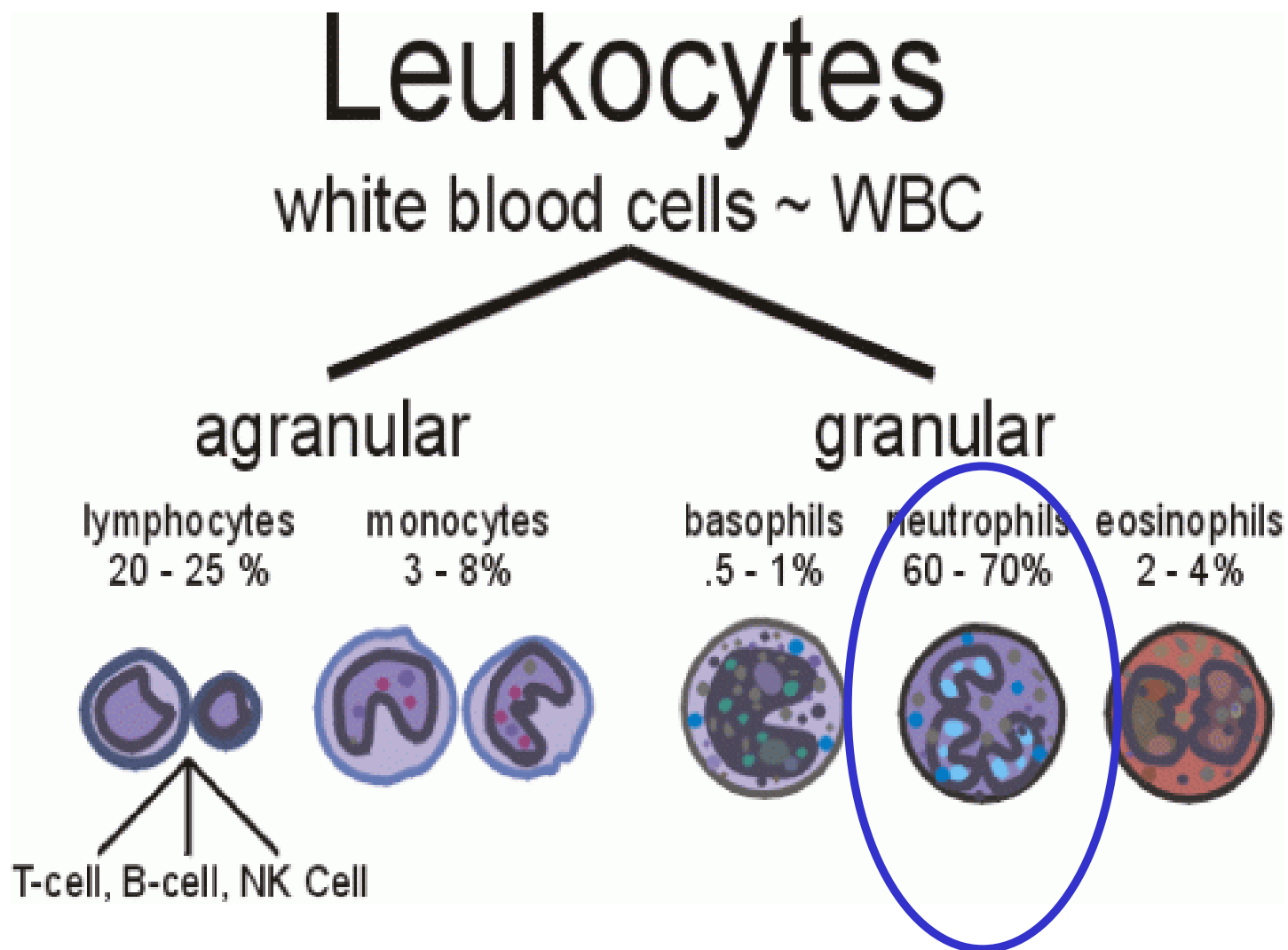


# Common Side Effects

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



# Febrile Neutropenia & Infection





# 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 dietician 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
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- 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

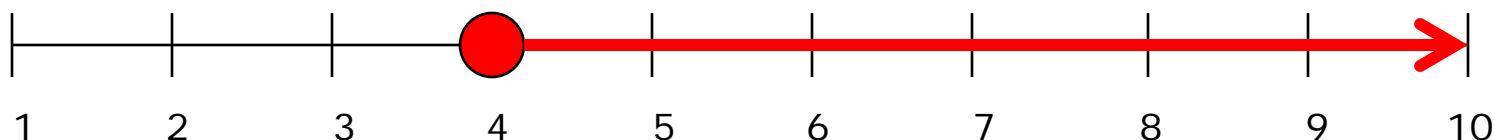


# ESAS Symptom Assessment Scale

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

No symptom

Worse Possible Symptom





# Questions?