

Health before transplant is an important part of understanding patients' recovery and well-being after transplant



People's description of their health **before** blood and marrow transplant (BMT) helps physicians counsel patients about the expectations for their survival and quality of life **after** BMT.

In general, doctors use only results of medical tests to predict the outcomes for patients after a BMT. Asking a patient to assess their own health may be just as useful as these tests.

The news is from a study of more than 1,000 adults who got a BMT in the US during 2004-2014. The people had a variety of different diseases: leukemia, lymphoma, multiple myeloma and other blood diseases.

Everyone answered questionnaires about their health twice: before they prepared for BMT and 1 year after BMT. These 30-50 item questionnaires measured:

- Emotions
- Energy
- Pain
- Physical function
- Sleep
- Social roles
- Work
- Overall health

People's responses about their physical function and overall health before transplant were linked to their health 1 year after transplant. Their answer to 1 question was just as important: "In general, would you say your health is excellent, very good, good, fair, or poor?"

This is useful, because it is often hard for patients to complete long surveys during the very busy time before their BMT.

Keep in mind

Questions about self-reported health are an important addition to the other factors that help doctors to counsel a patient about what to expect after BMT. More research on quality of life with larger groups of patients is needed.

Ask your doctor about possible benefits and harms of treatments. Also, your doctor may refer you to therapies that improve your quality of life, such as physical therapy, nutrition, counseling, and more.

Learn more about

- [Treatment outcomes](#) at NMDP.org
- [Quality of life after BMT](#) at CTsearchsupport.org
- More [study summaries](#) at CIBMTR.org

Source

BE Shaw, KE Flynn, N He. [Incorporating patient-reported outcome data into a predictive calculator for allogeneic hematopoietic cell transplantation recipients](#). Cancer. [Epub ahead of print.] Epub 2024 January 10. PMC in process. doi:10.1002/cncr.35189.

About this research summary

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This plain-language summary was written by Jennifer Motl at the Medical College of Wisconsin and reviewed by an author of the full article. © 2024 by CIBMTR, license [CC BY-SA 4.0](#).