

Physicians' Guidelines

Protecting your patient's health after transplant

Recommended screening and preventive practices

The guidelines, *Recommended Screening and Preventive Practices*, were developed by a consensus panel formed by members of the Center for International Blood and Marrow Transplant Research (CIBMTR), the European Group for Blood and Marrow Transplantation (EBMT), and the American Society for Blood and Marrow Transplantation (ASBMT).¹

Complications from hematopoietic cell transplantation can develop long after a patient leaves the transplant center and returns to his or her primary care physician. To prevent late complications from increasing morbidity in these post-transplant patients, physicians need to be aware of the specialized care these patients require.

Recognizing complications early, while therapeutic options are more numerous and treatments more effective, is critical to the well-being of transplant recipients.

Physicians can use the chart on the back to:

- Become aware of the specialized care required by transplant recipients
- Track treatments administered and tests completed
- Trigger discussions with patients on proper self-care

Patients have received a similar chart to help guide them in requesting appropriate care from their primary care physicians.

To access the full publication visit www.cibmtr.org/posttransplant

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References:

¹Rizzo JD, Wingard JR, Tichelli A, et al. Recommended screening and preventive practices for long-term survivors after hematopoietic cell transplantation: joint recommendations of the European Group for Blood and Marrow Transplantation, Center for International Blood and Marrow Transplant Research, and the American Society for Blood and Marrow Transplantation (EBMT/CIBMTR/ASBMT). *Bone Marrow Transplantation* 2006; 37(3): 249-261. (Published concurrently in *Biology of Blood and Marrow Transplantation* 2006; 12(2): 138-151.)

Recommended screening and preventive practices for post-transplant patients

Physicians: See back for important information

Key:

- 1 = Recommended for all transplant patients
- 2 = Recommended for allogeneic patients only
- 3 = Recommended for any patient with ongoing chronic GVHD or immunosuppression
- + = Reassessment recommended for abnormal testing in a previous time period or for new signs/symptoms

Six Months	One Year	Annually	Recommended Screening/Prevention
Liver			
1	1	+	Liver function testing
	1	+	Serum ferritin testing
Respiratory			
1	1	1	Clinical pulmonary assessment
1	1	1	Smoking tobacco avoidance
	2	+	Pulmonary function testing
+	+	+	Chest radiography
Musculoskeletal			
	1	+	Bone density testing (women and patients with prolonged corticosteroid or calcineurin inhibitor use)
3	3	3	Screen for corticosteroid-induced muscle weakness
3	3	3	Consider need for physical therapy consultation
3	3	3	Osteopenia prophylaxis with bisphosphonates is recommended by some experts
Kidney			
1	1	1	Blood pressure screening
1	1	+	Urine protein screening
1	1	1	BUN/creatinine testing
Nervous System			
	1	+	Neurological clinical evaluation
Endocrine			
	1	+	Thyroid function testing
	1	1	Growth velocity in children
1	1	1	Gonadal function assessment (prepubertal boys and girls)
	1	1	Gonadal function assessment (postpubertal women)
Vascular			
	1	1	Cardiovascular risk factor assessment
Immune System			
3	3	3	Encapsulated organism prophylaxis
1	3	3	PCP prophylaxis
3	3		CMV testing
	1	1	Immunizations
3	3	3	Antifungal prophylaxis is recommended by some experts
3	3	3	Prophylaxis for HSV is recommended by some experts
	2	2	Endocarditis prophylaxis with dental procedures following AHA guidelines
Second Cancers			
	1	1	Second cancer vigilance counseling
	1	1	Breast/skin/testes self-exam
	1	1	Clinical screening for second cancers
	1	1	Pap smear/mammogram (over age 40)
Psychosocial			
1	1	1	Psychosocial/QOL clinical assessment
+	+	+	Mental health counseling for patients with recognized psychosocial problems
1	1	1	Sexual function assessment
1	1	1	Maintain robust support networks
Oral Complications			
1	1	1	Dental assessment
Ocular			
1	1	1	Ocular clinical symptom evaluation
	3	3	Schirmer testing
	1	+	Ocular fundus exam