

WELCOME AND INTRODUCTIONS

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Member, Board of Directors

Co-Chair, Diversity, Equity, and Inclusion Committee

National Association of Hispanic Nurses



LEARNING OBJECTIVES

After completing this CE Activity, the participant should be better able to:

- Describe the different blood cancers, including diagnosis and treatment
- Describe survivorship issues that may arise in the treatment journey of Hispanic patients with blood cancer and the impact on quality of life
- Explain the nurse's role in monitoring and managing short and long-term effects, including follow-up care for chronic diagnoses
- Review resources from The Leukemia & Lymphoma Society for patients and healthcare providers



CE DESIGNATION AND METHOD OF PARTICIPATION

Registered Nursing Credit Designation

Approval for nurses has been obtained by the National Office of The Leukemia & Lymphoma Society under Provider Number CEP 5832 to award 1.0 continuing education contact hour through the California Board of Registered Nursing.

Method of Participation

Attendees must participate in the webinar in its entirety and complete the evaluation to obtain CE credit. After completing this process, you will receive your certificate by email.











ADVANCING CANCER CURES

The mission of The Leukemia & Lymphoma Society® (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

We fund **RESEARCH** to advance lifesaving treatments

We drive **ADVOCACY** for policies that protect patient access to lifesaving treatment

We provide patients and families with hope, guidance, education and **SUPPORT**



THE LEUKEMIA & LYMPHOMA SOCIETY IS AT THE FOREFRONT OF THE FIGHT TO CURE CANCER.



LLS HELPED ADVANCE

14 OF THE 17

BLOOD CANCER TREATMENT OPTIONS APPROVED BY THE FDA IN 2020



LLS HELPED ADVANCE

85%

OF THE BLOOD CANCER
TREATMENT OPTIONS APPROVED
BY THE FDA SINCE 2017



BLOOD CANCER - THE BASICS

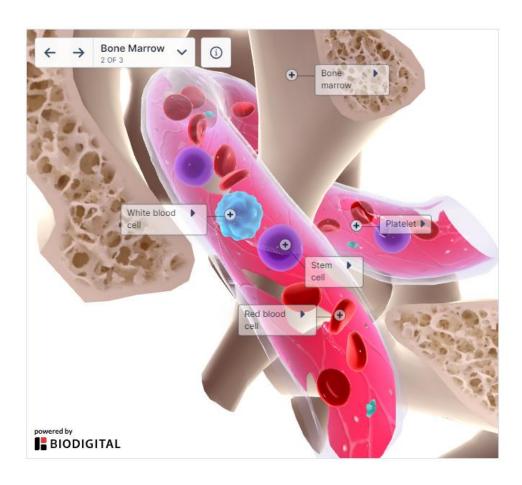


WHAT IS BLOOD CANCER?

- Cancer arising from cells responsible for blood formation or immune function
- Commonly occurs in your bone marrow and lymphatic system where stem cells and immune cells are located and mature
- In the bone marrow, normal cell production is interrupted, and abnormal cells begin to grow.



UNDERSTANDING BLOOD CELL FORMATION

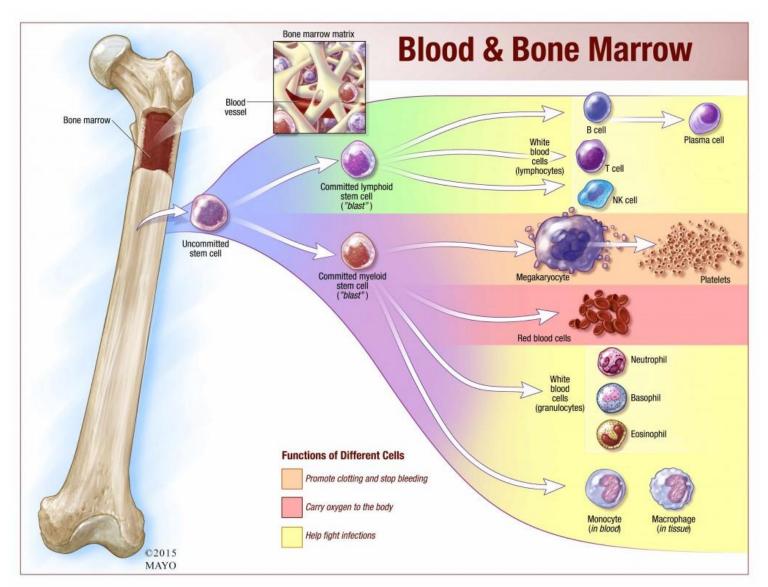


Bones are made up of 3 main parts:

- Compact bone
- Spongy bone
- Bone marrow
 - Red marrow
 - Yellow marrow

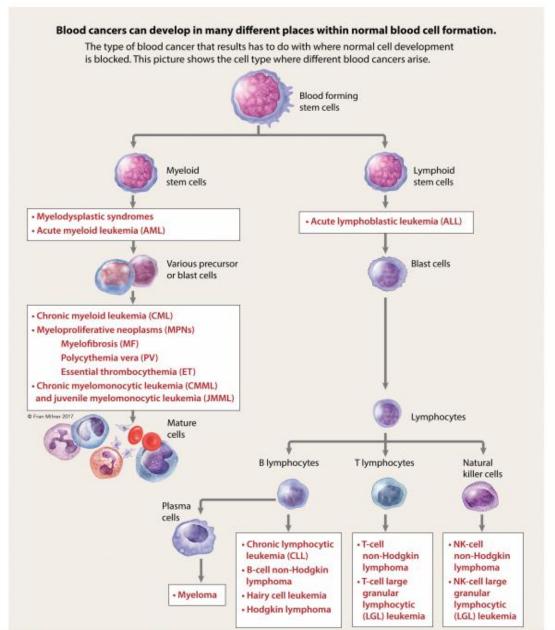


UNDERSTANDING BLOOD CELL FORMATION





WHERE DO BLOOD CANCERS DEVELOP?



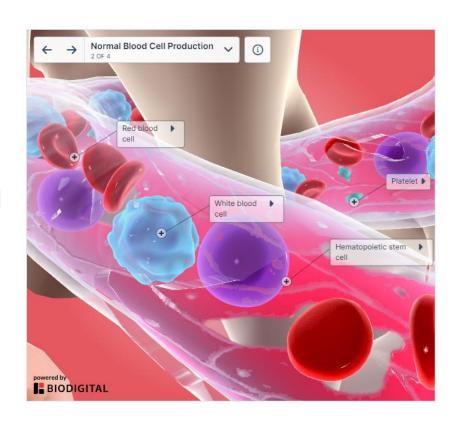


CAUSES OF BLOOD CANCERS

- Most blood cancers have no known cause
- Most result from damages or changes to a gene/DNA
 - Usually acquired, rarely inherited
- Possible risk factors include (varies by disease):
 - Exposure to excessive doses of radiation
 - Exposure to certain viruses and chemicals (benzene)
 - Immune system disorders
 - Certain cancer therapies



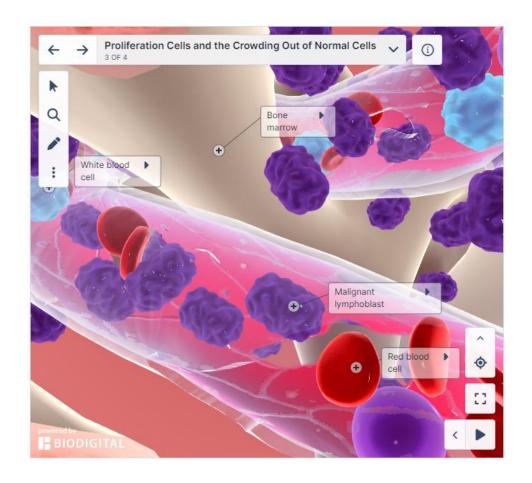
- Leukemic blasts prevent the production of normal blood cells, resulting in abnormal blood counts at diagnosis
- Four main types of leukemia:
 - Acute Lymphoblastic Leukemia (ALL)
 - Acute Myeloid Leukemia (AML)
 - Chronic Lymphocytic Leukemia (CLL)
 - Chronic Myeloid Leukemia (CML)
- ALL and AML come on quickly and must be treated urgently
- CLL and CML tend to have few to no blasts
- Each major type has its own subtypes





Acute Lymphoblastic Leukemia (ALL)

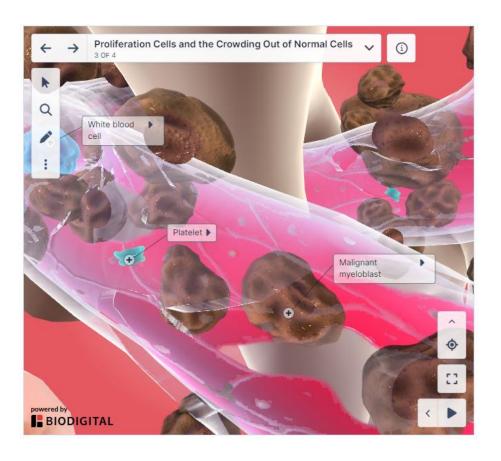
- Most common cancer seen in children
- Risk peaks between 1-4, then decreases until about age 55
- Prognosis and treatment based on subtype, chromosomal and molecular abnormalities





Acute Myeloid Leukemia (AML)

- Most common acute leukemia in adults
- Has many subtypes based on differences in biomarkers
- Can be primary disease, or secondary to other hematologic malignancy or secondary to treatment for prior malignancy





Chronic Lymphocytic Leukemia (CLL)

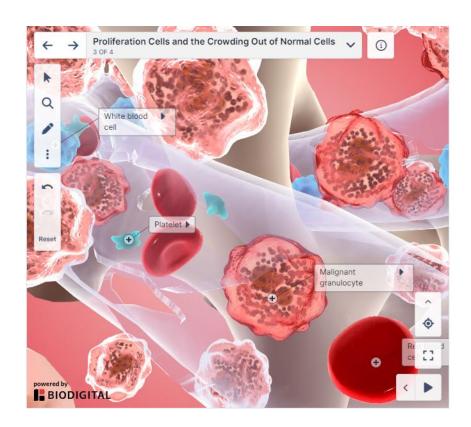
- Most common type of leukemia in adults in Western countries
- Can progress slowly or quickly, depending on what form it takes
- Some patients may have CLL for years and not need treatment. Their doctor monitors them under "watch and wait" strategy.





Chronic Myeloid Leukemia (CML)

- Has 3 phases chronic, accelerated, blast (often called "blast crisis)
- A diagnosis of CML requires oral treatment upon diagnosis to prevent it from becoming aggressive





MYELODYSPLASTIC SYNDROMES (MDS)

Sometimes called "pre-leukemia," affects myeloid cell line where 5-19% blasts are present

Risk factors:

- Male sex, white
- Older age (60+)
- No risks known for de novo MDS
- Secondary MDS may be due to previous cancer treatment

Symptoms:

- Cytopenia (anemia, neutropenia, thrombocytopenia)
- Sometimes no symptoms are present





LYMPHOMA BASICS

Abnormal lymphocytes accumulate and form masses (tumors) in the lymphatic system

Non-Hodgkin Lymphoma (NHL)

- B-cell lymphomas 85% of all NHLs
- T-cell and NK-cell lymphomas –
 15% of all NHLs
- More than 60 subtypes
- Aggressive or indolent, sometimes intermediate

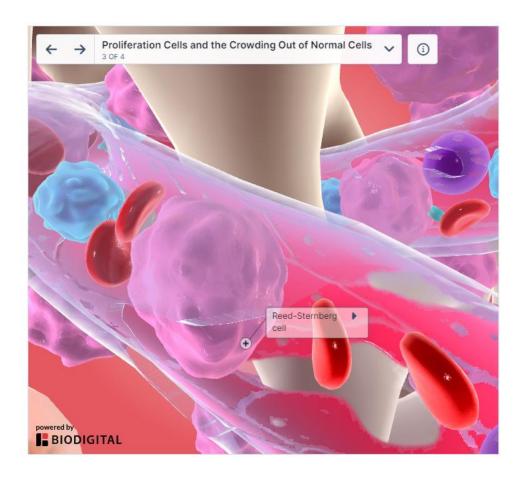




LYMPHOMA BASICS

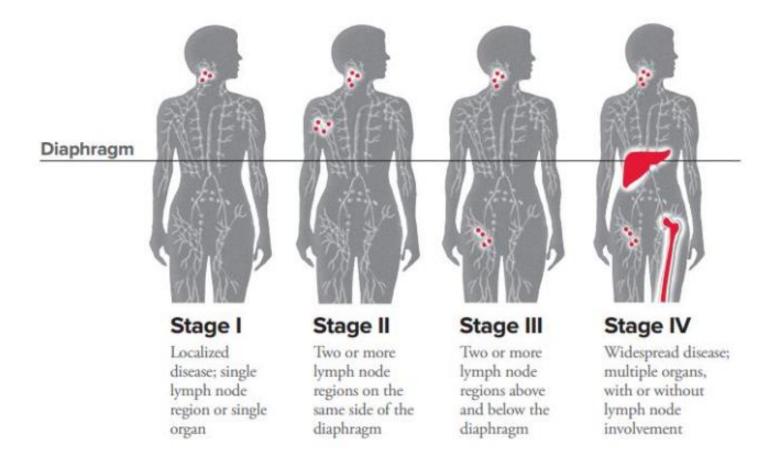
Hodgkin Lymphoma

- B-cell lymphoma
- Distinguished from other lymphomas by the presence of the Reed-Sternberg cell
- Most likely to be diagnosed in young adults, but then becomes more common again after age 65
- Most forms are curable





LYMPHOMA STAGING





MYELOMA BASICS

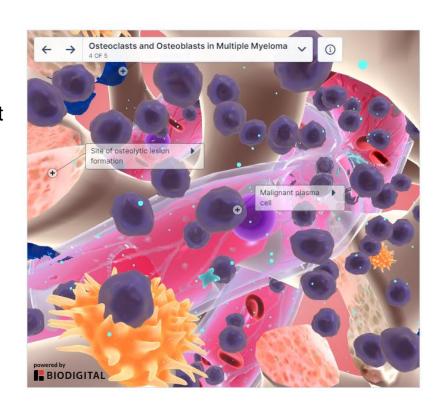
Cancer of the plasma cells (product of B lymphocytes)

Can be classified as:

- Plasmacytoma (single tumor)
- Smoldering Myeloma asymptomatic slow growing
- Multiple Myeloma diffuse throughout the body

CRAB criteria are important to the diagnosis:

- <u>C</u>alcium is increased
- Renal failure or insufficiency
- Anemia
- <u>B</u>one lesions



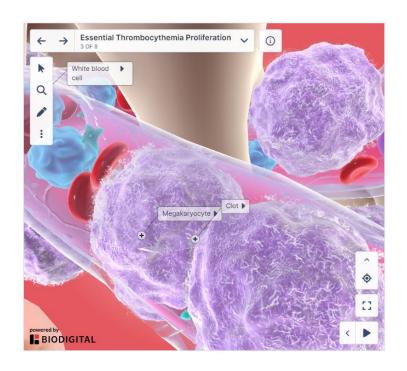


MYELOPROLIFERATIVE NEOPLASMS (MPN)

Myelo of the bone marrow

Proliferative to grow or reproduce quickly

Neoplasm abnormal growth of cells



Many subtypes but three are considered 'classic'

- Polycythemia vera (PV) too many red blood cells are made
- Essential Thrombocythemia (ET) too many platelets are made
- Myelofibrosis (MF) scarring of the bone marrow after it has exhausted itself or as a primary disease



HOW IS BLOOD CANCER TREATED?



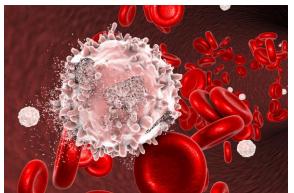
Chemotherapy – stops the growth of dividing cells



Radiation – damages DNA of cancer cells so they can not replicate



Targeted therapies – specifically targets the changes found in cancer cells' DNA which makes it become cancerous



Immunotherapy – harnesses your immune system to fight cancer

Cellular therapy – using cells from the patient or from donors for a variety of therapies



CLINICAL TRIALS

Cancer clinical trials are:

- Carefully controlled research studies
- Conducted by scientists and doctors to improve the care and treatment of cancer patients

The aim of a clinical trial:

- Study a new therapy or a new use for an already approved therapy
- Compare a new treatment with a standard treatment to find out which one works better and/or has fewer side effects
- Improve quality of life
- Increase the length of survival or length of disease-free survival









RISKS AND BENEFITS OF CLINICAL TRIALS

Benefits

- Contribution to present and the future
- Financial access to new treatments
- Early access to new therapies
- Access to physicians with extensive experience in the type of cancer
- Followed closely

Risks

- Possibility the treatment may not work
- Unknown/fear of side effects
- Randomized trials risk of being in the standard of care arm
- Increase time away from home, work and family



BLOOD CANCER AND THE HISPANIC COMMUNITY



PREVALENCE OF BLOOD CANCER AMONG HISPANIC INDIVIDUALS

Prior to 2020, cancer was the leading cause of death among Hispanic individuals in the US.

- Leukemia ranks seventh on the list of cancer-related deaths the Hispanic population. Hispanic children and adolescents have a higher incidence of leukemia compared with all other racial and ethnic groups in the US.
- Hispanic ALL patients have worse overall survival rates, as well as higher mortality rates.
- Non-Hispanic whites have a higher incidence of AML, however Hispanic patients have worse overall survival.
- There is higher incidence of **CLL** in non-Hispanic whites, and no significant difference in survival or diagnosis between Hispanics and NHWs in **CML**.
- Hispanics have a higher incidence of Multiple Myeloma compared to NHW. The median age at presentation is 5 years younger (median, 65 years) in Hispanics compared to NHW (median, 70 years), and patients were more likely to present with renal dysfunction. There is no significant difference in overall survival when patients have equal access to therapy.



FACTORS INFLUENCING CANCER OUTCOMES

Biologic Factors

Genomic mutations

Comorbidities

Differences in drug metabolism



Nonbiologic Factors

Health Insurance

Socioeconomic Status (SES)

Residence in rural areas

Lack of access to health care

Lower treatment adherence

Distrust in healthcare system

Language and literacy



IMPLICATIONS OF LACK OF INSURANCE ON CANCER SURVIVAL

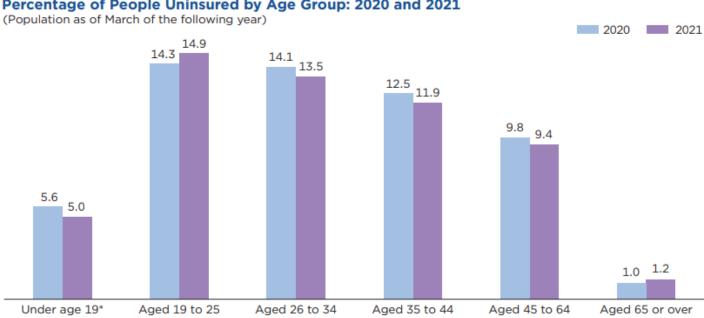


UNITED STATES CENSUS DATA – HEALTH INSURANCE COVERAGE: 2021

More people were insured in 2021 than 2020. In 2021, 8.3 percent of people, or 27.2 million, did not have health insurance at any point during the year

Figure 2.

Percentage of People Uninsured by Age Group: 2020 and 2021



^{*} Denotes a statistically significant change between 2020 and 2021 at the 90 percent confidence level.

Note: Information on confidentiality protection, sampling error, nonsampling error, and definitions is available at https://www2.census.gov/programs-surveys/cps/techdocs/cpsmar22.pdf.

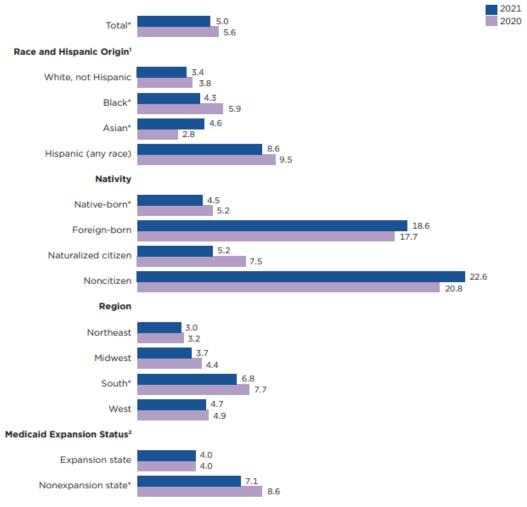
Source: U.S. Census Bureau, Current Population Survey, 2021 and 2022 Annual Social and Economic Supplements (CPS ASEC).



Figure 4.

Percentage of Children Under the Age of 19 Without Health Insurance Coverage by Selected Characteristics: 2020 and 2021





^{*} Denotes a statistically significant change between 2020 and 2021 at the 90 percent confidence level.

Note: Information on confidentiality protection, sampling error, nonsampling error, and definitions is available at https://www2.census.gov/programs-surveys/cps/techdocs/cpsmar22.pdf.

Source: U.S. Census Bureau, Current Population Survey, 2021 and 2022 Annual Social and Economic Supplements (CPS ASEC).

¹ Federal surveys give respondents the option of reporting more than one race. Therefore, two basic ways of defining a race group are possible. A group, such as Asian, may be defined as those who reported Asian and no other race (the race-alone or single-race concept) or as those who reported Asian regardless of whether they also reported another race (the race-alone-or-in-combination concept). This table shows estimates for the race-alone population.

² Medicaid expansion status as of January 1, 2021. Expansion states on or before January 1, 2021, include AK, AR, AZ, CA, CO, CT, DC, DE, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MT, ND, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, UT, VA, VT, WA, and WV. For more information, refer to <www.medicaid.gov/state-overviews/index.html>.

CANCER SURVIVAL AND LACK OF INSURANCE

Health insurance plays a vital role in cancer outcomes.

Uninsured patients are less likely to have a regular source of medical care and often do not obtain preventative care or cancer screenings.

An uninsured patient with stage I cancer is less likely to survive their cancer than a privately insured patient with stage II disease.

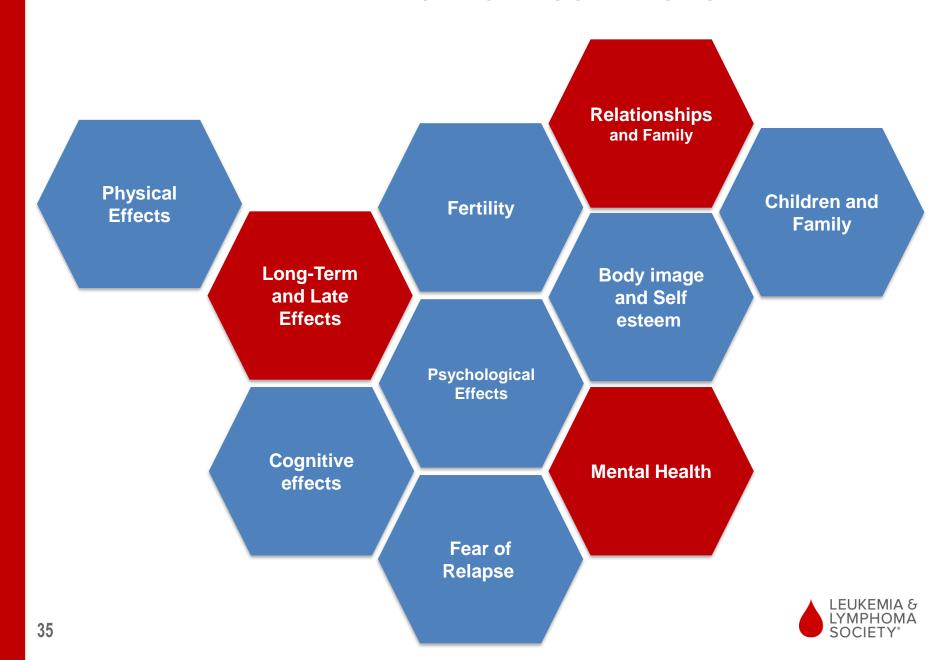
Uninsured patients are more likely to be diagnosed with cancer at a later stage.



SURVIVORSHIP



LIFE AFTER TREATMENT: CANCER SURVIVORSHIP



FOLLOW-UP CARE: TAKING CHARGE OF YOUR HEALTH

- Track each visit with your doctor and record what was discussed
- Ask questions (www.LLS.org/WhatToAsk)
- Ask for copies of lab reports
- Discuss test results
- Find out if and when follow-up tests are needed
- Seek medical and psychosocial support for fatigue, depression and other side effects
- Ask for a survivorship care plan





WHAT IS A SURVIVORSHIP CARE PLAN?

SHOULD BE GIVEN TO THE PATIENT AT THE COMPLETION OF TREATMENT

GOOD
COMMUNICATION
BETWEEN
ONCOLOGIST
AND PCP IS KEY

A care plan should include

- A personalized treatment summary
- Information on possible late and long-term effects
- Information on signs of recurrence
- Guidelines for follow-up care, including screening for cancer recurrence and for secondary cancers
- Identification of providers
- Recommendations for healthy living
- Identification of supportive care resources



LONG-TERM OR LATE EFFECTS

Survivors May Experience Long-Term or Late Physical Effects:

Long-term effects:

Last for months or years after treatment ends.

Late effects:

Do not appear until years after treatment ends.

Pain Bone, muscle and joint problems Fatigue and lack of stamina **Heart Problems Lung Problems** Lymphedema Peripheral Neuropathy Premature Menopause **Cognitive Deficits Sexual Dysfunction** Mental health effects Financial concerns



HEALTHY LIFESTYLE RECOMMENDATIONS

Healthy lifestyle habits are associated with improved health outcomes and quality of life. For some cancers, they are associated with a reduced risk of recurrence and death.

Healthy lifestyle habits include:

- Regular physical activity
- Maintaining a healthy weight
- Well-balanced food choices
- Limiting alcohol intake
- Avoiding tobacco products
- Wearing sunscreen
- Vaccinations
- Stress Management



For more on healthy lifestyle recommendations, download the free fact sheet Healthy Behaviors at www.LLS.org/booklets.

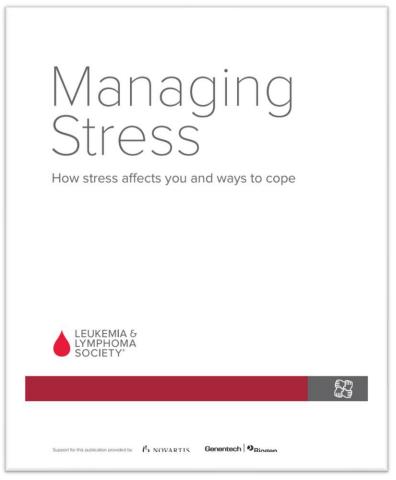


MENTAL HEALTH & MANAGING STRESS

Prolonged high levels of stress is linked to health problems and lower quality of life.

Ways to manage stress include:

- Exercise
- Psychotherapy/ cognitive behavioral therapy (CBT)
- Social activities
- Support groups
- Keeping a journal
- Complementary and Alternative Medicine (CAM)
 - Yoga
 - Acupuncture
 - Tai Chi
 - Mindfulness





FINANCIAL & EMPLOYMENT CONCERNS



Survivors may encounter difficulties when returning to work.

- Physical or cognitive limitations
- Fatigue
- Depression
- Anxiety
- Perceived or real discrimination

Certain flexible work arrangements are allowed under the Americans with Disabilities Act (ADA).

Coping Strategies

- Investigate other sources of income if unable to return to work
- Organize bills and rank them in order of importance
- Make appeals to insurance company
- Talk to creditors to create payment plans
- Contact organizations that offer financial help to cancer survivors

SURVIVORSHIP RESOURCES



NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®)

Survivorship

Version 1.2023 — March 24, 2023

NCCN.org

NCCN Guidelines for Patients® available at www.nccn.org/patients

Continue

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ONCOLOGY NURSES ROLE WITH BLOOD CANCER PATIENTS AND CAREGIVERS

What to discuss with the patient and caregiver before and throughout treatment

- Disease and Treatment Education
 - Understand specifics of disease
 - Learn patient wishes and goals of care
 - Be the patient advocate
- Fertility treatment implications, preservation
- Potential Side Effects
 - Recognize adverse effects of treatment and stress the importance of communicating with the healthcare team
 - What are "normal" side effects and what needs immediate attention
 - What to do for fever and emergency management
 - 24-hour access to providers who to contact and best method of communication



ONCOLOGY NURSES ROLE WITH BLOOD CANCER PATIENTS AND CAREGIVERS

What to discuss with the patient and caregiver before and throughout treatment

Nutrition

- Food safety guidelines are key
- Small, frequent mini-meals and smart snacks
- Real Food > Supplements
- Eat a variety of foods
- Be open to new foods, flavors and tastes
- Keep a stable body weight

- Stick to what you know
- Ask about any dietary restrictions
- Discuss side effects and changes in appetite/intake
- Use trusted sources of oncology nutrition information
- Ask for a referral to an oncology registered dietitian



PSYCHOSOCIAL CONSIDERATIONS WHEN WORKING WITH ONCOLOGY PATIENTS AND THEIR CAREGIVERS

Physical concerns

 Diagnosis, physical symptoms or side effects, fertility planning, intimacy, and treatment planning

Emotional concerns

Stress, fear, worry, anxiety, anger, frustration

Financial concerns

Insurance, medical and prescription costs, employment, daily living expenses

Practical concerns

Transportation, housing, childcare, school, daily tasks



WHAT TO CONSIDER: PSYCHOSOCIAL NEEDS

For the patient:

- Awareness of ethnic, cultural, and spiritual beliefs
- May live alone, be unable to care for self or others
- Concerns about how their cancer affects family members
- Financial and employment concerns
- Physical and cognitive side effects of treatment
- May be predisposed to or develop mental health concerns
- Emotional concerns
- Self-care practices and positive coping strategies



WHAT TO CONSIDER: PSYCHOSOCIAL NEEDS

For the caregiver:

- Awareness of ethnic, cultural, and spiritual beliefs
- Balancing employment and caregiver roles
- Balancing family responsibilities
- Traveling for treatment
- May be predisposed to or develop mental health concerns
- Emotional concerns
- Self-care practices and positive coping strategies

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RESOURCES



RELIABLE RESOURCES

- The Leukemia & Lymphoma Society LLS.org
- National Cancer Institute cancer.gov
- American Cancer Society cancer.org
- Cancercare cancercare.org
- Cancer Support Community cancersupportcommunity.org
- Triage Cancer Triagecancer.org
- PubMed.gov
- OncLive.com



PERSONALIZED SUPPORT

Information Resource Center (IRC)

(800) 955-4572

Infocenter@LLS.org

Monday – Friday, 9am to 9pm ET



Scan this QR code to connect with the IRC

REACH OUT TO OUR LLS INFORMATION SPECIALISTS

- Get one-on-one personalized support and information about blood cancers
- Know the questions to ask your doctor
- Discuss financial resources
- Receive individual clinical-trial searches



Contact us at 800-955-4572 or Ils.org/informationspecialists

Monday - Friday 9am to 9pm ET

Callers may request the services of a language interpreter. We can speak to you in 170 languages.

Bilingual Information Specialists are available to assist Spanish language patients and caregivers.



SUPPORT RESOURCES

Patti Robinson Kaufmann First Connection Program

www.LLS.org/firstconnection

Connects patients and/or caregivers with trained volunteers who have "been there" and can share their experiences

LLS Community

www.LLS.org/community

Online support forum featuring articles and groups members can join to connect with others like themselves

Personalized Nutrition Consultations

www.LLS.org/nutrition

LLS Health Manager App

Updated for use in Spanish and French Canadian

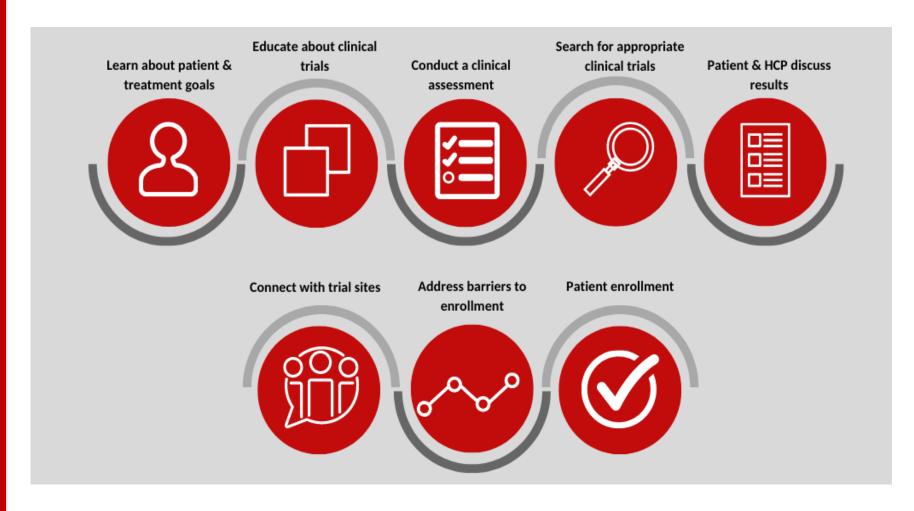
800-955-4572 or www.LLS.org/support-resources







CLINICAL TRIAL SUPPORT CENTER



Bilingual Nurse Navigators are available to assist Spanish language patients and caregivers.



FINANCIAL SUPPORT

Patient Aid Program

www.LLS.org/patientaid
\$100 grants that can be used for any cost

Co-pay Assistance Program

www.LLS.org/copay

Helps to cover treatment co-payments & insurance premiums

Susan Lang Pay-It-Forward Travel Assistance Program

www.LLS.org/travel

\$500 grants to help cover travel and lodging costs

Local Financial Assistance Programs

www.LLS.org/localfinancialassistance

\$500 grants to help cover non-medical related expenses

Urgent Need Financial Assistance Program

www.LLS.org/urgentneed

\$500 grants to cover non-medical costs

Application must be submitted by a healthcare provider

Susan Lang Pre CAR T-cell Therapy Travel Assistance Program

www.LLS.org/PreCARTTravel

\$2500 grant to assist with treatment-related transportation and lodging expenses for patients being evaluated to receive CAR T-cell therapy







EDUCATION

Patient Education Programs

www.LLS.org/programs
National and Local
Virtual and In-Person

Education Videos

www.LLS.org/educationvideos

Free Education Materials

www.LLS.org/booklets
Booklets and Fact Sheets for
download or order

Podcasts, Blogs & Webcasts



Spanish language podcasts, webinars and booklets are available at www.LLS.org/es



FREE LLS RESOURCES FOR HEALTHCARE PROVIDERS

- CME and CE courses: www.LLS.org/CE
- Fact Sheets for HCPs: www.LLS.org/HCPbooklets
- Videos for HCPs: www.LLS.org/HCPvideos
- Podcast series for HCPs: www.LLS.org/HCPpodcast







LLS PODCAST SERIES FOR HEALTHCARE PROFESSIONALS

discuss the latest developments in blood cancers, new and emerging treatment options, side effects

REFERENCES

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QUESTIONS?





INSTRUCTIONS FOR CREDIT

Participants must complete the evaluation to receive credit.

After completing this process, your certificate will be sent via email.

Questions or concerns, please contact ProfEducation@LLS.org





THANK YOU

We have one goal: A world without blood cancers

