

STRONGER TOGETHER: ESSENTIAL ADVICE FOR CAR T-CELL THERAPY CARE PARTNERS



Program Resource Guide

Care Partners | Questions to Ask the Healthcare Team

- What bridging therapy will be needed to control the myeloma?
- Are there precautions that should be taken during bridging therapy?
- Should my partner/loved one get IVIG treatment to prevent infections?
- How long will my partner/loved one be off the treatment before coming back for the CAR T therapy?
- Can you provide me with a checklist of therapies that will be needed in addition to the CAR T-cell therapy?

Preparing for CAR T-Cell Therapy

- Control infection risk.
- Manage overall health.
 - Eat a heart-healthy diet.
 - Stay hydrated.
 - Exercise (walking).
- Apply strategies for mental health and focus.

Be Aware | Short-Term Side Effects

- Fatigue
- Flu-like symptoms
 - Fever
 - Muscle aches
 - Chills
- Night sweats

Keys to Communication

- If any new symptoms or changes arise, contact the healthcare team. Important contacts:
- Phone number for after hours/weekends.
 - Daytime phone number.
 - Messaging via patient portal (MyChart)

Tips to Avoid Burnout

- Get proper sleep.
- Eat a healthy diet.
- Make sure you have a mental health outlet.
- Enlist extra help.
- Take time for yourself.

Glossary Terms

Cytokine Release Syndrome (CRS): Occurs when the immune system responds to infection or immunotherapy drugs by releasing a large number of cytokines into the blood. Symptoms include fever, nausea, fatigue, and body aches.

In Vivo CAR T: Emerging CAR T-cell therapy that engineers T cells directly inside the patient's body using viral vectors or lipid nanoparticles (LNPs).

ICE (Immune Effector Cell-Associated Encephalopathy) Score: Test to measure alterations in speech, orientation, handwriting, attention, and receptive aphasia.

Intravenous Immunoglobulin (IVIG): Treatment that infuses a patient with a pooled antibody solution to help strengthen a weakened immune system and to fight infection.

Neurotoxicity: The tendency of some treatments to cause damage to the nervous system. These neurologic adverse events that may cause confusion, delirium, difficulty with communication, headache, impaired motor skills, seizure, or tremors.

Care Partner Resources

America Cancer Society: [cancer.org](https://www.cancer.org)
Blood Cancer United: [bloodcancerunited.org](https://www.bloodcancerunited.org)
HealthTree: [healthtree.org](https://www.healthtree.org)

Care Partner Toolkit | CAR T-Cell Therapy
PEN Powered Activity Guides: Financial Resources, Health Literacy, and Survivorship.



Care Partner Toolkit | CAR T-Cell Therapy is brought to you by the Patient Empowerment Network. It is sponsored by Johnson & Johnson, and through generous donations from people like you.