



## Use this checklist to empower your myeloma patients.

Educate your patients so they know what to expect on their journey. Outline what they can expect their responsibilities to be as well as yours. Through education, they can feel empowered to ask questions.

Provide your patients educational tools that cater to their learning styles like brochures, decision-making aids, and videos.

Ask your patients what their treatment expectations are and what is important to them. This will help you tailor treatment options, particularly if they are newly diagnosed or early relapsed myeloma patients.

Remind them their relationship with you is ongoing and needs to have open communication. They should feel comfortable asking questions or what abbreviations mean and messaging you or your support staff through your portal if they forgot to ask anything during their appointments.

Recognize that cultural differences exist. Embrace diversity and respect individual beliefs. Foster a nonjudgmental environment. You should actively listen, learn, and adapt to patients' cultural needs.

Highlight the value of family, friends, and patient groups. Provide information about local or online myeloma support groups, counseling services, and community organizations.

Recognize patients who lack support. Explore ways to mitigate isolation (e.g., telehealth visits, virtual support groups).

To do your part to minimize clinical racial disparities and to ensure your patients get access to tomorrow's medicines today, ask if they would be interested in clinical trial participation and share what support resources can be provided to help them participate.

Show your patients that their care team can help get them access to newly approved medications/modalities or treatment options like clinical trials. Connect them with co-pay assistance or call insurance companies.

Help your patients rethink their care team. The team is not only their provider but includes advanced practice professionals, nurses, community health workers, nurse navigators, etc.

[Sources: [1](#), [2](#), [3](#), [4](#)]