



# Chemotherapy Teaching



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## Faculty Disclosure

<input checked="" type="checkbox"/>	No, nothing to disclose
<input type="checkbox"/>	Yes, please specify:

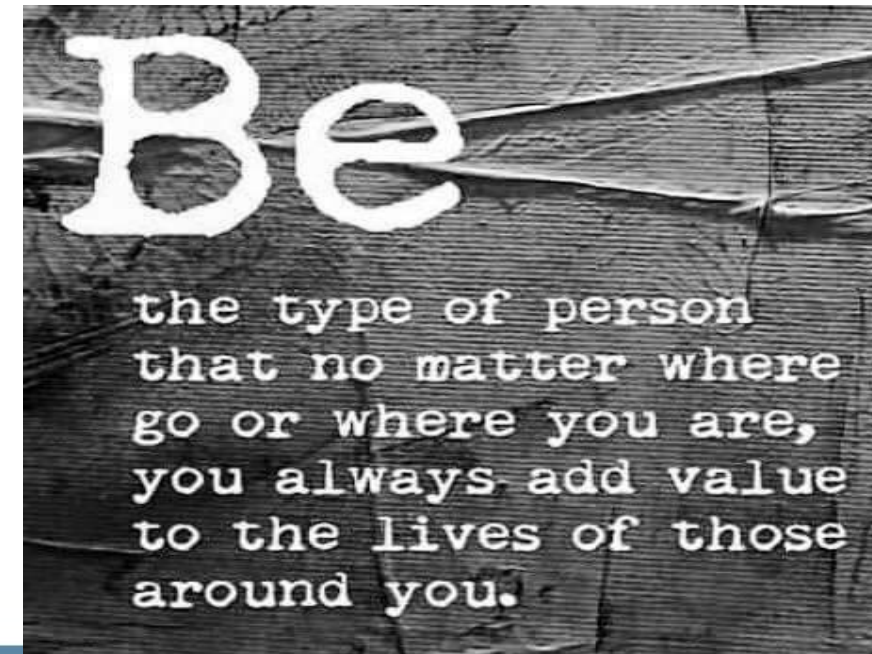
<i>Company Name</i>	<i>Honoraria/ Expenses</i>	<i>Consulting/ Advisory Board</i>	<i>Funded Research</i>	<i>Royalties/ Patent</i>	<i>Stock Options</i>	<i>Ownership/ Equity Position</i>	<i>Employee</i>	<i>Other (please specify)</i>

# Objectives:

Review the information necessary for patient and family education prior to chemotherapy.

# Chemotherapy

- How it works?
- Killing bad cells, also kills some good cells.
- How long will it take?
- Pills
- Infusions at home.
- When to call?
- Cycles...
- Blood counts
- Is a port needed?
- What does a port mean?



# Blood counts:

- Normal blood counts: Red, White, Platelets
- When you expect your chemotherapy to be held.
- Why it is important to wash your hands?
- Call if a temperature of 100.5 or greater.
- Stay away from sick people and children.
- Call with any bleeding.
- Who to call?

# Side Effects of Treatment

Fatigue

Sleep

Nausea/Vomiting

Diarrhea

Constipation





# Diarrhea



# Constipation





# Side Effects of Treatment

Mouth Care for chemotherapy patients

Mouth and Throat Soreness Relief

Hair, Skin, and Nails: Potential Changes with  
Chemotherapy

Chemo-brain

Watery eyes

Pain, Nerve and Muscle potential changes

# Mouth Care

- Salt and Soda Mouth Rinse/Miracle Mouth Wash
- Very soft tooth brushes
- No floss if the platelets are low
- Head and neck patients undergoing treatment: wear dentures only when eating
- Avoid smoking or tobacco products
- Avoid Alcohol
- Drink fluids
- Avoid Spicy or difficult to chew foods.
- Avoid Caffeine
- Fluoride treatments are good.

# Hair loss/Wig Care



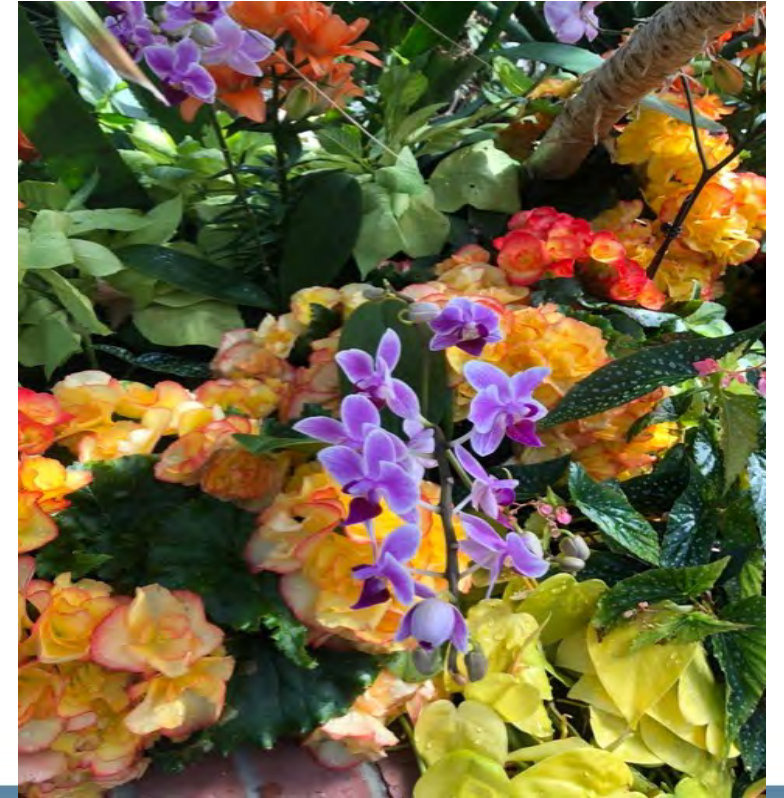
# How to select a Wig.

- Appear natural-looking.
- Feel comfortable and fits well.
- Fit your budget.

– Dana Farber Cancer Institute: Education Resources, April 2018, [www. Dana-Farber Cancer institute.com](http://www.Dana-Farber Cancer institute.com)

# Home Care

- Safe Handling of Chemotherapy at Home: By mouth medications
- Safe Handling of Chemotherapy at Home: Infusions
- Calendar for Chemotherapy Patients
- Food Safety Tips



# Sex





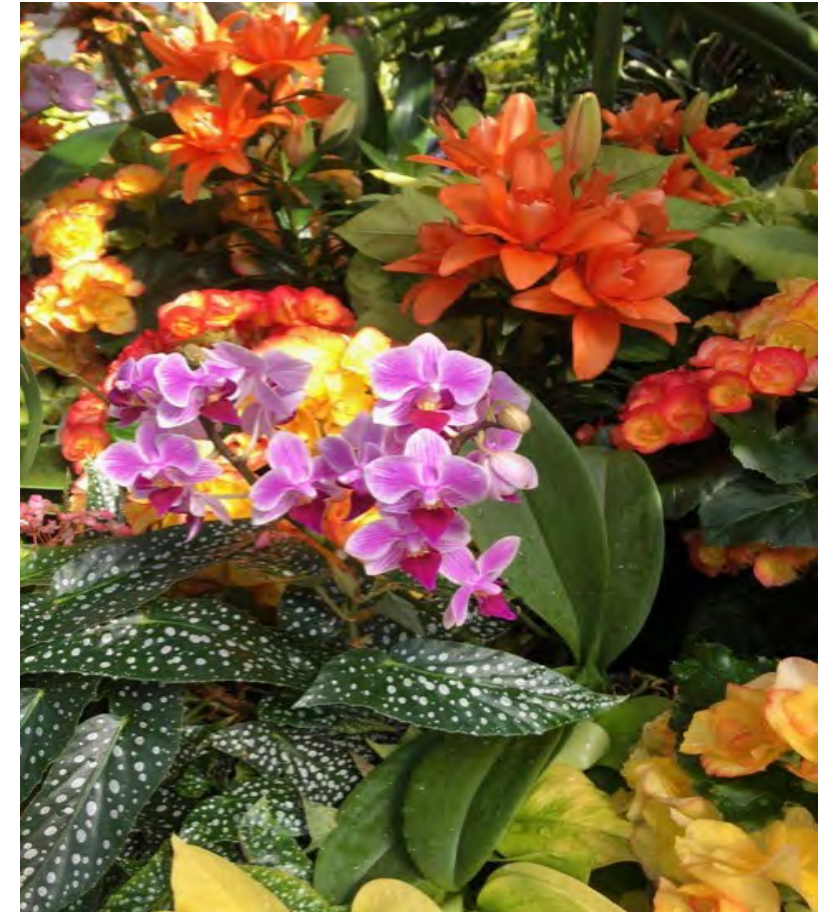
# Sexuality and Fertility

- Sexuality and Chemotherapy
- Fertility Preservation Options for Men and Women



# Incidentals:

1. Breast Cancer:  
Lymphedema Risk  
Booklet: How to prevent lymphedema.
2. Clotting Risk: Prevention and when to call.



# Taking care of myself to decrease the risk of lymphedema.

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# Most Common TRAEs With Immunotherapy



# Immunotherapy vs Chemotherapy

- Adverse events are different

Immunotherapy	Chemotherapy
<ul style="list-style-type: none"><li>• Fatigue</li><li>• Nausea</li><li>• Decreased appetite</li><li>• Asthenia</li><li>• Diarrhea</li><li>• Hypothyroidism</li><li>• Rash</li></ul>	<ul style="list-style-type: none"><li>• Fatigue</li><li>• Nausea</li><li>• Bone marrow suppression</li><li>• Nephrotoxicity</li><li>• Hearing loss</li></ul>

- Toxicities are managed differently

Kreamer KM. *J Adv Pract Oncol*. 2014;5:418-431; Brahmer J, et al. *N Engl J Med*. 2015;373:123-135; Borghaei H, et al. *N Engl J Med*. 2015;373:1627-1639; Herbst RS, et al. *Lancet*. 2016;387:1540-1550.







“Not all of us can do great things. But we can do small things with great love.”

— Mother Teresa

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