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Oncology Nursing™ UPDATE

MULTIPLE MYELOMA EDITION

Clinical Investigator and Nursing Perspectives on the Management of Common Cancers

FACULTY INTERVIEWS

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Tiffany Richards, MS, ANP-BC, AOCNP
Charise L Gleason, MSN, ANP-C, AOCNP
Sagar Lonial, MD
Philip L McCarthy, MD

EDITOR

Neil Love, MD

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2 Audio CDs

CNE Activity

Oncology Nursing Update Multiple Myeloma Edition

A Continuing Nursing Education Audio Series

OVERVIEW OF ACTIVITY

Multiple myeloma (MM) is a plasma cell neoplasm that accounts for approximately 10% of all hematologic cancer cases. It is estimated that 26,850 new cases will be diagnosed and 11,240 deaths will occur in the United States in 2015. The introduction of new agents with substantial activity has improved outcomes and allowed patients to experience longer periods of remission. Both novel proteasome inhibitors and immunomodulatory agents have effectively transformed the standard treatment for patients with newly diagnosed and relapsed/refractory MM. Although various maintenance strategies have been incorporated into current treatment algorithms, little is known about the adoption of these therapeutic approaches in clinical practice. The current challenge facing the oncology community is identifying those patients who will obtain the greatest benefit from a specific regimen while incurring the least toxicity. Furthermore, published results from ongoing trials continuously lead to the emergence of new therapeutic regimens and changes in the use of existing treatments. To provide oncology nurses with therapeutic strategies to address the disparate needs of patients with MM, the *Oncology Nursing Update* audio series employs one-on-one interviews with medical oncologists and nurses who are experts in this field. Upon completion of this CNE activity, oncology nurses should be able to formulate an up-to-date and more complete approach to the care of patients with MM.

PURPOSE STATEMENT

To present the most current research developments and to provide the perspectives of nurse practitioners and clinical investigators on the diagnosis and treatment of MM.

LEARNING OBJECTIVES

- Evaluate the benefits and risks associated with systemic therapies used in the evidence-based treatment of MM, including chemotherapy regimens, proteasome inhibitors, pan-deacetylase inhibitors, corticosteroids and immunomodulatory drugs.
- Develop a plan of care to manage the side effects associated with these therapies to support quality of life and continuation of treatment.
- Counsel individuals regarding the rationale for the use of maintenance therapeutic approaches in the post-transplant and nontransplant settings, focusing on the role of patient- and disease-related factors, including cytogenetic profile.
- Identify opportunities to enhance the collaborative role of oncology nurses in the comprehensive biopsychosocial care of patients with MM.

ACCREDITATION STATEMENT

Research To Practice is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CREDIT DESIGNATION STATEMENT

This educational activity for 2.5 contact hours is provided by Research To Practice during the period of August 2015 through August 2016.

FOR SUCCESSFUL COMPLETION

This is an audio CNE program. This booklet contains CNE information, including learning objectives, faculty disclosures, a Post-test and an Educational Assessment and Credit Form. The corresponding website **ResearchToPractice.com/ONUMM115** also includes links to relevant abstracts and full-text articles.

To receive credit, participants should read the learning objectives and faculty disclosures, listen to the CDs and complete the Post-test and Educational Assessment and Credit Form located in the back of this booklet or on our website at **ResearchToPractice.com/ONUMM115/CNE**. A statement of credit will be issued only upon receipt of a completed Post-test with a score of 70% or better and a completed Educational Assessment and Credit Form. Your statement of credit will be mailed to you within 3 weeks or may be printed online.

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EDITOR

Neil Love, MD
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FACULTY — The following faculty (and their spouses/partners) reported real or apparent conflicts of interest, which have been resolved through a conflict of interest resolution process: **Dr Mikhael** — Contracted Research: Celgene Corporation, Onyx Pharmaceuticals, an Amgen subsidiary, Sanofi. **Ms Richards** — Consulting Agreements: Celgene Corporation, Onyx Pharmaceuticals, an Amgen subsidiary. **Ms Gleason** — Consulting Agreement: Celgene Corporation. **Dr Lonial** — Advisory Committee: Bristol-Myers Squibb Company, Celgene Corporation, Novartis Pharmaceuticals Corporation, Onyx Pharmaceuticals, an Amgen subsidiary, Sanofi, Takeda Oncology. **Dr McCarthy** — Advisory Committee: Celgene Corporation, Janssen Biotech Inc, Sanofi, Takeda Oncology.

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Track 12 Role of bisphosphonates in patients with MM with and without bone disease

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QUESTIONS (PLEASE CIRCLE ANSWER):

1. **Which of the following statements is true about carfilzomib in the treatment of MM?**
   a. It is administered intravenously twice weekly for 3 weeks
   b. It has a higher risk of cardiopulmonary side effects than bortezomib
   c. It is associated with lower rates of peripheral neuropathy than bortezomib
   d. All of the above

2. **Panobinostat was recently approved by the FDA for use in combination with bortezomib/dexamethasone for patients with relapsed/refractory MM.**
   a. True
   b. False

3. **Common side effects associated with panobinostat include _____.**
   a. Diarrhea
   b. Fatigue
   c. Nausea
   d. Thrombocytopenia
   e. All of the above

4. **Patients receiving bisphosphonate therapy who are at a high risk for developing ONJ include _____.**
   a. Those in need of dental procedures (ie, extractions and/or root canals) when initiating bisphosphonate therapy
   b. Smokers
   c. Both a and b
   d. Neither a nor b

5. **The mechanism of action of ixazomib is _____.**
   a. Oral proteasome inhibitor
   b. Immunomodulatory agent
   c. Antibody-drug conjugate

6. **Which of the following is a side effect of concern when counseling patients with MM who are about to initiate treatment with lenalidomide?**
   a. Fatigue
   b. Myelosuppression
   c. Second primary cancers
   d. All of the above

7. **Patients with MM who are receiving a bortezomib-based regimen should receive prophylaxis with acyclovir to prevent herpes zoster.**
   a. True
   b. False

8. **Which of the following approaches is associated with a lower rate of peripheral neuropathy than standard twice-weekly administration of IV bortezomib?**
   a. Subcutaneous administration
   b. Weekly dosing schedule
   c. Both a and b

9. **Novel anti-CD38 antibodies under investigation for MM have single-agent activity and a favorable safety profile.**
   a. True
   b. False

10. **The FIRST trial of continuous Rd versus Rd for 18 cycles or MPT for transplant-ineligible patients with newly diagnosed MM demonstrated that in terms of progression-free survival, _____.**
    a. Continuous Rd was superior to MPT
    b. Rd for 18 cycles was similar to MPT
    c. Both a and b
    d. Neither a nor b

EDUCATIONAL ASSESSMENT AND CREDIT FORM

Oncology Nursing Update Multiple Myeloma Edition — Issue 1, 2015

Research To Practice is committed to providing valuable continuing education for oncology clinicians, and your input is critical to helping us achieve this important goal. Please take the time to assess the activity you just completed, with the assurance that your answers and suggestions are strictly confidential.

PART 1 — Please tell us about your experience with this educational activity

How would you characterize your level of knowledge on the following topics?

4 = Excellent 3 = Good 2 = Adequate 1 = Suboptimal

	BEFORE	AFTER
Results of the FIRST trial of continuous Rd versus Rd for 18 cycles or MPT for transplant-ineligible patients with newly diagnosed MM	4 3 2 1	4 3 2 1
Role of common genetic abnormalities in patient risk assessment and effect on the selection of induction and maintenance treatment	4 3 2 1	4 3 2 1
Phase III PANORAMA 1 trial results and ongoing investigation of the newly FDA-approved pan-deacetylase inhibitor panobinostat in relapsed/refractory MM	4 3 2 1	4 3 2 1
Risks and benefits of maintenance lenalidomide	4 3 2 1	4 3 2 1
Novel oral proteasome inhibitors (ie, ixazomib) under investigation in MM	4 3 2 1	4 3 2 1
Incidence of cardiac and pulmonary toxicities with carfilzomib	4 3 2 1	4 3 2 1

Practice Setting:

☐ Academic center/medical school ☐ Community cancer center/hospital ☐ Group practice

☐ Solo practice ☐ Government (eg, VA) ☐ Other (please specify).....

Approximately how many new patients with MM do you see per year? ..... patients

Was the activity evidence based, fair, balanced and free from commercial bias?

☐ Yes ☐ No

If no, please explain:.....

.....

Will this activity help you improve patient care?

☐ Yes ☐ No ☐ Not applicable

If yes, how will it help you improve patient care?.....

.....

Did the activity meet your educational needs and expectations?

☐ Yes ☐ No

If no, please explain:.....

.....

.....

Please respond to the following learning objectives (LOs) by circling the appropriate selection:

4 = Yes 3 = Will consider 2 = No 1 = Already doing N/M = LO not met N/A = Not applicable

As a result of this activity, I will be able to:

- Evaluate the benefits and risks associated with systemic therapies used in the evidence-based treatment of MM, including chemotherapy regimens, proteasome inhibitors, pan-deacetylase inhibitors, corticosteroids and immunomodulatory drugs. . . . . 4 3 2 1 N/M N/A
- Develop a plan of care to manage the side effects associated with these therapies to support quality of life and continuation of treatment. . . . . 4 3 2 1 N/M N/A
- Counsel individuals regarding the rationale for the use of maintenance therapeutic approaches in the post-transplant and nontransplant settings, focusing on the role of patient- and disease-related factors, including cytogenetic profile. . . . . 4 3 2 1 N/M N/A
- Identify opportunities to enhance the collaborative role of oncology nurses in the comprehensive biopsychosocial care of patients with MM. . . . . 4 3 2 1 N/M N/A

EDUCATIONAL ASSESSMENT AND CREDIT FORM (continued)

What other practice changes will you make or consider making as a result of this activity?

.....

.....

What additional information or training do you need on the activity topics or other oncology-related topics?

.....

.....

Additional comments about this activity:

.....

.....

As part of our ongoing, continuous quality-improvement effort, we conduct postactivity follow-up surveys to assess the impact of our educational interventions on professional practice. Please indicate your willingness to participate in such a survey.

- ☐ Yes, I am willing to participate in a follow-up survey.
- ☐ No, I am not willing to participate in a follow-up survey.

PART 2 — Please tell us about the faculty and editor for this educational activity

4 = Excellent 3 = Good 2 = Adequate 1 = Suboptimal

Faculty	Knowledge of subject matter				Effectiveness as an educator			
Joseph Mikhael, MD, MEd	4	3	2	1	4	3	2	1
Tiffany Richards, MS, ANP-BC, AOCNP	4	3	2	1	4	3	2	1
Charise L Gleason, MSN, ANP-C, AOCNP	4	3	2	1	4	3	2	1
Sagar Lonial, MD	4	3	2	1	4	3	2	1
Philip L McCarthy, MD	4	3	2	1	4	3	2	1
Editor	**Knowledge of subject matter**				**Effectiveness as an educator**			
Neil Love, MD	4	3	2	1	4	3	2	1

Please recommend additional faculty for future activities:

.....

Other comments about the faculty and editor for this activity:

.....

REQUEST FOR CREDIT — Please print clearly

Name:..... Specialty:.....

Professional Designation:

☐ MD ☐ DO ☐ PharmD ☐ NP ☐ CNS ☐ RN ☐ PA ☐ Other.....

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City, State, Zip:.....

Telephone:..... Fax:.....

Email:.....

Signature:..... Date:.....

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