



EDUCATA

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Blood and Marrow Transplant Rehabilitation Considerations

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture is 136 slides and 120 minutes in duration.

- I. Introduction to blood and marrow transplant
 - A. Hematopoietic stem cells and hematopoiesis
 - B. Types of transplants and recipients
 - C. Indications for transplants
 - D. Sources of stem cells; advantages and disadvantages of each type
 - E. How transplant candidates are selected
 - F. Autologous BMT
 - 1. Rationale for transplant
 - 2. 100-day mortality after transplant
 - 3. Causes of death after transplant
 - G. Allogenic BMT
 - 1. Rationale for transplant
 - 2. How donors are found
 - 3. Preparative regimens
 - H. HLA-identical sibling transplants
 - 1. 100-day mortality after transplant
 - 2. Causes of death after transplant
 - 3. Survival after transplant

Notes

Interactive Questions – slide 33 @ 20 minutes

- II. Stanford Rehabilitation activity precautions and recommendations
 - A. Infection control measures and precautions
 - B. HEPA filter masks
 - 1. Comparisons to other types of masks
 - 2. Instructions for patients
 - 3. Why must they be worn for so long?
 - C. Inpatient rehabilitation evaluation
 - 1. Why do BMT patients require evaluation?
 - 2. Activity guidelines
 - a. Aerobic activity
 - b. Stretching
 - c. Resistance
 - d. Parameters
 - e. Precautions

D. Case study 1

Notes

Interactive Questions – slide 72 @ 65 minutes

III. Complications from BMT and other rehabilitation considerations

A. Complications from BMT

1. Mucositis
2. Etoposide VP-16 side effects
3. Hemorrhagic cystitis
4. Sinusoidal obstructive syndrome
5. Cytomegalovirus
6. Graft vs. Host Disease (GVHD)
 - a. Liver
 - b. Skin
 - c. Chronic
 - d. GVHD and infections
7. Steroid myopathy

B. Case studies 2 and 3

Interactive Questions – slide 113 @ 105 minutes

IV. Transitions to post-acute care with rehab services

A. Considerations

B. How to transition to

1. Skilled nursing facilities
2. An acute rehabilitation unit with inpatient rehab
3. Home health rehabilitation services
4. Outpatient rehabilitation services

C. Discharge activity guidelines

1. HEPA filter mask instructions
2. Exertion levels
3. Exercise
4. Infection control

Interactive Questions – slide 131 @ 112 minutes
