

# 6 Months Recovery Summary

  
Can be printed to fill out by hand or filled in digitally.

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A recovery summary should be completed by a clinical nurse specialist with the patient and used to holistically assess recovery after a stem cell transplant. Promoting formal assessment of physical recovery and encouraging conversations around mental wellbeing and finding the right support to aid in transplant recovery. We recommend that this begins at **six months**, is repeated at **one year**, and then annually.

A copy of this document should be given to the patient, and further copies sent to their referring hospital and GP.

Name of patient: \_\_\_\_\_ NHS number: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Consultant: \_\_\_\_\_

Key Worker name and contact details: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

## Brief treatment summary and admissions post-transplant (briefly include reason and length of stay):

Quality of life assessment completed:  YES  NO (if yes, please attach a copy)

Transplant date: \_\_\_\_\_

Conditioning and donor source: \_\_\_\_\_

CMV status: \_\_\_\_\_ Chimerism (most recent): \_\_\_\_\_

DLI:  YES  NO

If yes... Reason: \_\_\_\_\_

Dose: \_\_\_\_\_ Dates: \_\_\_\_\_ Frequency: \_\_\_\_\_

**Follow-up care plan: (include requests for GP)**

Referral made to:

- Physiotherapist  Occupational therapist  Dietician  Psychologist  Counsellor  Psychiatrist  
 Dermatologist  Respiratory  Gastroenterologist  Psychosexual therapist  Endocrinologist  
 Gynaecologist  Anthony Nolan work support service  Other:

Grant application made:  YES  NO

- Anthony Nolan  Macmillan  Other:

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Bloods	Date of bloods, results applicable to follow up care	Bloods	Date of bloods, results applicable to follow up care
<input type="checkbox"/> Haemoglobin		<input type="checkbox"/> Thyroid function	
<input type="checkbox"/> White blood count		<input type="checkbox"/> Follicular stimulating hormone	
<input type="checkbox"/> Platelets		<input type="checkbox"/> Luteinizing hormone	
<input type="checkbox"/> Urea and electrolytes		<input type="checkbox"/> Testosterone	
<input type="checkbox"/> Creatinine		<input type="checkbox"/> Vitamin D	
<input type="checkbox"/> Liver function		<input type="checkbox"/> Calcium	
<input type="checkbox"/> Ferritin		<input type="checkbox"/> B12	
<input type="checkbox"/> Folate		<input type="checkbox"/> Other:	
Treatment needed for iron overload? <input type="checkbox"/> YES <input type="checkbox"/> NO			
Details:			
<b>Other tests or investigations undertaken as part of review:</b>			



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Current medications:	

Observations	
Temperature:	Pulse rate:
Blood pressure:	Oxygen saturation:
Respiratory rate:	Weight:

## Areas to discuss

**Mental wellbeing** (include mood, support, and relationships with family and friends)

**Fatigue** (advise on physical activity)

**Graft versus host disease** (include stage/grade/organ and consider a full GvHD assessment, including genital GvHD, using NIH scoring system for chronic GvHD - attach assessment and indicate if ongoing or resolved, with dates)

**Memory and concentration**

continued...



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**Work/education/financial wellbeing** (include concerns, support and grants applied for)

**Eye and oral health** (promote six-monthly visits to optician and dentist)

**Skin health** (promote skin and sun protection and the use of factor 50 sun cream)

**Respiratory health** (include smoking and smoking cessation advice)

**Gastrointestinal health** (include diet and bowel function, advise on healthy eating/weight and alcohol intake)

**Renal health** (Include fluid intake, frequency and urgency of passing urine)

continued...



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<b>Sexual function</b> (discuss physical and emotional concerns, body image and experience of pain)
<b>Pain</b> (include symptoms of peripheral neuropathy)
If applicable discuss concerns regarding: <b>Fertility</b> (include safe sex advice) / <b>Menopause</b> (if not discussed, please state why)

## Post-transplant vaccinations

The timing of vaccinations will depend on the patient's individual recovery from transplant. In addition, each transplant centre might do things slightly differently and may begin the vaccinations at different time points. It's important to discuss the vaccination schedule with the transplant team.

Post-transplant vaccinations	YES	NO
Have post-transplant vaccinations been discussed?		
If no, please state why:		
If yes, has a referral to GP been made with letter and copy of vaccination schedule?		
Has the patient been given a copy of the vaccination schedule and vaccination record?		
Have vaccines been discussed?		
Flu		
MMR		
COVID		



What other healthcare professionals are involved with their care?

- Physiotherapist  Occupational therapist  Dietician  Psychologist  Counsellor  Psychiatrist  
 Dermatologist  Respiratory  Gastroenterologist  Psychosexual therapist  Endocrinologist  
 Cardiologist  Gynaecologist  Other:

What other sources of support are being accessed?

- Maggie's Centre  Macmillan Centre  Anthony Nolan online forum  Hospital or local support group  
 Other:

Healthy lifestyle recommendations and support can be found at [nhs.uk/live-well](https://www.nhs.uk/live-well)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print: \_\_\_\_\_

Please find a link to national guidance on recovery and long term follow up under the 'Healthcare Professionals' section at: [anthonynolan.org/clinicians-and-researchers](https://www.anthonynolan.org/clinicians-and-researchers)

Please contact the key worker for any questions.

## Where can I get more information and support?

If you or a loved one are affected by a stem cell or bone marrow transplant, there are many ways in which Anthony Nolan can support you.

Download or order our patient booklets for free, and find further support at: [anthonynolan.org/patientinfo](https://www.anthonynolan.org/patientinfo)

## Need to talk?

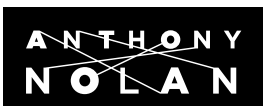
The Patient Services team at Anthony Nolan are here for you. Call us on **0303 303 0303** or email [patientinfo@anthonynolan.org](mailto:patientinfo@anthonynolan.org)

## Get connected

Find support from other patients and their families by joining our Patient and Families forum at: [anthonynolan.org/forum](https://www.anthonynolan.org/forum)

These recovery summaries are new, and we would like to know if they are useful to the patients that will be using them. We'd like to invite you to complete this short survey and also to thank you for taking the time to provide your feedback: [smartsurvey.co.uk/s/recoverysummariespt](https://smartsurvey.co.uk/s/recoverysummariespt)

If you're a GP, please click here to complete: [smartsurvey.co.uk/s/recoverysummariesgp](https://smartsurvey.co.uk/s/recoverysummariesgp)



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