

# PATIENT RECOVERY SUMMARIES

## What is a recovery summary?

An Anthony Nolan **recovery summary** is to be used to summarise recovery after transplant. We recommend that this begins at **six months** post-transplant and is repeated at **one year**. It can then be used annually and can be used to follow up late effects of treatment.

As well as assessing physical recovery, a recovery summary will promote a holistic assessment, encouraging conversations around mental wellbeing, relationships, sexual health, finance and work.

## If you are completing a recovery summary...

We know that each transplant centre will do things differently, so the recovery summaries can be used as a template. You can download and adapt to suit you and your transplant team. You can also add your hospital logo.

This recovery summary has been developed using well established international guidelines for caring for post-transplant patients. They have been user tested by patients and peer reviewed by transplant specialists.

To support the recovery summaries, we recommend that you also use the **Vaccination Record** and **The Seven Steps: The Next Steps**.

## If you receive a recovery summary...

Recovery summaries are designed to help non-transplant healthcare professionals understand the needs of patients after a stem cell transplant. Recovery after a stem cell transplant can be challenging with complex side effects that can affect quality of life. The high doses of chemotherapy and radiotherapy given during a stem cell transplant can also cause late effects of treatment and patients need to be monitored for these symptoms.

Once completed, one copy of the recovery summary will be **kept by the patient**, one will be sent to the **referring hospital**, and one will be sent to the **patient's GP**. This will enhance and align communication between the healthcare professionals involved in the patient's care, and ultimately improve patient experience.

If you have any questions or feedback, please get in touch with the Patient Services team: **patientinfo@anthohnolan.org**

You can access resources which can help support patients and families recovering from a stem cell transplant on the **Patients and Families section of the Anthony Nolan website**.

<sup>1</sup>Majhail, N., Rizzo, D. and Lee, S. (2012) Recommended Screening and Preventive Practices for Long term Survivors after Hematopoietic Cell Transplantation. Bone Marrow Transplant. 47(3): 337-341. doi:10.1038/bmt.2012.5.