

Caring for a Person Receiving Cellular Immunotherapy

Bezos Family Immunotherapy Clinic

This handout explains what to expect when you're caring for a person receiving cellular immunotherapy.

Your role

As a caregiver, you play an important role during immunotherapy treatment. You will be responsible for providing:

- In person support, 24 hours a day, 7 days a week
- Emotional and physical support:
 - Going to appointments
 - Checking for fever and other side effects
 - Reporting changes or new symptoms to the care team
 - Preparing food and keeping the home clean

Your self-care

- As a caregiver, it's important to take care of yourself, too. Because treatment can last several weeks, ask the patient's family members, friends, or professional home health for help when you need it.
- You can find a list of home health care options and tips for self-care in our **Caregiver Guide**. Scan the QR code or visit FredHutch.org/Caregiver-Guide to read it.



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Appointments

- While it may not be possible to join the person you're caring for during evaluation and cell collection, we encourage you to come to all appointments, beginning with the first evaluation appointment. Most people receiving treatment find it helpful and comforting to have someone with them.
- During these appointments, you will:
 - Learn details about the therapy
 - Understand what to expect
 - Review the schedule of appointments

Appointments, continued

- As the primary caregiver, it's helpful to hear this information as early as you can. This is also an opportunity for you to develop a relationship with the care team and learn about the treatment plan.

Housing

- For safety reasons, from the day of cell infusion until discharge from day-to-day care, you and the person you're caring for are expected to live within a 30-minute drive to the Fred Hutch Sloan Clinic or UW Medical Center-Montlake.
- If you're coming to Seattle from out of town, we recommend arranging temporary housing as soon as you know the date of the first appointment at the clinic.
- Scan the QR code or visit FredHutch.org/Patient-Housing to explore lodging options. In addition to Fred Hutch housing, there are many hotels and extended-stay choices within a 30-minute drive of our clinic.



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Transportation

You and the person you're caring for are responsible for your own transportation. To help you get to and from appointments, we offer free shuttles between:

- Fred Hutch Sloan Clinic and UW Medical Center-Montlake
- Fred Hutch Sloan Clinic and Fred Hutch lodging (Behnke Family House and Pete Gross House)

The shuttles do not run after business hours, or on weekends or holidays. To view the shuttle schedule, scan the QR code or visit FredHutch.org/shuttle-schedules.



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Monitoring

Cellular immunotherapy includes 7 phases:

1. Evaluation
2. Cell collection or cell harvesting
3. Cell engineering
4. Chemotherapy
5. Cell infusion
6. Monitoring for side effects
7. Follow-up

Monitoring, continued

To learn more about each phase, read Cellular Immunotherapy Overview by scanning the QR code or visiting FredHutch.org/Cellular-Immunotherapy-Overview.



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You will monitor the person you're caring for from the time they receive chemotherapy until they are discharged from our day-to-day care. During this time, you will watch them for:

- Fever
- Nausea
- Any other new symptoms related to the cell infusion, such as cytokine release syndrome (CRS) and neurotoxicity

These side effects usually happen within the first 2 weeks after infusion. Your care team will explain what to watch for, what to do, and when to get help if symptoms occur. You will also receive Guide to Cellular Immunotherapy. It explains when and who to call if the person you're caring for has symptoms during or right after chemotherapy or cell infusion.

Hospital stay and discharge

Depending on how the person you're caring for reacts to chemotherapy and cell infusion, they may be admitted to the hospital. If this happens, you are not required to stay, however, many people find it helpful to have their caregiver with them. UW Medical Center-Montlake and Fred Hutch at UW Medical Center-Montlake are designed for you to stay overnight.

After discharge from the hospital, the person you're caring for may:

- Feel weak or tired.
- Need to have special equipment at home such as a walker, shower chair, or raised toilet seat.

The Transition Services team will:

- Connect you with resources for home infusions, medical equipment, and home health care.
- Provide discharge education and instructions if the person you're caring for is admitted to the hospital.

People receiving cellular immunotherapy may not be allowed to drive for at least 2 weeks following cell infusion, depending on their treatment plan and how they're feeling. The care team will talk with you about this in more detail.

Caregiver responsibilities

This checklist shows some of the responsibilities you will have as a caregiver. If you need help with any of them, please contact your care team or the Transition Services team.

As a caregiver, you will need to:

- Know when to call 911
- Make sure that you and the person you're caring for have a Cellular Immunotherapy Emergency Call Card with you at all times. You will need to show this card to medical staff if the person you're caring for needs to go to the emergency room or see any health care provider
- Be able to reach a nurse 24 hours a day
- Watch for symptoms and communicate with the care team
- Understand infection prevention practices, including food safety
- Understand central line care and how to protect the line during a shower
- Understand patient medications, when to give them, and what to do when running low
- Know how to use home equipment such as walkers, diabetes management devices, and other assistive devices
- Be able to contact the home infusion and/or homecare company, if you use one
- Know how to care for yourself in stressful situations
- Know about preventing falls and lifting the person you're caring for safely