

Introduction to CAR T-Cell Therapy

CAR T-CELL THERAPY About CAR T-cell therapy

What is CAR T-cell therapy?

• CAR T-cell therapy is a treatment that works with your body's immune system. This is the system that fights infections and diseases like cancer.

About CAR T-cell therapy

How CAR T-cell therapy works:

• This treatment alters specific cells in your immune system called T-cells. It helps them recognize the cancer cells and destroy them.



Who provides your CAR T-cell therapy?

Your team for CAR T-cell therapy includes:

- Doctors, physician assistants and nurse practitioners (advanced nurses)
- Nurses and nursing assistants
- Social workers
- Financial counselors
- Chemotherapy clinic staff

Evaluations and preparation

Tests and procedures before CAR T-cell therapy

Before you start treatment, you may need some or all of the following tests:

- Dental examination
- Heart and lung tests
- X-rays and other scans
- Blood and urine tests
- Bone marrow biopsy or lumbar puncture

Evaluations and preparation

Ways you need to prepare for CAR T-cell therapy

• You need to prepare for CAR T-cell therapy **physically** by being as healthy as possible and eating well. It is also important to prepare **emotionally** by understanding your treatment and getting support. You can prepare **financially** for costs and payment by talking with a financial counselor and your insurance company. If you will be moving to Portland for your CAR T-cell therapy, you should make arrangements for your housing and pets while you will be gone.



Getting a caregiver

• You will need someone to take care of you for 30 days after getting your CAR T-cells. You might need help longer, depending on what your doctor says. You'll need a caregiver to be available 7 days a week, 24 hours a day. Some people have one dedicated person, or a caregiver team that divides up the time.



What your caregiver does

Your caregiver will help with these things and others:

- Helping you get around your home
- Giving emotional support
- Watching out for problems
- Giving you rides (you can drive in 8 weeks if the doctor says this is OK)
- Cooking and making food
- Helping with your medications



If your caregiver gets sick

• You need a caregiver 24 hours a day, 7 days a week. So, please call us at **503-418-0669** if your caregiver gets sick or cannot take care of you. We can tell you how to stay safe.



Treatment timelines

Your treatment schedule

- First, your cells are collected. The hospital sends them to a lab that modifies the cells so they are ready for your treatment.
- Your T-cells are ready about 3 to 5 weeks later.
- Your nurse coordinator will call you and arrange for your treatment.



Treatment timelines

Your treatment schedule

- You will get chemotherapy for 3 days and after a few days of rest you get your CAR T-cells back.
- At the beginning of your treatment, your nurse coordinator will set all of this up and let you know all the dates ahead of time.



Treatment timelines

Do I need treatment while I wait for my T-cells?

• Your doctor will let you know. You might have treatment while you wait, or you might not.



Central lines

Getting a central line for T-cell collection

You will either get an IV placed, or a central line placed to collect your T-cells. If you will need a central line, please:

- 1. Do not eat or drink after midnight the night before your appointment.
- 2. Have a family member drive you to and from your appointment.



Central lines

Getting a central line for treatment

• You will also get a central line when you get your CAR T-cells. You can also get medicines and fluids through this line. You will have it for about a month, or as long as your doctor thinks you need it.



Chemotherapy

With CAR T-cell treatment

• You may receive chemotherapy before your CAR T treatment. This is given over 3 days. You will have a few days of rest and then you will receive your CAR T-cells. In some cases, you might come to the hospital to receive your CAR T-cells. Your doctor will talk to you further about this.



Possible side effects of CAR T-cell therapy

CAR T-cell therapy can cause two significant types of side effects:

- Cytokine release syndrome (say "sigh-toe-kyne" release syndrome). You may feel like you have an infection. You might have a fever and feel faint.
- Toxic effects on the nervous system, or neurotoxicity. You may feel confused or have other problems thinking and understanding things. You might have a seizure (fit). Nervous system side effects can be life-threatening.



If you think you have side effects

• If you feel confused or have problems thinking, call **911** or come to the OHSU Emergency Department immediately. Have your caregiver drive you to the hospital, and call us at **503-494-5058** and tell us you are on your way to the Emergency Department. Do not drive yourself.



Potential side effects and toxicity

• Your CAR T-cell team will watch you closely after you receive your cells. We will do this for many weeks. We will also take the best possible care of any problems you notice. This helps us prevent side effects and treat them if you have them.

When to call us

Fever

- A fever is a temperature of 100.4 degrees (F) (or 38 degrees (C) or above. Take your temperature 2 to 3 times a day. If you feel sick, take your temperature to check for a fever.
- Take your temperature before you take Tylenol for any reason, such as a headache or mild pain. Call us if you do have a fever.

When to call us

Signs of a problem

Call the clinic at 503-418-0669 if you have any of these problems:

- 1. Temperature of 100.4 degrees (F) or higher
- 2. Chills or shaking
- 3. Blood in your urine or stool
- 4. Breathing problems
- 5. Fast heartbeat

CAR T-CELL THERAPY When to call us Signs of a problem

• After hours, on weekends and holidays call **503-494-8211** and ask to talk with the BMT provider on call.

When to call 911

Signs of a problem

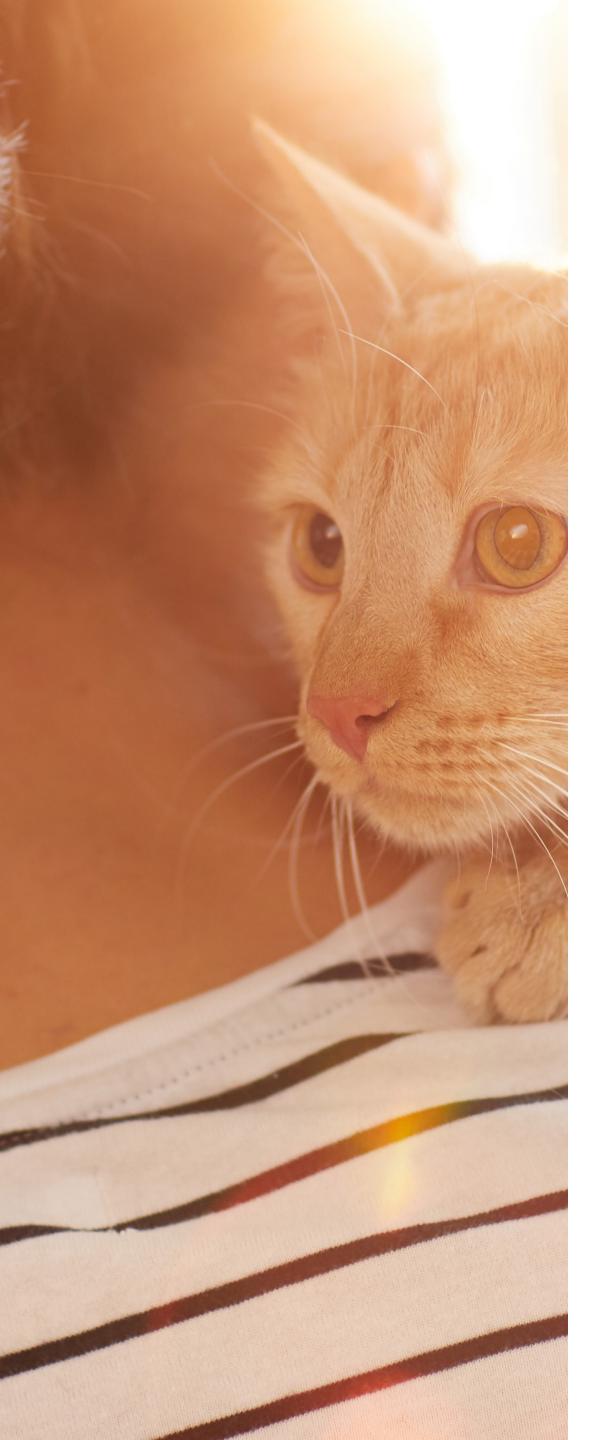
Call 911 right away if you or the person you care for:

- 1. Has bleeding that will not stop
- 2. Passes out or does not wake up
- 3. Is choking or cannot breathe
- 4. Has chest pain

Call 911 for a possible stroke

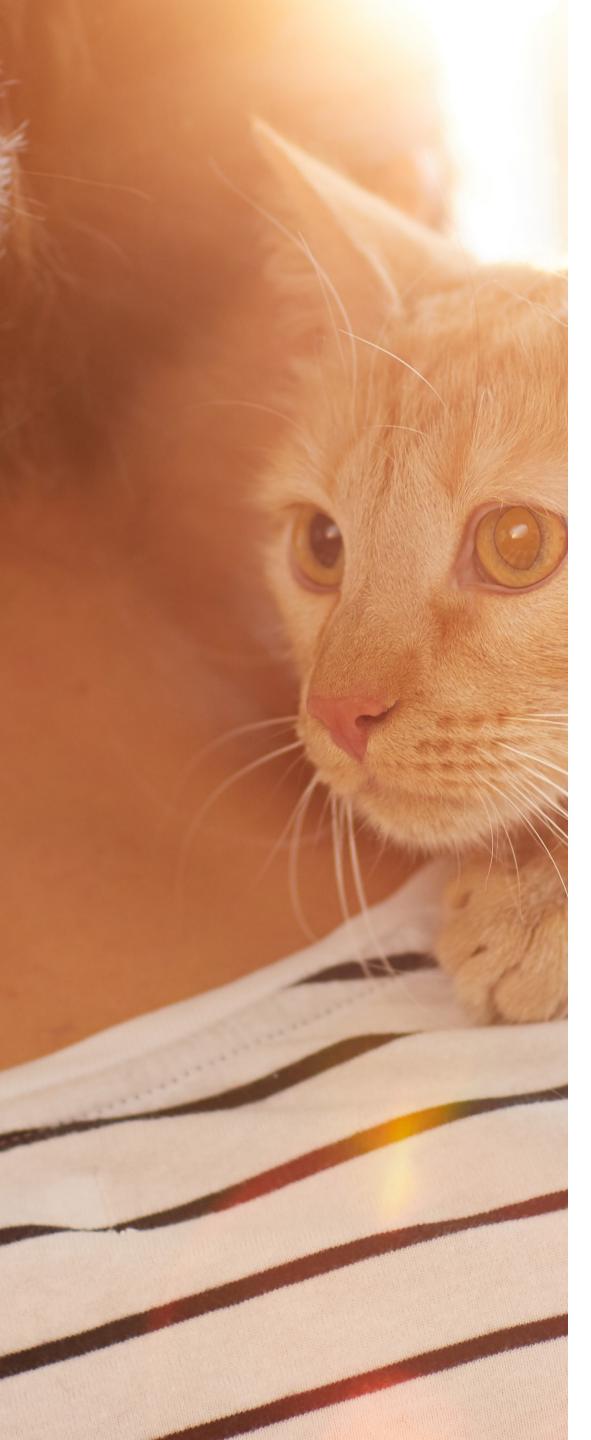
Signs that someone is having a stroke

- 1. Face drooping, usually on 1 side
- 2. An arm that is weak or they cannot lift
- 3. Difficulty talking
- 4. Call 911. Tell the Emergency Department staff that the person you take care of had CAR T-cell therapy at OHSU



Keeping information on your CAR T-cell therapy

- We will give you a card to carry with you, saying you had CAR T-cell therapy. Please keep it in your wallet or purse, or somewhere else you will always have it.
- Tell all your health care providers you had CAR T-cell therapy. They need to know what date you had it and the name of your main doctor for this treatment.



Contacting us with problems or questions

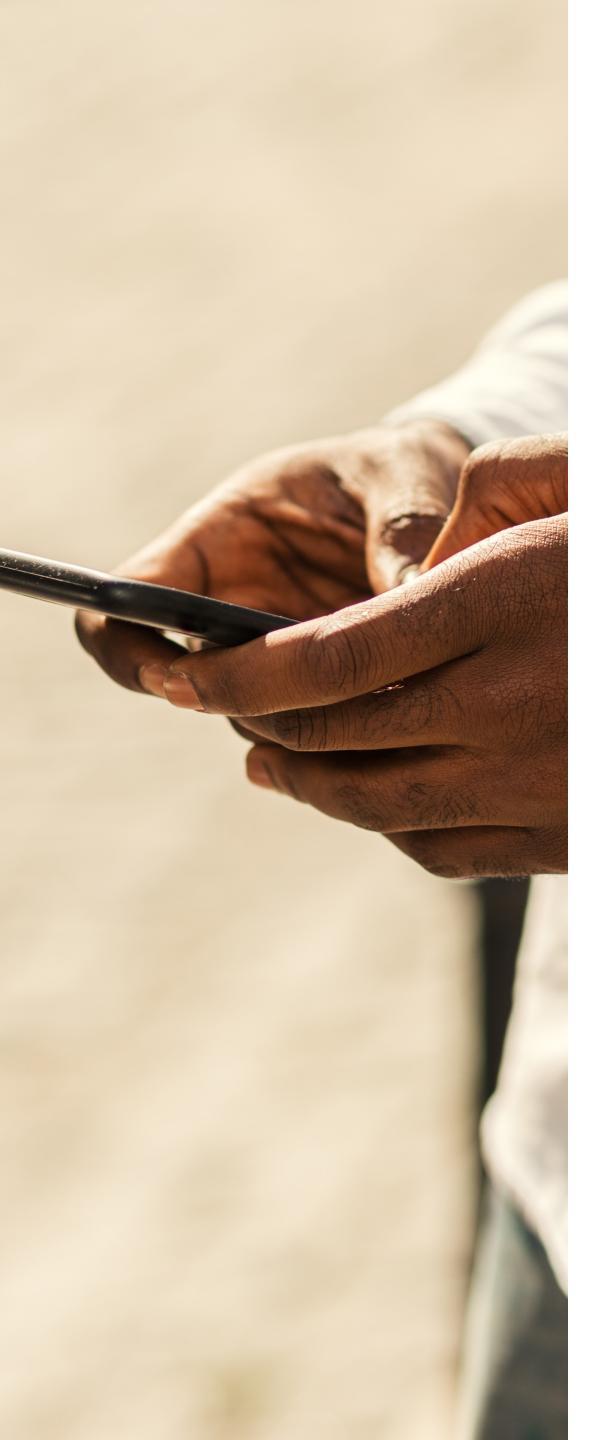
• Do not use MyChart for anything urgent. Call us right away if you have any of the urgent problems previously discussed. Please call us at **503-418-0669** with questions. We will take your information and talk with you about your concerns.

If you need to come back to the hospital

• You might need to come back to stay in the hospital after a CAR T-cell treatment. We will make sure your health is stable before you go home. Then you can go back to regular appointments in the clinic.

If you need to come back to the hospital

• Having to come back is common. It does not mean you or your caregiver made a mistake. Sometimes a short hospital stay is the safest way to treat your condition.



Phone numbers to remember

- Center for Hematologic Malignancies Clinic / Scheduling Center for Health and Healing, Building 2: 503-494-5058
- Triage Nurse: **503-418-0669**

Thank you!

To open a pdf of this presentation, please see the PDF icon on our website.



CAR T-CELL THERAPY - INTRODUCTION

Certificate of Completion

SIGNATURE