

Pre-Treatment Patient Checklist – CAR T-cell Therapy

Patient Name: _____ MRN: _____

Successful CAR T-cell treatment requires commitment not only from you and your medical team, but from your support system as well. To ensure the best treatment outcomes, it is imperative that we partner with you and your family and friends before, during, and after CAR T-cell treatment. To ensure this, all of the areas below must be addressed before moving forward with your CAR T-cell treatment. These will be confirmed by your CAR T-cell physician, nurse coordinator and social worker.

Please note that failure to comply with, or providing false information regarding any of the following may result in your CAR T-cell candidacy being placed on hold temporarily or indefinitely, as determined by the care team.

- Caregiver:** You must have a **minimum of two caregivers** (one primary and one secondary). At least one caregiver must reside with you 24 hours/day after discharge, **for a minimum of 8 weeks after CAR T-cell infusion, or longer if medically required by the CAR T-cell physician.** A caregiver must attend all appointments. **Note:** Private duty caregivers/home care agency staff as well as alternate care settings such as nursing homes, assisted living centers or group homes are not acceptable caregiver options.
- Treatment compliance:** A crucial part of a successful CAR T-cell treatment is for each patient to participate as a partner in achieving his/her required health care goals. Patients are therefore required to follow the treatment plan recommended by the care team before, during and after treatment, including but not limited to, attending all appointments and taking all medications as prescribed.
- Alcohol, nicotine and illicit drug use:** You are required to stop using non-prescription substances before, during and after treatment. Alcohol abuse screening as well as drug and nicotine testing will be utilized as necessary to ensure your safety. If you smoke, we will refer you to our Tobacco Consultation Service (TCS) team for evaluation.

- Mental health:** Your mental health status is a crucial component for the best treatment outcomes. Even if you have not had a previous mental health diagnosis, you may be affected by depression, anxiety or other coping concerns due to your cancer diagnosis or treatment. Your treatment team may recommend consultation or ongoing follow-up with a mental health provider as part of your care commitment.

- Lodging:** Upon hospital discharge, you and a caregiver must reside within 100 miles from Michigan Medicine (preferably in the Ann Arbor area), **for a minimum of 8 weeks after CAR T-cell infusion, or longer if medically required by the CAR T-cell physician.**

- Transportation/driving:** As long as you need caregiver support (item #1 above), you also need transportation assistance. You will be unable to drive until cleared to safely do so by the CAR T-cell physician. Caregivers are your driver as they are required to accompany you at all appointments.

- Advance Directives/Durable Power of Attorney For Health Care (DPOA-HC):** As an able, competent adult, you have the right to accept or refuse medical treatment. If you become too sick to make decisions regarding your medical care, even for only a period of time, “Advance Directives” allow you to identify who you would want to make the decisions on your behalf. To ensure your wishes are met, you are encouraged to provide a completed DPOA-HC document. See the handout: “Start the Conversation: Making your health care wishes known: Advance Directives and Durable Power of Attorney for Health Care BOOKLET and FORMS”: <http://michmed.org/39l2Y>

By signing below, you indicate that you agree and commit to the transplant requirements above.

Patient Signature

Date