Autologous Haemopoietic stem cell transplant service in Kowloon East Cluster

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Abstract

Autologous Haemopoietic Stem Cell transplant (AHSCT) is a common treatment option for patients with lymphoma or myeloma nowadays. The patient receive own stem cell reinfusion after intensive chemotherapy and aim to allow cell count recovery earlier. Resulting in shorten the neutropenic phase after intensive chemotherapy. Around 50% lymphoma patients can be cure and myeloma patient can prolong the life around 2 years after AHSCT. Hence, the quality of life can be improved. In the past, the patients in Kowloon East Cluster (KEC) need to refer to other cluster for treatment. The waiting time was around 6 to 8 months. Some patients deteriorated condition or dead due to disease relapse during waiting period. In addition, the patients were suffering from transportation to attend clinic and receive treatment in the unfamiliar hospital of other clusters.

Objectives
Establish the new service – AHSCT in KEC for better patient outcome.

Methodology
Training (1) 3 Advanced Practice Nurse (APN) attended an apheresis training course for knowledge enhancement and seconded to QMH Apheresis unit and Bone Marrow transplant unit for training. (2) The APN provided in-house training of AHSCT related nursing care to nursing staff and healthcare supporting staff in Haematology unit. (3) Provide training to staff of Housekeeping Department based on AHSCT room cleaning guideline. (4) Provide training to staff of Transportation Team based on stem cell transportation and accident handling guideline. Multidisciplinary team approach (1) Collaboration with infection control team to set up the guidelines, including AHSCT
room cleaning guideline and visitor instruction. (2) Collaboration with staff of Haematology Laboratory for blood test arrangement. (3) Collaboration with Bone Marrow Transplantation (BMT) Laboratory staff of PWH for stem cell storage and transportation arrangement. (4) Collaboration with Physiotherapist and dietitian about the special physiotherapy and nutritional need for patients receiving AHSCT. Set up the nurse-led clinic Set up the nurse-led clinic by a designated APN. Aim to provide assessment, workup and health education to patients before transplantation. In addition, post-transplantation follow up, monitoring also provided in the nurse-led clinic.

**Result**
The AHSCT established in United Christian Hospital (UCH) of KEC since 8/2013. Total 20 patients received the treatment till 1/2015. There were 6 patients referred by Tsuen Kwan O Hospital and others were UCH patients already. Total 14 of them were suffering from Myeloma and 6 of them diagnosed lymphoma. The waiting time was shortening form 6 - 8 months to 1 month only since the new service established in KEC. In addition, the patients can receive treatment in the familiar hospital and no need to take long travelling time to other cluster. The patients' satisfaction survey is highly appreciated of the AHSCT service available in KEC and meets the patients' need.