

# Challenging Cases in Multiple Myeloma

## *Oncologist and Nurse Investigators Consult on Actual Patients from the Practices of the Invited Faculty*

### OVERVIEW OF ACTIVITY

Multiple myeloma (MM) is a plasma cell neoplasm that accounts for approximately 10% of all hematologic cancers. The American Cancer Society estimated that 21,700 new cases of MM will be diagnosed in the United States in 2012, with an estimated 10,710 deaths. The development of molecular-targeted agents and alternative chemotherapeutics for the treatment of MM has been the focus of extensive research and has resulted in the emergence of clinical scenarios in which multiple treatment options may be available. The treatment of MM and the symptoms associated with the disease have improved dramatically over the past decade, particularly with the advent of novel agents, and the budding landscape surrounding the optimal management of MM is exciting and complex. Knowledge of the many therapeutic advances and changing practice standards is necessary to ensure optimal patient outcomes. To bridge the gap between research and patient care, this activity designed specifically for the practicing oncology nurse features discussions with leading hematologic oncology investigators and their nursing counterparts. By providing information on the latest research developments in the context of expert perspectives, this CNE activity will assist registered oncology nurses, clinical nurse specialists and nurse practitioners with the formulation of state-of-the-art clinical management strategies to facilitate optimal care of patients with MM.

### LEARNING OBJECTIVES

- Discuss the benefits and risks associated with evidence-based systemic therapies used in the treatment of MM, including chemotherapy, proteasome inhibitors, corticosteroids and immunomodulatory agents, in the pre- and postautologous stem cell transplant (ASCT) settings and for patients who are not candidates for ASCT.
- Develop a plan of care to manage the side effects associated with these therapies to support quality of life and continuation of treatment.
- Evaluate the preliminary safety profiles and response outcomes observed in studies of next-generation proteasome inhibitors and immunomodulatory agents for relapsed or refractory and previously untreated MM.

### ACCREDITATION STATEMENT

Research To Practice is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

### CREDIT DESIGNATION STATEMENT

This educational activity for 1.5 contact hours is provided by Research To Practice during the period of August 2012 through August 2013.

### HOW TO USE THIS CNE ACTIVITY

This is an audio CNE program. This website contains CNE information, including learning objectives, faculty disclosures, a Post-test and an Educational Assessment and Credit Form, as well as links to relevant abstracts and full-text articles.

To receive credit, participants should read the learning objectives and faculty disclosures, listen to the audio MP3s and complete the Post-test and Educational Assessment and Credit Form located at [ResearchToPractice.com/ONSMM2012/CNE](http://ResearchToPractice.com/ONSMM2012/CNE). A statement of CNE credit will be issued only upon completion of the Post-test, with a score of 75% or better, and the Educational Assessment and Credit Form. Your statement of credit will be mailed to you within 3 weeks or may be printed online.

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**Hardware/Software Requirements:**

An Internet connection that is at least 28.8 Kbps  
A monitor set to 1280 x 1024 pixels or more  
Internet Explorer 6.x or newer, Firefox 2.x or newer, or Safari 2.x or newer  
Macromedia Flash plug-in 6.0 or greater  
Adobe Acrobat Reader  
(Optional) Sound card and speakers for audio

There is no implied or real endorsement of any product by RTP or the American Nurses Credentialing Center.

## Challenging Cases in Multiple Myeloma: Oncologist and Nurse Investigators Consult on Actual Patients from the Practices of the Invited Faculty

- Track 1 Case discussion:** A 56-year-old man presents with leg pain and is diagnosed with lambda free light chain advanced multiple myeloma (MM)
- Track 2** Current status of autologous stem cell transplant (ASCT) for eligible patients diagnosed with MM
- Track 3** IFM/DFCI 2009: A Phase III study comparing conventional-dose RVD to high-dose treatment with ASCT in the initial management of MM in  $\leq 65$ -year-old patients
- Track 4** Age as a determining factor for ASCT eligibility
- Track 5** Adverse events associated with the common induction regimens for MM
- Track 6** Management of peripheral neuropathy (PN) resulting from bortezomib-based therapy
- Track 7** Side effects, toxicities and efficacy of 3-drug (or triplet) induction regimens
- Track 8** Effectiveness of IMiDs and proteasome inhibitors in the management of MM
- Track 9** A nurse's perspective on post-transplant maintenance therapy with lenalidomide
- Track 10** Benefits versus risks associated with long-term lenalidomide maintenance therapy
- Track 11** Tailoring treatment strategies based on the appearance of adverse cytogenetics
- Track 12** Supportive management of renal failure and bone disease in MM
- Track 13** Therapeutic considerations for a patient with MM and Type 1 diabetes who requires treatment with steroids
- Track 14** Impact of age on transplant outcomes and survival rates attributed to novel therapies
- Track 15** Long-term treatment outcomes for patients with MM
- Track 16** Treatment strategies for chemotherapy-induced PN
- Track 17 Case discussion:** An 89-year-old man previously treated for plasma cell dyscrasia presents with anemia and bone marrow plasmacytosis
- Track 18** Risk of acute renal failure after the use of NSAIDs in MM
- Track 19** Optimizing clinical benefits of bisphosphonates in patients with impaired renal function
- Track 20** A nurse's perspective on the use of epoetin alfa for the treatment of anemia in patients with renal disease secondary to MM
- Track 21** Treatment algorithm for elderly patients with MM
- Track 22** Clinical guidelines regarding preemptive dose reductions for elderly patients with comorbidities
- Track 23** A randomized Phase III noninferiority trial of subcutaneous versus intravenous administration of bortezomib in relapsed MM
- Track 24** Subcutaneous bortezomib: Nursing perspective on tolerability, injection site reactions and PN
- Track 25** Comparison of weekly and biweekly bortezomib treatment schedules
- Track 26** Evaluation of pamidronate versus zoledronic acid for skeletal-related events (SREs) in MM
- Track 27 Case discussion:** A 59-year-old man initially treated with a bortezomib-based regimen for IgG Stage IIA MM develops PN and receives carfilzomib
- Track 28** Carfilzomib: Efficacy and potential for reduced risk of PN
- Track 29** A front-line Phase IB/II study of carfilzomib, lenalidomide and low-dose dexamethasone (CRd) in newly diagnosed MM
- Track 30** Viewpoints on the future roles of emerging oral therapeutic agents MLN9708 and pomalidomide
- Track 31 Case discussion:** A 77-year-old man with large lytic lesions of the spine and kappa light chain MM who receives kyphoplasty
- Track 32** Role of radiation therapy in MM or plasmacytoma
- Track 33** Results from MRC Myeloma IX: A Phase III study determining whether zoledronic acid reduces SREs and improves survival for patients newly diagnosed with MM
- Track 34** Importance of preventing the occurrence of osteonecrosis of the jaw and treatment strategies for its management
- Track 35** Treatment duration with bisphosphonates
- Track 36** Chronic pain management for elderly patients with MM
- Track 37** Benefits of aquatic and mild physical therapy in MM
- Track 38** Indefinite follow-up in the care of patients with monoclonal gammopathy of undetermined significance (MGUS)
- Track 39** Guidelines for supportive care in the management of MM
- Track 40** Perspectives on multidisciplinary care and progress in the management of MM

## SELECT PUBLICATIONS

- Attal M et al. **Maintenance treatment with lenalidomide after transplantation for myeloma: Analysis of secondary malignancies within the IFM 2005-02 trial.** *Proc International Myeloma Workshop 2011.* Abstract
- Davies FE et al. **Are there benefits to long-term bisphosphonate treatment in multiple myeloma (MM)? Insights from temporal analyses of zoledronic acid (ZOL) versus clodronate (CLO) in the MRC Myeloma IX trial.** *Proc ASCO 2011;*Abstract 8011.
- Harousseau JL et al. **Bortezomib plus dexamethasone is superior to vincristine plus doxorubicin plus dexamethasone as induction treatment prior to autologous stem-cell transplantation in newly diagnosed multiple myeloma: Results of the IFM 2005-01 phase III trial.** *J Clin Oncol 2010;*28(30):4621-9. Abstract
- Jakubowiak AJ et al. **Final results of a frontline phase 1/2 study of carfilzomib, lenalidomide, and low-dose dexamethasone (CRd) in multiple myeloma (MM).** *Proc ASH 2011;*Abstract 631.
- Lacy MQ et al. **Pomalidomide plus low-dose dexamethasone in myeloma refractory to both bortezomib and lenalidomide: Comparison of 2 dosing strategies in dual-refractory disease.** *Blood 2011;*118(11):2970-5. Abstract
- Lonial S et al. **Up-front management of multiple myeloma.** *Oncology 2010;*24(12 Suppl 5):8-14. No abstract available
- Love N et al. **Tolerance and response to initial systemic therapy in older patients with multiple myeloma (MM): Observations from 276 unselected recent cases in the practices of US-based medical oncologists (MOs).** *Proc ASH 2010;*Abstract 1516.
- McCarthy P et al. **Phase III Intergroup study of lenalidomide versus placebo maintenance therapy following single autologous stem cell transplant (ASCT) for multiple myeloma (MM): CALGB ECOG BMT-CTN 100104.** *Proc International Myeloma Workshop 2011.* Abstract
- Moreau P et al. **Subcutaneous versus intravenous administration of bortezomib in patients with relapsed multiple myeloma: A randomised, phase 3, non-inferiority study.** *Lancet Oncol 2011;*12(5):431-40. Abstract
- Moreau P et al. **A phase 3 prospective randomized international study (MMY-3021) comparing subcutaneous and intravenous administration of bortezomib in patients with relapsed multiple myeloma.** *Proc ASH 2010;*Abstract 312.
- Palumbo A et al. **Personalized therapy in multiple myeloma according to patient age and vulnerability: A report of the European Myeloma Network (EMN).** *Blood 2011;*118:4519-29. Abstract
- Palumbo A et al. **A phase III study of VMPT versus VMP in newly diagnosed elderly myeloma patients.** *Proc ASCO 2009;*Abstract 8515.
- Palumbo A et al. **Bortezomib-melphalan-prednisone-thalidomide followed by maintenance with bortezomib-thalidomide compared with bortezomib-melphalan-prednisone for initial treatment of multiple myeloma: A randomized controlled trial.** *J Clin Oncol 2010;*28(34):5101-9. Abstract
- Rajkumar SV et al. **Lenalidomide plus high-dose dexamethasone versus lenalidomide plus low-dose dexamethasone as initial therapy for newly diagnosed multiple myeloma: An open-label randomised controlled trial.** *Lancet Oncol 2010;*11(1):29-37. Abstract
- Randomized study comparing conventional dose treatment using a combination of lenalidomide, bortezomib and dexamethasone to high-dose treatment with ASCT in the initial management of myeloma in patients up to 65 years of age.**  
NCT01191060
- Richardson PG et al. **Randomized, open label phase 1/2 study of pomalidomide (POM) alone or in combination with low-dose dexamethasone (LoDex) in patients (pts) with relapsed and refractory multiple myeloma who have received prior treatment that includes lenalidomide (LEN) and bortezomib (BORT): Phase 2 results.** *Proc ASH 2011;*Abstract 634.
- Richardson PG et al. **Lenalidomide, bortezomib, and dexamethasone combination therapy in patients with newly diagnosed multiple myeloma.** *Blood 2010;*116(5):679-86. Abstract
- Siegel D et al. **PX-171-003-A1, an open-label, single-arm, phase (Ph) II study of carfilzomib (CFZ) in patients (pts) with relapsed and refractory multiple myeloma (R/R MM): Long-term follow-up and subgroup analysis.** *Proc ASCO 2011;*Abstract 8027.
- Vij R et al. **PX-171-004, a multicenter phase II study of carfilzomib (CFZ) in patients with relapsed myeloma: An efficacy update.** *Proc ASCO 2009;*Abstract 8537.