

LIVING WELL WITH WATCH AND WAIT

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OVERVIEW

- What is CLL
- Staging of CLL
- The Healthcare team
- What is watch and wait
- Regular monitoring
- Living with CLL
- Supports

WHAT IS CHRONIC LYMPHOCYTIC LEUKAEMIA? (CLL)

- CLL is a cancer of the B-Lymphocytes (B-cells), a type of white blood cell
- In a healthy individual B-Cells are responsible for producing antibodies to fight infection
- CLL is the most common type of leukaemia in adults
- In Ireland there are approx 240 people diagnosed each year
- 2:1 ratio of men to women

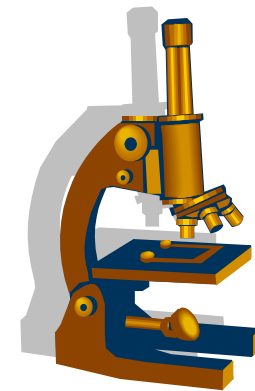
DIAGNOSIS

- ◉ Accidental blood test (65% of those found)
- ◉ Feeling unwell
- ◉ Enlarged lymph nodes
- ◉ Recurrent infections

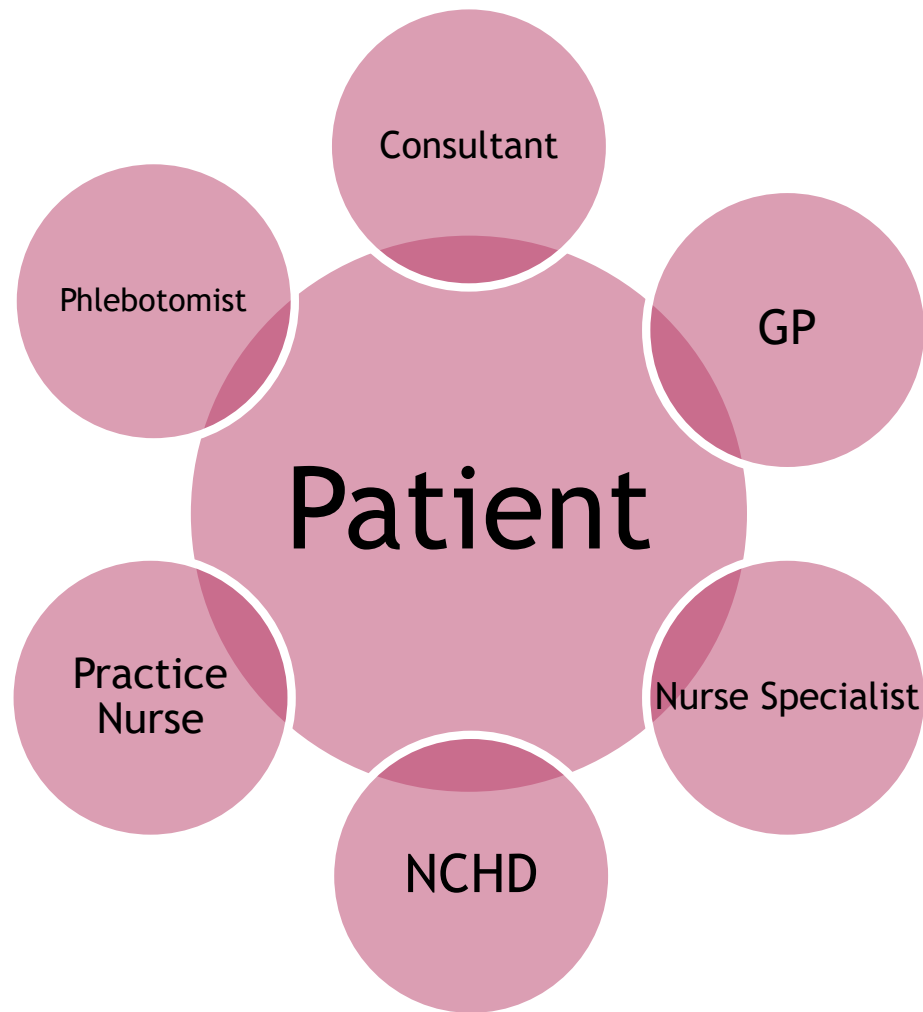


STAGE A CLL

- Binet staging in stage A
 - No Anaemia (low red cells)
 - Normal Platelet count (cells for clotting)
 - Fewer than 3 areas with enlarged lymph nodes (Neck, armpits, groin, spleen or liver)
- Flow Cytometry
- Lymphocyte count $>5.00 \times 10^9/l$
 - Normal range (0.90-3.20)



THE HEALTH CARE TEAM



WHAT IS WATCH AND WAIT?

- ◉ Active monitoring
- ◉ Out patient Appointment
 - Appointment intervals
- ◉ Blood test
 - Red blood cells, haemoglobin, platelets and the white cell types lymphocytes and neutrophils
 - Lymphocyte
- Lymph nodes examined
 - Neck, armpits, groin, spleen or liver





WHY WATCH AND WAIT?



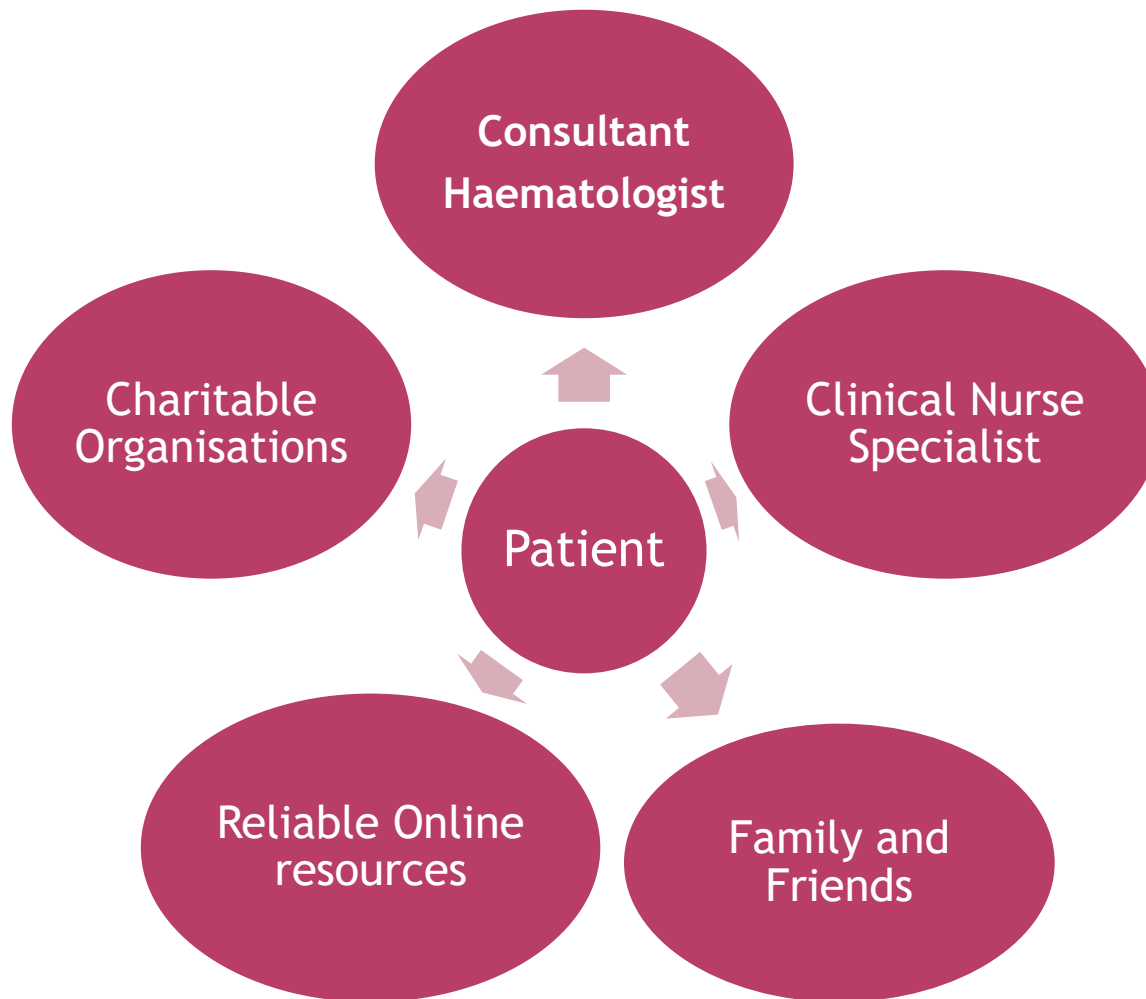
- On average 33% of patients never need treatment
- Your CLL may be very slowly progressing with the result you may never need treatment.
- Treatment may be needed at some stage, you can live well on Watch and Wait.
- Newer therapies available. Best available therapy to suit your disease.

LIVING WELL WITH CLL

- ◉ Self monitoring
- ◉ Infection
- ◉ Vaccination (Also for family members)
- ◉ Diet



SUPPORT NETWORK



FINANCIAL SUPPORT

- Health Cover
- Benefits and Allowances

Citizens Information: www.citizensinformation.ie

Cork City Citizens Advice

Cork University Hospital - Service Users Only

Tel: n/a - Service Users only

Opening Hours: 2nd Wednesday of every month; 9.30- 1.00

- Travel Insurance
- Life Insurance

FINANCIAL SUPPORTS

- ◉ **Cork Sick Poor Society (Cork City South Lee)**- No form, patient makes contact by phone and they will arrange to call to them **087 7549933**
- ◉ **St Vincent De Paul**- Based in the patients local area <http://www.svp.ie>
- ◉ **Protestant Aid**: Non-denominational provides financial assistance to patients (01) 668 4298 <http://www.protestantaid.org>
- ◉ **Money advice and Budgeting Service**: Free confidential advice to people having difficulty managing their money Helpline 0761072000
- ◉ **Marie Keating Foundation Comfort Fund**: HCP applies on behalf of the patient. Requires an identified financial need e.g. Heating, Fuel etc (Evidence of bill required)
- ◉ For further information contact Daffodil Centres- CUH (021)4234536
- ◉ **Bon Secours**: 0214941941 or Nurseline 1800200700

IRISH SUPPORTS

- ◉ Irish Cancer Society
 - www.cancer.ie
 - Cancer Nurse Freephone 1800 200 700
- ◉ CLL Ireland website
 - www.clli.ie
- ◉ Arc House Cork
 - www.corkcancersupport.ie
- ◉ The Kerry Cancer Support Group
 - www.kerrycancersupport.com

FURTHER SUPPORTS

○ Leukaemia Care UK

- www.leukaemiacare.org.uk

- CLLSA (CLL Support Association)

- www.clisupport.org.uk

- Macmillan UK

- www.macmillan.org.uk