

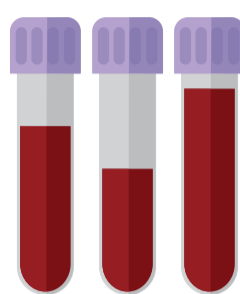


MYELOFIBROSIS: A NURSE'S PERSPECTIVE

Myelofibrosis (MF) is a rare type of chronic leukemia—a cancer that affects the blood forming tissues in the body—due to a genetic mutation that disrupts the body's normal production of blood cells. This can lead to a lack of red blood cells (RBCs), which may result in extensive scarring in the bone marrow. This development of fibrous scar tissue can lead to anemia, weakness, fatigue and swelling of the liver or spleen.^{1,2} One in 500,000 people worldwide have primary MF.² MF is often diagnosed in people older than 50.^{1,2}



8 AM: MY FIRST PATIENT



A 60-year-old male, is complaining of feeling fatigued and pain below his ribs.¹ The doctor conducts a physical examination and orders a series of blood tests.³



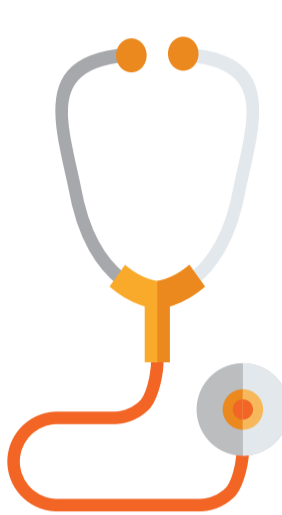
10 AM: CONTINUOUS TREATMENT

During morning rounds, I see a patient diagnosed two years ago. He receives treatment for MF.^{3,4}



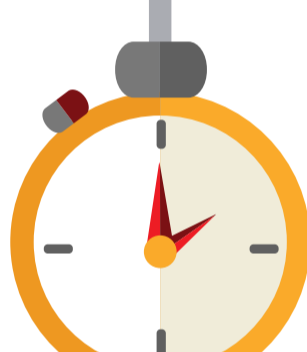
11 AM: AN ANNUAL EXAM

My next patient is not experiencing any pain, but after a physical exam, the doctor recommends a blood test.^{1,3}



12 PM: PROFESSIONAL DEVELOPMENT

During lunch, I tune in to a web conference on medical advances in MF care and return a few calls from patients with questions.⁵



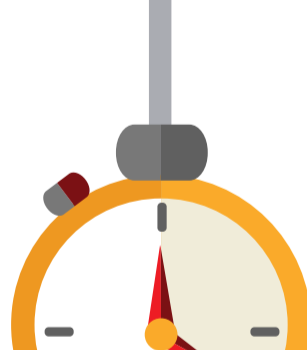
2 PM: BONE MARROW BIOPSY

A 65-year old patient comes in for a bone marrow biopsy to confirm a MF diagnosis.³



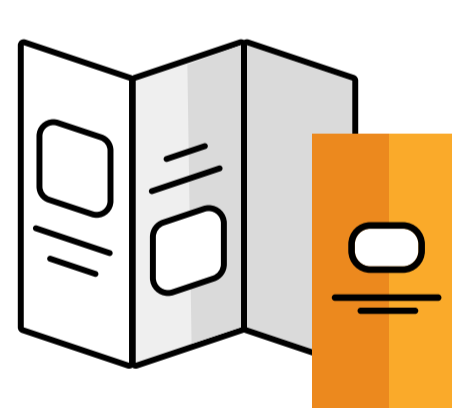
3 PM: TAKING ACTION

A 70-year-old patient is diagnosed with MF. The doctor explains what MF is and discusses different monitoring and treatment options and potential side effects with him.^{3,6} We provide reading materials and direct him to informational websites.



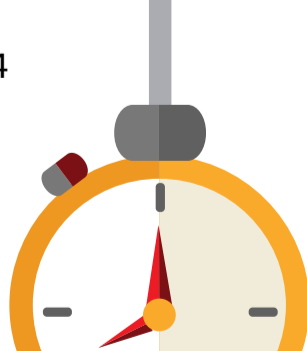
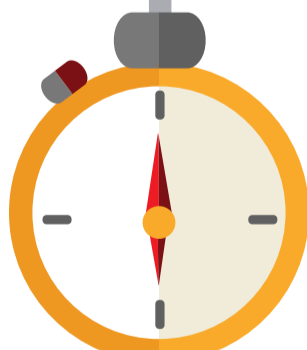
4 PM: CHECK-UP

A previously diagnosed MF patient is not responding to treatment. After a consult with the doctor I share some information on clinical trial enrollment for his consideration.^{3,4,6}



6 PM: SUPPORT GROUP

I run a weekly support group for MF patients and their caregivers. This week, we talk about the importance of note-taking and asking follow-up questions at doctor appointments.^{3,4}



8 PM: ACTIVELY STAYING MINDFUL

Sometimes I take a yoga class to decompress after a day at work. Exercise is important for my mental well-being to help me focus on my patients during the day.⁷



This is an example of a day in the life of a nurse working with people living with myelofibrosis. Nurses' perspectives may vary.

The Blood Cancer Community is bound together by blood to reach one common goal: to improve the lives of people impacted by blood cancer. Continued collaboration of patients, caregivers, healthcare providers, advocates, academics and researchers is critical to fulfilling this goal.

REFERENCES

1. Mayo Clinic. Myelofibrosis. Available at <https://www.mayoclinic.org/diseases-conditions/myelofibrosis/symptoms-causes/syc-20355057>. Accessed August 2018.
2. Genetics Home Reference. Primary myelofibrosis. Available at <https://ghr.nlm.nih.gov/condition/primary-myelofibrosis#genes>. Accessed August 2018.
3. Mayo Clinic. Myelofibrosis. Available at <https://www.mayoclinic.org/diseases-conditions/myelofibrosis/diagnosis-treatment/drc-20355062>. Accessed August 2018.
4. Leukemia & Lymphoma Society. Myelofibrosis Treatment. Available at <https://www.lls.org/myeloproliferative-neoplasms/myelofibrosis/treatment>. Accessed August 2018.
5. Witt CL. Continuing Education: A Personal Responsibility. *Advances in Neonatal Care*. 2011;11(4):227-228.
6. MPN Research Foundation. Myelofibrosis. Available at <http://www.mpnresearchfoundation.org/Primary-Myelofibrosis>. Accessed August 2018.
7. American Osteopathic Association. The Benefits of Yoga. <https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/>. Accessed August 2018.

