



YOUR CML APPOINTMENT GUIDE

EVERY DETAIL MATTERS

Appointments with your healthcare team are an opportunity to discuss your condition, care, and any concerns you may have.

The details you share will help your care team select the optimal treatment and management plan for you. Even if you think something is completely unrelated to your Chronic Myeloid Leukaemia (CML), if it is affecting you in any way, it is essential you bring it up so that your care team are aware.

It is also a good idea to make a note of anything new you might be feeling since your last appointment.

SYMPTOMS

WHAT SYMPTOMS HAVE YOU BEEN EXPERIENCING LATELY?

Remember to speak to your doctor or nurse about all the symptoms you experience, no matter how mild you feel they may be.

Q1

Please indicate which, if any, of the symptoms below you have experienced since your last consultation (rate the severity of the impact these symptoms have had on your daily life since your last discussion, with 1 indicating no impact, and 5 indicating high impact):

Tiredness

1 — 2 — 3 — 4 — 5

Tenderness and swelling in the left side of your tummy

1 — 2 — 3 — 4 — 5

Shortness of breath

1 — 2 — 3 — 4 — 5

Frequent infections

1 — 2 — 3 — 4 — 5

Unexplained weight loss

1 — 2 — 3 — 4 — 5

Feeling full after small meals

1 — 2 — 3 — 4 — 5

Fever/a high temperature

1 — 2 — 3 — 4 — 5

Bone pain

1 — 2 — 3 — 4 — 5

Night sweats

1 — 2 — 3 — 4 — 5

Pale skin

1 — 2 — 3 — 4 — 5

Bruising and bleeding easily

1 — 2 — 3 — 4 — 5

Other:



TREATMENT SIDE EFFECTS

WHAT SIDE EFFECTS HAVE YOU BEEN EXPERIENCING LATELY?

If you are currently on a treatment plan for CML, it is important to keep track of any side effects. Side effects are normal, but if something doesn't feel right to you it is important to tell your doctor or nurse as there are ways to manage some side effects. Your doctor or nurse may consider alternative treatment options. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine.

Please refer to the Patient information leaflet that came with your medication to learn about the side effects associated with the treatment.

Q2

Please note which, if any, of the side effects below you have experienced since your last consultation (rate the severity of the impact these side effects have had on your daily life since your last discussion, with 1 indicating no impact, and 5 indicating high impact):

Nausea and sickness

1 — 2 — 3 — 4 — 5

Diarrhoea

1 — 2 — 3 — 4 — 5

Rash or other skin issues

1 — 2 — 3 — 4 — 5

Muscle pain

1 — 2 — 3 — 4 — 5

Cardiac issues

1 — 2 — 3 — 4 — 5

Swelling (in face and legs)

1 — 2 — 3 — 4 — 5

Headaches

1 — 2 — 3 — 4 — 5

Hair thinning

1 — 2 — 3 — 4 — 5

Shortness of breath

1 — 2 — 3 — 4 — 5

Weight gain

1 — 2 — 3 — 4 — 5

Muscle cramps

1 — 2 — 3 — 4 — 5

Aching joints

1 — 2 — 3 — 4 — 5

Tiredness

1 — 2 — 3 — 4 — 5

Increased risk of picking up infections

1 — 2 — 3 — 4 — 5

Other, please use this section to capture any additional adverse events which you may be experiencing and list them here:

EMOTIONAL IMPACT

HOW IS YOUR CML AFFECTING YOU EMOTIONALLY?

As CML can affect your daily life, the chances are it also impacts your emotional wellbeing too. Opening up to those around you, as well as your healthcare team, may help you feel a sense of acceptance with your diagnosis and the symptoms you may be experiencing.

Q3

Since your last consultation, have you experienced any of the following?

	Yes	No		Yes	No
Anxiety around my diagnosis	<input type="checkbox"/>	<input type="checkbox"/>	Stress around condition	<input type="checkbox"/>	<input type="checkbox"/>
Frustrations with my diagnosis/symptoms	<input type="checkbox"/>	<input type="checkbox"/>	Fear around condition	<input type="checkbox"/>	<input type="checkbox"/>
Worry of symptoms getting worse	<input type="checkbox"/>	<input type="checkbox"/>	Worry that I feel worse than my doctor or nurse thinks I feel	<input type="checkbox"/>	<input type="checkbox"/>

Other:



QUESTIONS TO ASK YOUR DOCTOR OR NURSE

YOU MIGHT WANT TO PREPARE SOME ANSWERS

Remember, no question is too big or too small. Asking the right questions means you are more likely to get all the information you need to move forward and make the right decisions about your treatment and care.

Q4

The following suggestions might be helpful at your next appointment:

1. What do my recent scans/tests show?
2. How could my treatment help me?
3. Could my treatment affect my daily activities?
4. Is there any indication of how long I will need to be on this treatment?
5. Is there anything I can do to help manage the side effects?
6. In addition to treatment, are there any changes I need to make to my lifestyle?
7. Could I still lead a normal life?
8. If the recommended treatment does not work as it should, what are my next options?

Is there anything else you would like to ask your doctor or nurse?



QUESTIONS YOUR DOCTOR OR NURSE MAY ASK YOU YOU MIGHT WANT TO PREPARE SOME ANSWERS

The more open you are and the more information you provide, the more easily your doctor or nurse will be able to personalise your treatment and care, helping you stay on track.

Q5

Here are some things you can think about before your next appointment:

1. Have you been experiencing any new symptoms since diagnosis?
2. Do you feel your symptoms are affecting your day-to-day and quality of life?
3. How are you feeling emotionally?
4. What aspects of your treatment plan are important to you?
5. Have you changed any part of your lifestyle since your diagnosis?

Understandably, a cancer diagnosis and anything else that comes with it can be a lot to take in, so having a family or friend at hand to prompt you, take useful notes, or clarify anything can be helpful.

IF IN DOUBT, ASK AGAIN

If at any point you are unsure, don't agree with something, or just need something repeated or clarified, don't be afraid to say.

Use this section to write down anything you may need to remember at your next appointment. If a friend or family member is accompanying you, you may want to ask them to make notes.

Is there anything else you would like to ask your doctor or nurse?



KEEP TRACK OF YOUR APPOINTMENTS
ADD THEM TO YOU CALENDAR

DATE	TIME	NOTES



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