

Active Monitoring checklist

for people with

Waldenstrom's macroglobulinaemia

Active monitoring (AM) is when your healthcare team monitor your WM, rather than treating it right away. You may hear it called 'active surveillance' or 'watch and wait'. For more information, visit wmuk.org.uk.

What will AM consist of?

- I understand how often I will have monitoring appointments with my healthcare team
- I understand and am satisfied with the format of my future appointments (e.g., face-to-face, telephone, virtual)
- I understand what tests will need to be performed to monitor my condition and how often these will be performed
- I feel that I have been given enough information about what to expect during the active monitoring phase of my treatment

My Waldenstrom's macroglobulinaemia

- My current symptoms have been discussed during this consultation
- I understand what new symptoms I may experience and when to contact my healthcare team
- I understand that WM can affect my immune system and therefore I should take reasonable precautions to avoid infection, including ensuring my vaccinations are up to date
- I feel that I have been given enough information about my condition at this time

Additional support during AM

- I have been provided the contact details of my clinical nurse specialist (CNS)
- I understand what support my CNS can offer me during active monitoring
- I have been informed of other types of healthcare professional support that may be available to me should I require it (e.g., dietician, physiotherapist, etc.)
- I have been given information about how to contact or access information from patient support groups/charities such as WMUK

Contributing to WM research

- My doctor has discussed my enrolment and inclusion of my data in the Rory Morrison Registry with me

My lifestyle

- I understand the impact of my general wellbeing on my condition and the importance of keeping as well as I can
- I have discussed the importance of regular and appropriate exercise as it relates to my general wellbeing and my condition with my WM care team
- I have discussed with my WM care team, the importance of ensuring any other medical issues I may have are being addressed and managed well by my GP or other healthcare provider

If you are unable to tick any of the boxes above, please discuss your concerns or questions with you CNS or key worker

For more information

wmuk.org.uk or call the WMUK Support Line: 0300 373 8500