Patient agreement to systemic anti-cancer therapy (SACT)

# Rituximab - Lenalidomide

**Hospital/NHS Trust/NHS Board:**

_____

_____

**Responsible Consultant:**

Name: _____

Job title: _____

**Patient details**

Patient's surname/family name:

_____

Patient's first name(s): _____

_____

Date of birth: _____

NHS number: _____
(or other identifier)

Special requirements:
(e.g. other language/other communication method)

_____

_____

_____

_____

**Name of proposed course of treatment** (include brief explanation if medical term not clear)

☐ Rituximab and Lenalidomide for the treatment of follicular lymphoma in adult patients.

☐ Lenalidomide is taken orally once each day on days 1 to 21 (followed by a 7 day break).

☐ Rituximab is given intravenously on day 1 (for cycle 1 only, Rituximab is also given on days 8, 15, 22).

☐ Each treatment cycle lasts for 28 days.

☐ Treatment with Rituximab is continued for up to 5 cycles. Treatment with Lenalidomide is continued for up to 12 cycles.

**Where will I have treatment?**

☐ Outpatient ☐ Day unit/case ☐ Inpatient ☐ Other: _____

## Statement of health professional

(to be filled in by health professional with appropriate knowledge of proposed procedure, as specified in the hospital/Trust/NHS board's consent policy)

☑ Tick all relevant boxes

☐ I confirm the patient has capacity to give consent.

☐ I have explained the course of treatment and intended benefit to the patient.

**The intended benefits** (there are no guarantees about outcome)

☐ Remission induction – therapy given in the acute state of the disease, aiming to shrink the tumour.

☐ Disease control or palliative – the aim is not to cure, but to control the disease, improve survival, prevent symptoms and improve quality of life.

# Statement of health professional

Patient identifier/label

**You may have one or more of the side effects listed**

## Common side effects:

Affecting more than 10 in every 100 (>10%) people

- ☐ An increased risk of getting an infection from a drop in white blood cells and reduction in antibody levels – it is harder to fight infections and you can become very ill.
- ☐ **If you have a severe infection this can be life-threatening. Contact your doctor or hospital straight away if:**
  - **your temperature goes over 37.5°C or over 38°C, depending on the advice given by your chemotherapy team**
  - **you suddenly feel unwell (even with a normal temperature)**
- ☐ Tiredness and feeling weak (fatigue), headache, dizziness, shortness of breath, cough.
- ☐ Feeling sick (nausea), being sick (vomiting). You will be given anti-sickness medication to prevent this (their side effects include diarrhoea, constipation, headaches).
- ☐ Diarrhoea, constipation, appetite loss, taste changes, indigestion.
- ☐ Hair thinning or loss.
- ☐ Skin rash, itch.
- ☐ Aches, pain, weakness in the muscles and joints, muscle spasms, back pain, build-up of fluid causing swelling.
- ☐ At the start of treatment, you may experience increased pain, change in colour or size of the affected lymph nodes.
- ☐ Bruising or bleeding (due to low platelets).
- ☐ Anaemia (low red blood cells) causing tiredness, fatigue, shortness of breath.
- ☐ Reactions may happen while Rituximab is being given or soon after. They are usually most noticeable with the first infusion: flu-like symptoms, back pain, high or low blood pressure, flushing, breathlessness, feeling or being sick, faster or irregular heartbeat, allergic reactions (severe reactions are less common).
- ☐ Changes in liver function (rarely can be severe) – monitored with blood tests.

## Occasional side effects:

Affecting between 1-10 in every 100 (1-10%) people

- ☐ Lenalidomide may increase your risk of a second cancer, particularly of the blood or skin (years later). Protect skin from sun exposure, check your skin for changes in appearance and new growths (may look like a new wart), change in size or colour of a mole.
- ☐ Changes in kidney function, changes in electrolyte levels (potassium, phosphate, calcium, potassium) – monitored with blood tests, dehydration.
- ☐ Taste changes, hoarse voice, tummy cramps, sore mouth/throat and ulcers, dry mouth.
- ☐ Build-up of fluid causing weight gain.
- ☐ Pain and ringing in the ears.
- ☐ Watery and red eyes, vision changes, stuffy or runny nose.
- ☐ Increased sweating, night sweats, difficulty sleeping, feeling dizzy, anxious and depressed.
- ☐ Changes in thyroid hormone levels (monitored with blood tests).
- ☐ Numbness and tingling in the hands and feet, burning sensation, reduced sensation. Tell your doctor if you develop any of these symptoms. Rarely these can be long term or permanent.
- ☐ Changes in how well the heart works, irregular heart beat, fast heartbeat, high or low blood pressure.
- ☐ Rituximab can increase your blood sugar levels.
- ☐ Cancer and treatment with Lenalidomide can increase your risk of developing a blood clot (thrombosis), causing pain, skin colour changes, swelling in an arm or leg and/or breathlessness or chest pain. Tell your doctor straight away if you have any symptoms.

**Continue on to the next page**

Patient identifier/label

# Statement of health professional

### Other risks:

- ☐ Any drug given through a vein may leak out of the vein and some may damage tissue around it while being given (extravasation). Leaks may cause stinging, pain, skin colour changes, swelling by the vein. Tell the nurse straight away if you have any of these symptoms. It's uncommon but important to deal with quickly.
- ☐ Before treatment, you will have blood tests to check for viruses such as Hepatitis B, Hepatitis C, HIV or more unusual infections. This treatment may weaken your natural defence (immune) system making you prone to infections or existing infections could worsen or become active again if you've had them in the past. You may be given medicines to prevent or treat infection.
- ☐ A risk of tumour lysis syndrome (when treatment destroys cancer cells too quickly for the kidneys to cope). You may be prescribed medicines for prevention or treatment. Rarely, dialysis may be needed.
- ☐ Rare allergic reactions to Lenalidomide.
- ☐ Changes in the lungs (scarring) causing shortness of breath, chest pain, cough.
- ☐ Severe skin reactions causing sore patches which blister and peel (Stevens-Johnson Syndrome or Toxic Epidermal Necrolysis).
- ☐ Rituximab may very rarely lead to a serious brain infection (Progressive Multifocal Leukoencephalopathy). Tell your doctor or nurse immediately if you notice confusion, memory loss, trouble thinking, difficulty walking, vision changes, weakness on one side of your body.
- ☐ Rituximab rarely causes a break or hole in the digestive tract (perforation). Tell your doctor if you have sudden intense tummy pain or blood in the vomit or stools.

### Other risks continued:

- ☐ Changes in memory, concentration, ability to think clearly. There can be many causes, including your treatment, diagnosis or both.
- ☐ Complications of treatment can occasionally be severe and need intensive care support, or be life-threatening and result in death. The risks are different for every individual. Potentially life-threatening complications include those listed on this form, but, other, exceedingly rare side effects may also be life-threatening.
- ☐ Following treatment, the lymphoma may either persist (rarely) or return after a period of time. Different treatment may then be needed if this is appropriate for you.

### If applicable:

- ☐ Some anti-cancer medicines can damage ovaries and sperm. This may lead to infertility and/or early menopause.
- ☐ **Some anti-cancer medicines, particularly Lenalidomide, can damage the development of a baby in the womb. People of childbearing potential should start using effective contraception 4 weeks before starting treatment. It is important not to become pregnant during treatment and for 12 months after Rituximab, or 4 weeks after Lenalidomide (whichever is longer). Use effective contraception during this time.**
- ☐ Growth factor injections (G-CSF) are given to maintain white blood cells and reduce infection risk. They may cause bone pain, headaches, itchy skin around the injection site.

# Statement of health professional

Patient identifier/label

**Any other risks and information:**

_____

_____

☐ I have discussed the intended benefit and risks of the recommended treatment, and of any available alternative treatments (including no treatment).

☐ I have discussed the side effects of the recommended treatment, which could affect the patient straight away or in the future, and that there may be some side effects not listed because they are rare or have not yet been reported. Each patient may experience side effects differently.

☐ I have discussed what the treatment is likely to involve (including inpatient/outpatient treatment, timing of the treatment, blood and any additional tests, follow-up appointments etc) and location.

☐ I have explained to the patient, that they have the right to stop this treatment at any time and should contact the responsible consultant or team if they wish to do so.

☐ I have discussed concerns of particular importance to the patient in regard to treatment

(please write details here): _____

_____

**Clinical management guideline/Protocol compliant (please tick):**

☐ Yes ☐ No ☐ Not available If No please document reason here:

_____

**The following written information has been provided:**

☐ Information leaflet for Rituximab and Lenalidomide

☐ 24 hour alert card or SACT advice service contact details

☐ SACT treatment record (cruk.org/treatment-record)

☐ Other, please state: _____

_____

**Health professional details:**

Signed: _____

Date: _____

Name (PRINT): _____

_____

Job title: _____

_____

# Statement of interpreter **(where appropriate)**

**Interpreter booking reference (if applicable):**

I have interpreted the information above to the patient to the best of my ability and in a way in which I believe they can understand.

Signed: _____ Date: _____

Name (PRINT): _____ Job title: _____

# Statement of patient

Patient identifier/label

Please read this form carefully. If your treatment has been planned in advance, you should already have your own copy of the form which describes the benefits and risks of the proposed treatment. If not, you will be offered a copy now. If you have any further questions, do ask – we are here to help you. You have the right to change your mind at any time, including after you have signed this form.

☐ I have had enough time to consider my options and make a decision about treatment.

☐ I agree to the course of treatment described on this form.

A witness should sign below if the patient is unable to sign but has indicated their consent.

Patient's signature: _____

Name (PRINT): _____ Date: _____

Person with parental responsibility/witness' signature: _____

Name (PRINT): _____ Date: _____

## Copy accepted by patient: yes / no (please circle)

## Confirmation of consent

(health professional to complete when the patient attends for treatment, if the patient has signed the form in advance)

On behalf of the team treating the patient, I have confirmed that the patient has no further questions and wishes the course of treatment/procedures to go ahead.

Signed: _____

Date: _____

Name (PRINT): _____

Job title: _____

**Important notes:** (tick if applicable)

☐ See also advance decision to refuse treatment

☐ Patient has withdrawn consent (ask patient to sign and date here)

Signed: _____

Date: _____

## Further information for patients

**Contact details** (if patient wishes to discuss options later):

_____

Contact your hospital team if you have any questions about cancer and its treatment.

Cancer Research UK can also help answer your questions about cancer and treatment. If you want to talk in confidence, call our information nurses on freephone 0808 800 4040, Monday to Friday, 9am to 5pm. Alternatively visit cruk.org for more information.

These forms have been produced by Guy's and St. Thomas' NHS Foundation Trust as part of a national project to support clinicians in ensuring all patients are fully informed when consenting to SACT.

The project is supported by Cancer Research UK. This does not mean you are taking part in a clinical trial.

# Guidance for health professionals

(to be read in conjunction with the hospital's consent policy)

Patient identifier/label

**What a consent form is for**

This form documents the patient's agreement to go ahead with the treatment you have proposed. It is not a legal waiver – if patients, for example, do not receive enough information on which to base their decision, then the consent may not be valid, even though the form has been signed. Patients are also entitled to change their mind after signing the form, if they retain capacity to do so. The form should act as an aide-memoir to health professionals and patients, by providing a checklist of the kind of information patients should be offered, and by enabling the patient to have a written record of the main points discussed. In no way should the written information provided for the patient be regarded as a substitute for face-to-face discussions with the patient.

**The law on consent**

See the following publications for a comprehensive summary of the law on consent. Consent: Patients and doctors making decisions together, GMC 2020 (gmc-uk.org/guidance). Reference guide to consent for examination or treatment, Department of Health, 2nd edition 2009 (doh.gov.uk).

**Who can give consent**

Everyone aged 16 or over is presumed to have the capacity to give consent for themselves, unless the opposite is demonstrated. For young people, it is good practice to involve those with parental responsibility in the consent discussions, unless specifically asked not to. A person with parental responsibility must sign this form for a child or young person under the age of 16. Such patients should be given the opportunity to 'assent' to treatment if they wish. If a patient has the capacity to give consent but is physically unable to sign a form, you should complete this form as usual and ask an independent witness to confirm that the patient has given consent orally or non-verbally.

**When NOT to use this form**

If the patient lacks the capacity to give consent, you should use an alternative form available for this purpose (dependent on patient age). A patient lacks capacity if they have an impairment or disturbance of the brain, affecting the way their mind works. For example, if they cannot do one of the following:

- understand information about the decision to be made
- retain that information in their mind
- use or weigh this information as a part of their decision making process, or
- communicate their decision (by talking, using sign language or any other means)

You should always take all reasonable steps (for example involving more specialist colleagues) to support a patient in making their own decision, before concluding that they are unable to do so. Relatives cannot be asked to sign a form on behalf of an adult who lacks capacity to consent for themselves, unless they have been given the authority to do so under a Lasting Power of Attorney or as a court deputy.

**Information**

Information about what the treatment will involve, its benefits and risks (including side-effects and complications) and alternatives to the particular procedure proposed, is crucial for patients when making up their minds. The courts have stated that patients should be told about 'significant risks which would affect the judgement of a reasonable patient'. 'Significant' has not been legally defined, but the GMC requires doctors to tell patients about 'significant, unavoidable or frequently occurring' risks. If patients make clear they have particular concerns about certain kinds of risk, you should ensure that they are informed about these risks, even if very small or rare. You should always answer questions honestly. Sometimes, patients may make it clear that they do not want to have any information about the options, but want you to decide on their behalf. In such circumstances, you should do your best to ensure that the patient receives at least very basic information about what is proposed. Where information is refused, you should document this on the consent form or in the patient's notes.

**NHS Scotland**

NHS Scotland staff should refer to Healthcare Improvement Scotland. Guidance on consent for SACT and local NHS Board guidance on consent aligned to the Scottish legal framework.

**References**


1. Summary of Product Characteristics for individual drugs: medicines.org.uk/emc
2. Cancer Research UK: cruk.org/about-cancer/treatment/drugs
3. Macmillan Cancer Support: macmillan.org.uk/cancer-information-and-support/treatments-and-drugs
   Guy's and St. Thomas' NHS Foundation Trust, Chemotherapy consent form