

Guidance for providers to help HCT patients return to work

WHAT?



The American Society for Transplantation and Cellular Therapy (ASTCT) Return to Work Guidance Committee provided recommendations to enable health care providers to help post-transplant patients meet an important milestone – returning to work.

WHY?

Hematopoietic cell transplant patients need help from their care team with the transition back to work. Traditionally, patients haven’t been assisted in this area of their lives after transplantation, but they consider returning to work to be an important milestone to meet. Only 50-60% of patients return to work at a median of three years post-transplant.

WHO?

The ASTCT Return to Work Guidance Committee pulled evidence from existing transplant and cancer literature.

RESULTS

The areas of return-to-work preparation and fitness begin before transplant and include defining goals; optimizing and maintaining physical fitness; understanding disability benefits and financial assistance; maintaining communication with co-workers and employer; determining work modifications; evaluating physical, cognitive and psychological condition; and timing a return to work.

Transplant team members who work with patients in these areas, according to the recommendations, include physicians, advanced practice providers, clinical psychologists, social workers, nurses and nurse navigators, physical and occupational therapists, disability benefits counselors and employers. Each of these team members has a role to play in successful return to work for patients post-transplant.

IMPACT

Post-transplant, many patients value return to work as a quality-of-life indicator and have lacked guidance in this area. This research can help health care providers guide patients.

FROM THE EXPERTS

Returning to the workplace following a transplant is complicated. Patients often have questions regarding their health and safety, legal rights and insurance status. The medical team plays an important role in guiding patients through the process and directing them to resources that can help.”



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