Steroid-Associated Side Effects

A symptom management update on multiple myeloma treatment

Tracy King, RN, MSc, and Beth Faiman, PhD, CNP

BACKGROUND: One constant and relatively unchanged aspect of treatment of multiple myeloma (MM) is the use of glucocorticosteroids, or steroids, which can cause a wide range of adverse side effects and harm patients' quality of life.

OBJECTIVES: The objective of this study was to provide updated recommendations on the management of steroid-associated side effects in patients with MM.

METHODS: A study of steroid-associated side effects in MM treatment regimens was reviewed to provide updated recommendations to healthcare professionals.

FINDINGS: Identifying the side effects of steroids and managing them promptly contribute to the success of steroid-containing regimens for patients with MM.

KEYWORDS
multiple myeloma; side effect management; steroids; neuropsychiatric

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