

STAND ALONE ACTION CARD

TITLE: BONE PROTECTION IN HIGH GRADE LYMPHOMA

FOR USE BY: Lymphoma clinical team, Haematology pharmacy

LIAISES WITH: Edward Jenner Unit nursing team

Rationale: Patients who receive steroid-containing combination chemotherapy for lymphoma are at an increased risk of osteoporosis and fragility fractures¹.

Bone protection should be considered for all patients prescribed prednisolone-containing regimens for lymphoma. These regimens are:

CHOP or mini-CHOP or CVP +/- Rituxumab or Obinutuzumab
Pola-R-CHP
BV-CHP

Patients should be considered for bone protection when prescribing their first chemotherapy cycle:

ZOLEDRONIC ACID²

	Age < 50	Age > 50
No risk factors	None	None
Risk factors^a	None	Zoledronic acid 5mg with cycle 2 ^b

a) Risk factors: Known osteoporosis or osteopenia, fragility fracture, rheumatoid arthritis, bone involvement or steroid pre-phase

b) Ensure Ca_c >2.2, low vitamin D has been replaced for at least 2 weeks, there is no active dental infection, any dental extractions have fully healed, CrCl >35 ml/min

VITAMIN D

	Age < 50	Age > 50
Vit D <25	Vitamin D loading ^c , followed by maintenance ^d	Vitamin D loading ^c , followed by maintenance ^d
Vit D 25-50	None	Vitamin D maintenance ^d If requiring zoledronic acid: Vitamin D loading ^c , followed by maintenance ^d
Vit D >50	None	Vitamin D maintenance ^d

c) Vitamin D loading: Hux D3 40000 units po weekly for 7 weeks

d) Vitamin D maintenance: Calci-D 1 tablet od, continuing until 3 months post-chemotherapy

References:

- Booth S *et al.* Fractures are common within 18 months following first-line R-CHOP in older patients with diffuse large B-cell lymphoma. *Blood Advances*, 2020. **4**(18): 4337-4346
- EMC. *Zoledronic acid 5mg solution for infusion. Summary of Product Characteristics*. 17 Dec 2020 available at: <https://www.medicines.org.uk/emc/product/5242/smpc> [accessed 29 Feb 2024]