Learning Objectives

This knowledge assessment program requires participants to read the Alberta Multiple Myeloma clinical practice guideline (MM CPG) and answer several multiple choice questions regarding two hypothetical patients. The answers to the questions are based on evidence provided within the MM CPG and are specific to practice in Alberta

Overall Learning Objectives

Upon completion of this knowledge assessment program participants will be able to:

- Describe the evidence based approaches which are currently considered the standard of care in Alberta.
- Interpret and apply the Multiple Myeloma Clinical Practice Guideline.

Individual Question Learning Objectives

Question 1

After successful completion of question 1, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Identify what investigations are appropriate, and what investigations are inappropriate during the staging of a newly diagnosed patient with monoclonal protein.

Question 2

After successful completion of question 2, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Discuss patient’s progression risk-factors, stratify the risk, and provide the associated prognostic outcome in terms of the risk of progression expected over 20 years.

Question 3

After successful completion of question 3, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Evaluate what investigations would be appropriate and what investigations would be inappropriate for the diagnosis of smoldering myeloma.

Question 4

After successful completion of question 4, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Demonstrate which cytogenetic lab investigations are appropriate and which cytogenetic lab investigations are inappropriate for the diagnosis of smoldering myeloma.

Question 5

After successful completion of question 5, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Judge what upfront therapies are viable and what upfront therapies are not viable based on efficacy and toxicity profiles of the available upfront therapies.
Question 6
After successful completion of question 6, given the characteristics of hypothetical patient 1, with the added complication of a skeletal related event and based on the available evidence participants will be able to;

- Describe what bisphosphonates are viable and what bisphosphonates are inappropriate for treatment of a skeletal related event.

Question 7
After successful completion of question 7, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Identify what bone marrow transplant strategy would be the optimal therapy for hypothetical patient 1.

Question 8
After successful completion of question 8, given the characteristics of hypothetical patient 1, and based on the available evidence participants will be able to;

- Assess which post-transplant therapy strategy maximizes overall survival.
- Describe how the increase in overall survival associated with Thalidomide comes at a cost of negatively impacted quality of life.

Question 9
After successful completion of question 9, given the characteristics of hypothetical patient 2, and based on the available evidence participants will be able to;

- Determine what alternate disease should be considered given the patient’s renal issues.

Question 10
After successful completion of question 10, given the characteristics of hypothetical patient 2, and based on the available evidence participants will be able to;

- Indicate what investigations are appropriate and inappropriate for the staging and diagnosis of solitary plasmacytomas.

Question 11
After successful completion of question 11, given the characteristics of hypothetical patient 2, and based on the available evidence participants will be able to;

- Assess what the patients prognosis is based on the International Staging System for Multiple Myeloma.

Question 12
After successful completion of question 12, given the characteristics of hypothetical patient 2, and based on the available evidence participants will be able to;

- Indicate what dose of weekly dexamethasone should be given as initial therapy, with an emphasis on patient’s age.

Question 13
After successful completion of question 13, given the characteristics of hypothetical patient 2, and based on the available evidence participants will be able to;

- Identify the major outcomes from the VMP versus VMP-VT study.
• Explain why, although progression free survival, complete response rate, grade 3 or 4 neutropenia and cardiologic events were significantly different, overall survival was not.

Question 14
After successful completion of question 14, given the characteristics of hypothetical patient 2, and based on the evidence provided in MM009 and MM010, participants will be able to;

• Indicate what the patients' median time to progression is estimated to be.

Question 15
After successful completion of question 15, given the characteristics of hypothetical patient 2, and based on the available evidence participants will be able to;

• Demonstrate what the optimal treatment approach would be after 2 years of treatment with Lenalidomide and dexamethason resulted in a reduction of the size of the patients plasmacytomas, but the development of neuropathy, and growth of the kappa light chain in urine protein electrophoresis.