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# To cytokine release syndrome (CRS) in patients with multiple myeloma (MM): the nursing role

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## Introduction

MM is characterized by a disease originating in plasma cells, which are responsible for the production of immunoglobulin, compromising the immune system. It presents with exacerbated proliferation of plasma cells synthesizing non-functioning immunoglobulin, leading to target organ damage. The characteristic damage identified is referred to using the "CRAB" criteria: hypercalcemia, renal failure, anemia and bone lesions.[1] The treatments used can trigger SLC, explaining the importance of a professional with knowledge about pre-, inter- and post-administration care of such a medication. This syndrome has a reported incidence in 72% of treated patients, and continuous and individualized assessment by professional nurses is crucial, who bases their care on education, assessment and prior identification of complications, with a view to assertive and punctual treatment in agreement with the medical team and multidisciplinary.[2]

## Objective

Identify the main symptoms and nursing care in SLC.

## Method

This is a narrative review on the topic.

## Results

Among the main signs and symptoms found are fever, hypoxia, chills, hypotension and tachycardia, in addition to serious complications such as cardiac dysfunction, adult respiratory distress syndrome, neurological toxicity, renal/hepatic failure and disseminated intravascular coagulation. The nurse plays a crucial role in identifying the symptoms that precede CLS, facilitating early management and successful treatment. It is imperative that care is provided through continuous control of vital signs, graded neurological assessment with relevant interventions, multidisciplinary care and available life support. In addition to the actions performed, it is necessary to record them in the medical record, supporting future care.

## Conclusion

It is concluded that continuous and systematic assessment of the individual, pre-defined interventions for management, supplies available for use on an emergency basis and patient education and support network in the early identification of conditions are essential. It is essential to train health professionals, with an emphasis on the nursing team, to develop and standardize patient care. Adverse reactions are a common occurrence in oncohematology units, but early identification and treatment are essential, and a specialized care team is essential in managing these adversities, in order to minimize occurrences resulting from CLS, avoiding the suspension of this promising therapy, among other unfavorable outcomes.

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## Conflicts of interest

The authors declare that there are no conflicts of interest.

## References

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