

This is your NEUROTOXICITY ASSESSMENT TOOL

Peripheral neuropathy is a condition that can cause muscle weakness, tingling, burning, pain, and loss of feeling in your hands and feet. It may be caused by multiple myeloma or its treatment. It is important to recognize any symptoms you may have. If you notice any of the following, talk to your doctor or nurse right away.

Instructions:

Circle one number per line, to rate how you have felt during the past 7 days. Then fill in your name and the date, and share it with your healthcare team.

	NOT AT ALL	A LITTLE BIT	SOMEWHAT	QUITE A BIT	VERY MUCH
I have numbness or tingling in my hands	0	1	2	3	4
I have numbness or tingling in my feet	0	1	2	3	4
I feel discomfort in my hands	0	1	2	3	4
I feel discomfort in my feet	0	1	2	3	4
I have joint pain or muscle cramps	0	1	2	3	4
I feel weak all over	0	1	2	3	4
I have trouble hearing	0	1	2	3	4
I get a ringing or buzzing in my ears	0	1	2	3	4
I have trouble buttoning buttons	0	1	2	3	4
I have trouble feeling the shape of small objects when they are in my hand	0	1	2	3	4
I have trouble walking	0	1	2	3	4

My name _____ **Visit date** _____

Instructions for **HEALTHCARE PROFESSIONALS**

This assessment tool is provided to help you evaluate peripheral neuropathy in patients receiving chemotherapy. Healthcare professionals may find discussion of patient responses helpful in determining the grade of neuropathy as defined by the NCI Common Terminology Criteria listed below; there is no direct correlation between assessment scores and toxicity grades.

NCI Common Terminology Criteria for Peripheral Neuropathy and Neuropathic Pain¹

Peripheral Sensory Neuropathy (NCI CTC Grade)

- 1** Asymptomatic: loss of deep tendon reflexes or paresthesia
- 2** Moderate symptoms: limiting instrumental ADL
- 3** Severe symptoms: limiting self-care ADL; assistance device indicated
- 4** Life-threatening consequences: urgent intervention indicated

Neuropathic Pain (NCI CTC Grade)

- 1** Mild pain
- 2** Moderate pain: limiting instrumental ADL
- 3** Severe pain: limiting self-care ADL

ADL=activities of daily living.

Reference: 1. Adapted from National Cancer Institute. Common Terminology Criteria for Adverse Events (CTCAE) (version 4.03). National Institutes of Health, US Dept of Health and Human Services; 2010. NIH publication 09-5410.

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Printed in the USA

USO/NON/15/0162

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