

AAPA 2023

OPTIMIZING CARE OF PATIENTS WITH CLL

Amber Koehler, PA-C May 20, 2023 Nashville, TN



DISCLOSURES

• Advisory Boards: AbbVie, TG Therapeutics, Pharmacyclics, Astra Zeneca, Janssen

LEARNING OBJECTIVES

At the conclusion of this session, participants should be able to:

- 1. List medications commonly utilized in their practice that interact with oral targeted therapies in patients with CLL
 - 2. Identify possible side effects of oral targeted therapies in patients witch CLL relevant to their daily practice
 - 3. Educate patients with CLL on the importance of age-appropriate cancer screenings and routine vaccinations

- CLL is associated with a 6-8x higher risk of which of the following:
 - A. Colorectal Cancer
 - B. Non-melanoma Skin Cancer
 - C. Melanoma Skin Cancer
 - D. Breast Cancer

- True or false: live vaccines are contraindicated in patients with CLL
 - A. True
 - B. False

- Which of the following therapies for COVID-19 interacts with several oral therapies for CLL, including BTK inhibitors (ibrutinib, acalabrutinib, zanubrutinib), and the BCL2 inhibitor venetoclax?
 - A. Paxlovid (nirmatrelvir + ritonavir)
 - B. Molnupiravir
 - C. Remdesivir
 - D. Convalescent Plasma

- Which of the following side effects are not described with use of BTK inhibitors (ibrutinib, acalabrutinib, zanubrutinib) in CLL?
 - A. Bleeding
 - B. Hypertension
 - C. Cardiac arrhythmias
 - D. QT prolongation

- Tumor Lysis Syndrome can be associated with which of the following oral therapies in CLL?
 - A. Ibrutinib
 - B. Acalabrutinib
 - C. Zanubrutinib
 - D. Venetoclax

OUTLINE

VISION

Provide practical clinical pearls for taking care of patients with CLL outside of the Hematology clinic

INTRODUCTION TO CLL

Pathophysiology & Epidemiology

SUPPORTIVE CARES IN CLL

Routine health maintenance: second malignancies & vaccinations Covid considerations

CLL THERAPY: WHAT YOU NEED TO KNOW

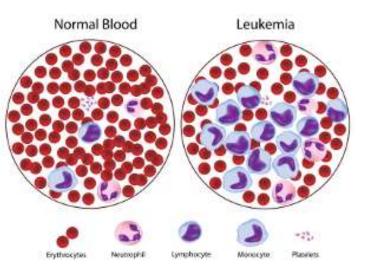
BTK inhibitors: ibrutinib, acalabrutinib, zanubrutinib BCL2 inhibitor: venetoclax





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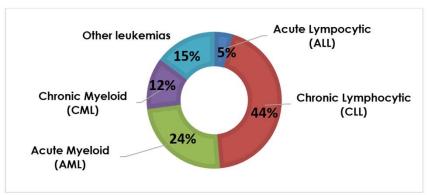
LEUKEMIA BASICS



http://www.physicianassistantexamreview.com/leukemia-lymphoma-multiple-myeloma/

Leukemia = "leukos" + "hamia"i.e. "white blood"

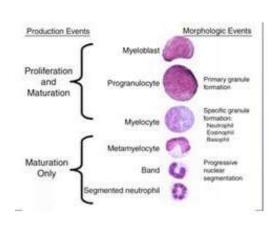
	Myeloid	Lymphoid	
Acute	Acute Myeloid Leukemia	Acute Lymphoblastic Leukemia	
Chronic	Chronic Myeloid Leukemia	Chronic Lymphoid Leukemia	



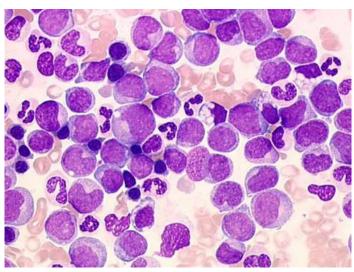
*excluding Quebec ages 15-99 years

http://www.llscanada.org/disease-information/facts-and-statistics#Leukemia

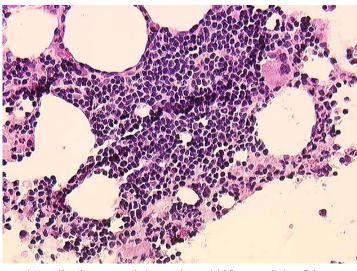
LEUKEMIA BASICS: SIZE MATTERS!



https://clinicalgate.com/neutrophil-maturation/



http://atlasgeneticsoncology.org/Reports/0219QuilichinilD100006.html



https://path.upmc.edu/cases/case141/images/micro3.jpg

CLL: WHEN WE WATCH, WHEN WE TREAT

- Often an incidental diagnosis
 - Elevated WBC count
 - Predominately lymphocytes on differential
 - Diagnosis confirmed by flow cytometry
 - May also present as lymphadenopathy
 - Typically nontender, symmetric
 - Diagnosis confirmed with biopsy

- Indications for treatment¹⁵:
 - Large, symptomatic lymphadenopathy or splenomegaly
 - Cytopenias due to CLL
 - Hgb <10g/dL
 - PLT <100k
 - B symptoms

CLINICAL PEARL: if lymphoma is on your differential, cores or excisional biopsy are preferred

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SUPPORTIVE CARES

SECOND MALIGNANCIES

- Annual full body skin exam
 - 6-8x higher risk of NMSC
- Colorectal cancer screening
 - Mammogram
 - PSA?

IMMUNIZATIONS

- No live vaccinations
- Pneumonia vaccinations
 - Shingrix series
 - Annual flu shot
 - Covid-19 vaccines



COVID CONSIDERATIONS

- Initial data (2020) demonstrated ~30% mortality rates for patients with CLL^{1,2}
- Updates in 2021 weren't much better (~27-28%)^{3,4}
 - Additional publications in 2023 show similar numbers^{5,6}
- Patients with CLL have suboptimal response to vaccination, especially if on treatment^{7,8}



COVID CONSIDERATIONS

- Evusheld (tixagevimab + cilgavimab) no longer authorized for pre-exposure prophylaxis⁹
- Paxlovid (nirmatrelvir + ritonavir) interacts with CLL medications¹⁰
 - Often can be held contact patient's hematologist
 - If cannot be held: remdesivir + convalescent plasma

CASE STUDY

- 70M w/CLL in remission, off treatment for the past 6 months, and hyperlipidemia. He presents to clinic for routine CLL follow-up. He reports being diagnosed with COVID 4 months ago, treated with Paxlovid. He had what he describes as some minor residual "cold symptoms" but otherwise felt well. 1 month ago, he presented to the ED with shortness of breath; chest CT demonstrated multiple subsegmental pulmonary emboli and pneumonia. He was found to be COVID+ on PCR and admitted, where he was given remdesivir, Rocephin, and doxycycline, and started on anticoagulation with rivaroxaban.
- Today, he appears weak and fatigued. He has lost nearly 20 pounds since the initial diagnosis of Covid 4 months ago. He is tachycardic (pulse 109 bpm) and tachypneic (respiratory rate: 22/min); oxygen saturation is 99% on room air and he is afebrile.
- CXR is unremarkable. Repeat home Covid test in office is negative.

CASE STUDY



CASE STUDY

- Labs demonstrate stable mild anemia (hemoglobin 10g/dL), normal WBC count, and lymphopenia (0.47 x 10(9)/L). Creatinine is WNL but liver tests are abnormal:
 - Total bilirubin 0.7 mg/dL (WNL)
 - ALT 167 U/L (H) [reference range 7 55 U/L]
 - AST 130 U/L (H) [reference range 8 48 U/L]
 - Alkaline phosphatase 755 U/L (H) [reference range 40 129 U/L]
- IgG is low at 391 mg/dL [reference range 767 1590 mg/dL]

CLINICAL PEARL: Hypogammaglobulinemia is common in CLL – consider IVIG repletion if IgG is <400* + > 3 infections in the past 6 months

CASE STUDY

- The team elected to give him IVIG and arranges for this to be given same day. He receives premedications with acetaminophen & diphenhydramine but develops rigors and fever up to 38.4 degrees celsius and is directly admitted for further management and workup.
- Inpatient, he is treated with empiric cefepime for fevers & dyspnea and undergoes bronchoscopy, which
 demonstrates active COVID-19 infection. Additional infectious workup is negative. He was therefore
 treated with an additional 5 day course of remdesivir and convalescent plasma with improvement in
 symptoms. He also received a total of 5 days of cefepime and 3 of azithromycin as empiric antibiotic
 therapy.
- Liver biopsy was unremarkable; ultimately differential included drug-induced liver injury in light of multiple recent antibiotic and antiviral courses vs. infectious etiology. The liver biopsy was tested for COVID-19; results are pending.

CLINICAL PEARL: Consider persistent COVID infection and need for convalescent plasma in patients with CLL if symptoms are not improving – even if repeat home tests are negative

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BTK inhibitors: ibrutinib, acalabrutinib, zanubrutinib

BCL2 inhibitor: venetoclax

ORAL THERAPY IN CLL

Bruton's Tyrosine Kinase (BTK) Inhibitors

Ibrutinib (Imbruvica)

Acalabrutinib (Calquence)

Zanubrutinib (Brukinska)

Indefinite

BCL2 Inhibitors

Venetoclax (Venclexta)

Fixed duration

ORAL THERAPY IN CLL

- Which of the following medications do you see or use most commonly in your practice?
 - Azole antifungals
 (fluconazole, ketoconazole, itraconazole, voriconazole, posaconazole)
 - Clarithromycin
 - Carbamazepine
 - Rifampin
 - St. John's Wort
 - Phenytoin
 - Diltiazem or Verapamil

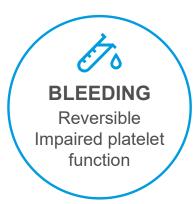
DRUG-DRUG INTERACTIONS WITH ORAL AGENTS IN CLL

- Both BTK inhibitors (ibrutinib, acalabrutinib, zanubrutinib) and BCL2 inhibitor venetoclax are major CYP3A substrates
 - Moderate CYP3A inhibitors require dose reductions of CLL medications
 - Fluconazole, clarithromycin, diltiazem, verapamil
 - Strong CYP3A inhibitors should be avoided if possible
 - St. John's wort, carbamazepine, rifampin, posaconazole, voriconazole
- Both acalabrutinib and venetoclax are also minor p-gp substrates
- Always check for drug-drug interactions before starting a new medication in a patient with CLL
 - Can discuss with the patient's hematologist/oncologist to determine if CLL medications can be dose reduced to accommodate the medication

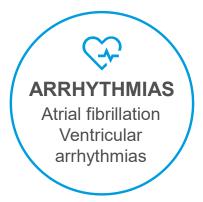
CLINICAL PEARL: ibrutinib has been associated with fungal infections, especially pulmonary aspergillosis - so avoiding azole antifungals may not always be possible¹¹

KEY CLASS EFFECTS: BTK INHIBITORS

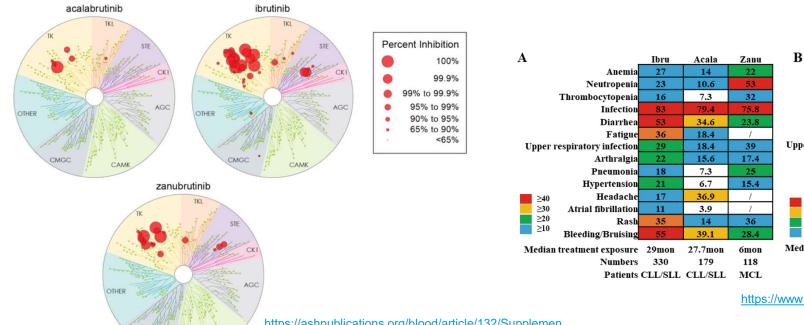
ibrutinib, acalabrutinib, zanubrutinib







CAVEAT: RATES OF SIDE EFFECTS VARY BY BTK INHIBITOR



D	lbru	Acaia	Zanu	
Anemia	7	6.7	8	
Neutropenia	18	9.5	15	
Thrombocytopenia	6	2.8	5	
Infection	31	14	10.8	
Diarrhea	5	0.6	0.8	
Fatigue	3	1.1	/	
Upper respiratory infection	1	0	0	
Arthralgia	2	0.6	3.4	
Pneumonia	12	2.2	10	
Hypertension	7	2.2	3.4	
Headache	2	1.1	/	
≥ 10 Atrial fibrillation	5	0	/	
≥7.5 Rash	3	0.6	0	
≥2.5 Bleeding/Bruising	6	1.7	3.4	
Median treatment exposure	29mon	27.7mon	6mon	
Numbers	330	179	118	
Patients CLL/SLL CLL/SLL MCL				

https://www.nature.com/articles/s41375-020-01072-6

https://ashpublications.org/blood/article/132/Supplement%201/1871/273136/Potency-and-Selectivity-of-BTK-Inhibitors-in?searchresult=1

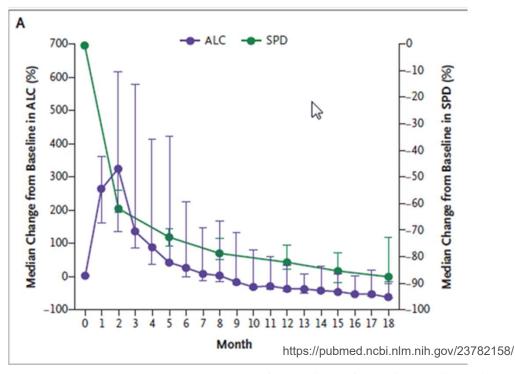
CLASS EFFECTS & CLINICAL PEARLS: BTK INHIBITORS

- BRUISING & BLEEDING
 - Hold for 3-7 days pre- and post-procedures^{12,13,14}
 - Examples: colonoscopy, total joints
 - No need to hold for routine dental cleaning
- HYPERTENSION^{12,13,14}
 - Lifestyle modifications, consider dose reductions of BTKi
 - · Drug-drug interactions with diltiazem and verapamil
- ARRHYTHMIAS12,13,14
 - Very low threshold for further workup of palpitations: EKG, Holter, etc
 - Rates of atrial fibrillation vary; highest with ibrutinib (10-15%)
 - · Rare ventricular arrhythmias and sudden cardiac death have also been described

CLASS EFFECTS & CLINICAL PEARLS: BTK INHIBITORS

• BTKi-related redistribution lymphocytosis





CASE STUDY

 A 64 year old female with hypertension, obesity, type 2 diabetes, and CLL presents with newly diagnosed atrial fibrillation. Her medications are listed below. What is the most appropriate anticoagulation strategy in this patient?

Med List lisinopril ibrutinib acyclovir metoprolol

- a. Warfarin
- b. Aspirin
- c. DOAC
- d. None anticoagulation is contraindicated in CLL patients on ibrutinib

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- b. Aspirinc. DOAC
- d. None anticoagulation is contraindicated in CLL patients on ibrutinib

CLINICAL PEARL: discuss with hematologist, as dose reduction of ibrutinib and/or DOAC may be necessary

CASE STUDY

- A 68 year old male presents for pre-operative evaluation for a planned total knee replacement. His PMH is significant for type 2 diabetes mellitus, well controlled on metformin, hypertension, well controlled on lisinopril, and CLL on therapy with acalabrutinib. How would you counsel the patient regarding his acalabrutinib for his upcoming surgery?
 - a. Acalabrutinib does not need to be held for the surgery
 - b. Acalabrutinib should be held for 3 days before & after surgery
 - c. Acalabrutinib should be held for 7 days before & after surgery
 - d. I have no idea ask your hematologist!

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CLINICAL PEARL: add BTK inhibitors to your perioperative bleeding risk assessment in patients with CLI

TAKE HOME POINTS: BTK INHIBITORS

ibrutinib, acalabrutinib, zanubrutinib

- The hematologist is your friend we're here to help!
- Drug-Drug Interactions via CYP3A
- Need to be held for 3-7 days pre- and post-procedurally to minimize risk of bleeding
- Can be associated with atrial fibrillation (and, more rarely, ventricular arrhythmias)
 - AVOID warfarin; DOACs preferred
- White count often initially goes up after starting therapy
 - "Redistribution Lymphocytosis"
- Keep fungal infections on your differential

ORAL THERAPY IN CLL

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Ibrutinib (Imbruvica)

Acalabrutinib (Calquence)

Zanubrutinib (Brukinska)

BCL2 Inhibitors

Venetoclax (Venclexta)

BCL2 INHIBITOR: VENETOCLAX

- BCL2 protein impairs apoptosis, allowing unchecked cell division
- i.e. the brakes are broken
- Inhibiting BCL2 "fixes the brakes", restoring apoptosis



KEY CLASS EFFECTS: BCL2 INHIBITOR

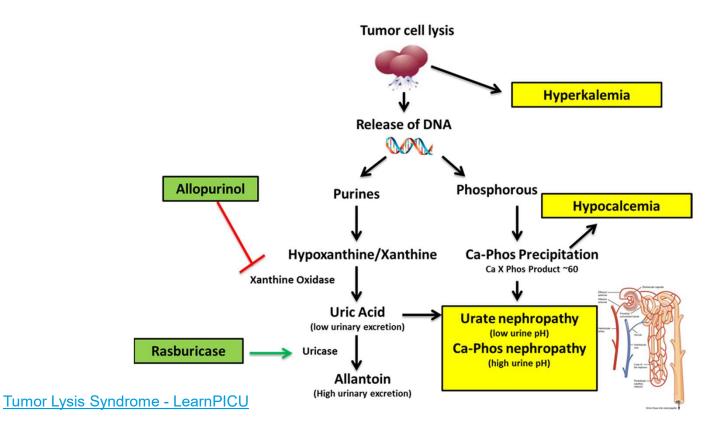
venetoclax







TUMOR LYSIS SYNDROME



TLS Labs

Potassium

Phosphorous

Calcium

Uric Acid

Creatinine

BCL2 INHIBITOR: VENETOCLAX

Dose escalation protocols mitigate risk for tumor lysis syndrome (TLS)



Tablets not actual size.

Venclexta.com

CLINICAL PEARLS: VENETOCLAX

- GI SIDE EFFECTS (nausea, diarrhea)
 - Take pills in evening instead of morning
 - Loperamide if infectious causes of diarrhea ruled out
 - Dietary changes
 - Patients can discuss dose reduction of venetoclax with hematologist
- TUMOR LYSIS SYNDROME
 - Hydrate, hydrate, hydrate!
 - Newer regimens help mitigate this risk
- NEUTROPENIA
 - GCSF +/- dose reductions of venetoclax (managed by hematology)

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REFERENCES

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COVID-19 severity and mortality in patients with chronic lymphocytic leukemia: a joint study by

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Efficacy of the BNT162b2 mRNA COVID-19 vaccine in patients with chronic lymphocytic

2.	Outcomes of COVID-19 in patients with CLL: a multicenter international experience - PubMed	9.	FDA announces Evusheld is not currently authorized for emergency use in the U.S. FDA
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3.	COVID-19 severity and mortality in patients with CLL: an update of the international ERIC and Campus CLL study - PubMed (nih.gov)	11.	Call for Action: Invasive Fungal Infections Associated With Ibrutinib and Other Small Molecule Kinase Inhibitors Targeting Immune Signaling Pathways - PubMed (nih.gov)
4.	COVID-19 in patients with CLL: improved survival outcomes and update on management strategies - PubMed (nih.gov)	12.	Ibrutinib (Imbruvica) Prescribing Information: Microsoft Word - 208736.docx (rxabbvie.com)
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6.	COVID-19 in patients with chronic lymphocytic leukemia: a multicenter analysis by the Czech CLL study group - PubMed (nih.gov)	14.	Zanubrutinib (Brukinska) Prescribing Information: prescribing-information.pdf (brukinsa.com)
7.	Functional humoral and cellular response of monovalent COVID-19-vaccines against Omicron BA.2 variant of SARS-CoV-2 in patients with chronic lymphocytic leukemia - PubMed (nih.gov)		iwCLL guidelines for diagnosis, indications for treatment, response assessment, and supportive management of CLL Blood American Society of Hematology (ashpublications.org)

















THANK YOU



















THANK YOU

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QUESTIONS& ANSWERS

