



Chemo Brain

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What is Chemo Brain?

- A patient on a Chemotherapy medication for an extended period of time, experiencing side effects that affect the cognition needs of daily life
- These patients may experience visual impairments, memory problems, and overall cognitive impairments as a result of taking these medications.
- Attention, concentration, speed of information processing, verbal and visual memory, multitasking and ability to organize information is all affected.



Symptoms of Chemo Brain

- Cognitive impairment
- Memory impairments
- Vision impairments
- Anemia
- Fatigue



What Patient Population is Affected?

- Young children
- Elderly patients
- Long term use of chemotherapy agents
- Higher doses of radiation





**Chemo Brain is often not
recognized by doctors in time to
prevent lifestyle challenges.**

Up to 75%

Of the 650,000 being treated with chemotherapy this year will experience Chemo Brain

Effects of Chemo Brain

Psychological

- Difficulty focusing
- Struggling to Multitask
- Finding it hard to learn new skills

Communication

- Struggling to find the correct word of an object
- Mixing up words that start with similar words
- Difficulty stay focused during a conversation

Physical

- Increase Fatigue
- Taking longer than usual to complete activities of daily living

Memory

- Misplacing items in weird places
- Trouble remembering a conversation
- Trouble recalling an image



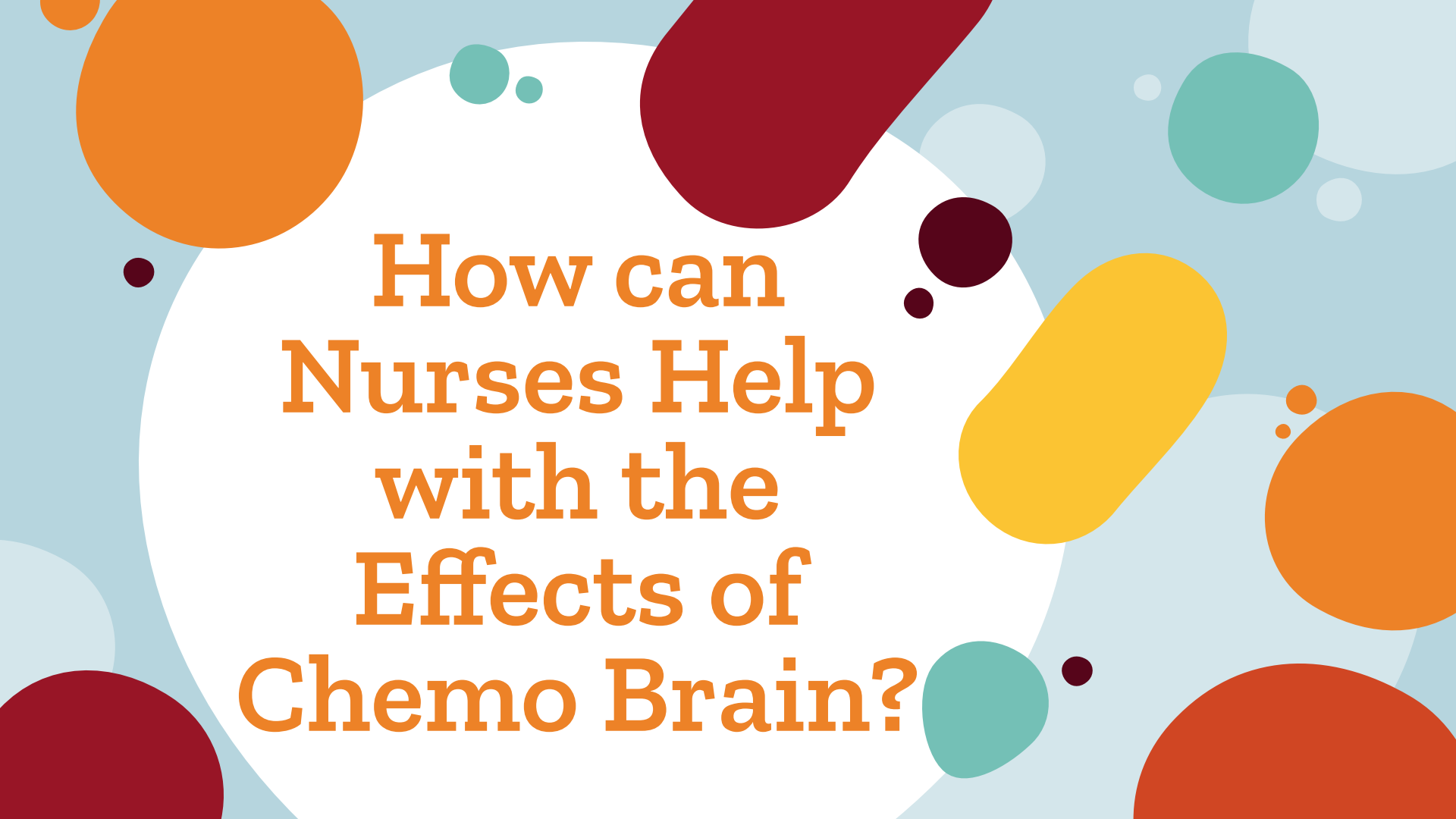
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I lost my oven mitt in my
400-square-foot apartment.
(It was in the garbage.)

I poured boiling water into my bottle
of multivitamins instead of the mug
I'd readied.

I toted my yoga mat halfway to the
office before I wondered why I was
dragging a yoga mat to the office.



How can Nurses Help with the Effects of Chemo Brain?



Thanks!

Any questions?

Citations

Ferguson, Robert J., et al. "Development of CBT for Chemotherapy-Related Cognitive Change: Results of a Waitlist Control Trial." *Psycho-Oncology*, vol. 21, no. 2, 2010, pp. 176–186., doi:10.1002/pon.1878.

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