

Dear Participant,

As you probably already have heard mucositis is an adverse side effect that can happen as a result of treatment for your head and neck condition. Mucositis commonly presents with redness, ulceration and severe pain of the tissues in your oral pharynx or gastrointestinal system. While radiation is the best form of therapy to treat your condition, it can result in toxicity that results in pain, change in taste, inability to eat and infection from tissue break-down.

We would like you to know we are working on improving standardization of care to our patients by implementing a new Quality Improvement initiative called "Streamlining Mucositis." This initiative will continue for the next 5-6 months. Our goal is to reduce the rate and/or severity of mucositis. Over the next few days, you will be introduced to a dental expert, watch a video and hold discussions with specialized providers concerning the details of mucositis and how to prevent it but in the case that sores develop we will also counsel you on how to provide supportive care for it. You will be given opportunity to take a pre and post-test that will help us to know if we are providing helpful education to you and your family. The first time you participate you will be asked to keep a log of your practices for 1 week. In the event, you develop mucositis, you will be asked to keep a daily log of your pain level. We hope to get your feedback and answer any questions you might have.

We are introducing the use of L-glutamine which you can discuss further with your provider. It is a natural supplement that helps to improve your immune function, brain performance and digestion but most importantly in our use of L-glutamine is known to help promote healing of tissues as a necessary building block to repair of your tissue breakdown.

To access the Pre-test survey, go to this address:

Please watch the following video on Mucositis post-radiation therapy which can be found on you tube:

<https://www.youtube.com/watch?v=ozAzM3o1UDA&t=29>

Ps Once you have completed the pre-test survey first and watched the video second. Please notify your provider. At this point, your participant ID is likely already enrolled into the MyCap database. Once you begin treatment you will be expected to start recording the basic oral care daily log for at least 7 entries. Our recommendation is to encode this on your phone as a daily reminder.

Thank you for your willingness to participate in helping us to provide excellent care to you and your loved one. If you have any questions or concerns, please don't hesitate to call or contact your nearest provider.

Strong Memorial Hospital
Pediatric Hematology/Oncology Fellow,

Sincerely,

Joann M Bolude, MD