



Positive Quality Intervention: Selinexor Patient Management in Relapsed or Refractory Multiple Myeloma

Description:

This PQI will provide background on the novel medication Selinexor (Xpovio®) for patients with relapsed, refractory multiple myeloma (RR-MM) and relapsed, refractory diffuse large B-cell lymphoma (RR-DLBCL) and discuss effective practices to maximize the use of selinexor therapy.

Background:

Selinexor is an oral, selective inhibitor of nuclear export (SINE) that blocks exportin 1 (XPO1).

Selinexor is indicated:

1. in combination with dexamethasone for the treatment of adult patients with relapsed or refractory multiple myeloma (RRMM) who have received at least four prior therapies and whose disease is refractory to at least two proteasome inhibitors, at least two immunomodulatory agents, and an anti-CD38 monoclonal antibody. Selinexor provides a novel therapy for a heavily pretreated patient population for which little to no previous options existed.
2. for the treatment of adult patients with relapsed or refractory diffuse large B-cell lymphoma (DLBCL), not otherwise specified, including DLBCL arising from follicular lymphoma, after at least 2 lines of systemic therapy.

PQI Process:

Upon receiving a new prescription for Selinexor:

- Confirm appropriate dosing and schedule **based on diagnosis (RR-MM or RR-DLBCL)**
- Confirm receipt of dexamethasone (requirement for RR-MM indication only)
- Confirm prophylactic anti-emetic for moderate to high emetogenicity
 - See *Chemotherapy-Induced Nausea and Vomiting PQI*
 - <https://www.ncoda.org/chemotherapy-induced-nausea-and-vomiting/>
- Advise patients to maintain adequate fluid and caloric intake throughout treatment. Consider intravenous hydration for patients at risk of dehydration
- Provide prophylactic antiemetics. Administer a 5-HT₃ receptor antagonist and other anti-nausea agents (such as NK-1 RA and/or olanzapine) prior to and during treatment with selinexor
- Ensure appropriate monitoring with a CBC, CMP, and body weight at baseline, then at least weekly for 8 weeks, then at least monthly thereafter. Consider monitoring more frequently during the first three months of treatment.
- Monitor patients closely for side effects including:
 - Cytopenia (thrombocytopenia, anemia, neutropenia)
 - GI intolerance (Nausea, vomiting, diarrhea)
 - Fatigue
 - Weight loss
 - Hyponatremia
- Educate patients on side effects and report adverse effects to prescriber

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PQI Process continued:

Dosing:

- RR-MM:
 - Selinexor for Multiple Myeloma is recommended at 80 mg (4 x 20 mg tablets) by mouth twice weekly on days 1 and 3 until disease progression or unacceptable toxicity.
 - Dexamethasone 20 mg by mouth twice weekly on days 1 and 3 until disease progression or unacceptable toxicity.
- RR-DLBCL: Selinexor 60 mg (3 x 20 mg tablets) by mouth twice weekly on days 1 and 3 until disease progression or unacceptable toxicity

Supportive Care/Adverse Effect Management

Dose Reduction Steps for RR-MM Adverse Reactions

Selinexor starting dose	1 st Reduction	2 nd Reduction	3 rd Reduction	4 th Reduction
80 mg <u>Days 1 and 3 of each week</u> (160 mg total per week)	100 mg ONCE Weekly	80 mg ONCE Weekly	60 mg ONCE Weekly	Discontinue

49% of patients had a reduction in dose, and 61% had a dose interrupted³

Dose Reduction Steps for RR-DLBCL Adverse Reactions⁵

Selinexor starting dose	1 st Reduction	2 nd Reduction	3 rd Reduction	4 th Reduction
60 mg <u>Days 1 and 3 of each week</u> (120 mg total per week)	40 mg Days 1 and 3 of each week (80mg total per week)	60 mg ONCE Weekly	40 mg ONCE Weekly	Discontinue

- Gastrointestinal
 - Dose reduction and/or Drug holiday
 - Addition of olanzapine or NK1R antagonist for Nausea and Vomiting
 - Addition of loperamide for diarrhea
- Hyponatremia
 - Interrupt when Sodium level \leq 130 mmol/L
 - Oral and IV fluids and/or salt tablets
- Weight Loss
 - Interrupt when weight loss between 10% to \leq 20%
 - Consider Nutritionist consult and supplements such as Boost®, Ensure®
 - Consider addition of low dose olanzapine and/or megestrol acetate

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Patient Centered Activities:

- Provide Oncology Chemotherapy Education (OCE) sheet
- Consider providing Xpovio (Selinexor) patient starter kit
- Ensure patient knows dosing schedule including dexamethasone (if applicable) and prophylactic anti-nausea medications
- Ensure patient knows to swallow the tablet whole with water. The tablet should not be broken, chewed, crushed, or divided
- Ensure patient knows that blood tests and body weight will be monitored closely
- Ensure patient knows the importance of maintaining adequate fluid and **caloric intake** throughout treatment

References:

1. Vogl DT, Dingli D, Cornell RF, et al. Selective inhibition of nuclear export with oral selinexor for treatment of relapsed or refractory multiple myeloma. *Journal of Clinical Oncology*. 2018; 36: 859-866.
2. Chen C, Siegel D, Gutierrez M, et al. Safety and efficacy of selinexor in relapsed or refractory multiple myeloma and waldenstrom macroglobulinemia. *Blood*. 2018; 131(8): 855-963.
3. Xpovio (selinexor) [package insert]. Newton, MA: Karyopharm Therapeutics Inc; 2020.
4. Chari A, Vogl DT, Gavriatopoulou M, et al. Oral selinexor-dexamethasone for triple-class refractory multiple myeloma. *New England Journal of Medicine*. 2019; 381:727-738.
5. Kalakonda N, Maerevoet M, Cavallo F, et al. Selinexor in patients with relapsed or refractory diffuse large B-cell lymphoma (SADAL): a single-arm, multinational, multicentre, open-label, phase 2 trial. *Lancet Haematol* 2020; 7: e511–22.

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