

AHCI Grand Rounds

Title: AHCI Grand Rounds Recorded 05-20-26: Updates in the Treatment of Multiple Myeloma

Recorded Date: May 20, 2026

Faculty:

Nicholas Torgerson, DO

Medical Oncologist

Allina Health Cancer Institute Hematology

OVERVIEW/PURPOSE STATEMENT:

Recorded presentation from 5/20/2026 AHCI Grand Rounds, expires 5/19/2027. Duration = 58 minutes.

This presentation by Dr. Nicholas Torgerson highlights the rapidly evolving therapeutic landscape in multiple myeloma (MM), emphasizing shifts in both frontline and relapsed refractory disease management over the past 45 years. He discusses how quadruplet regimens have become the standard of care for both transplant-eligible and -ineligible patients for newly diagnosed MM (NDMM) and emphasizes how (minimal residual disease) MRD assessment now plays a central role in response-adapted therapy and maintenance decisions. He notes that the most significant advances in relapsed refractory MM (RRMM) involve immune-based therapies, notably bispecific T-cell engagers and BCMA-directed CAR T-cell therapies. He concluded overall treatment selection is increasingly individualized based on prior exposure, disease biology, logistical considerations, and toxicity profiles, with ongoing trials exploring earlier integration of cellular and bispecific therapies and novel targets.

OVERALL OBJECTIVES

At the completion of this activity, the participants should better be able to:

- 1 Describe the current standard of care quadruplet regimens for newly diagnosed multiple myeloma (NDMM) in both transplant eligible and transplant ineligible patients
- 2 Explain the mechanisms of action of proteasome inhibitors, IMiDs CELMoDs, antiCD38 monoclonal antibodies, bispecific antibodies, ADCs, and CART cell therapies
- 3 Differentiate IV, subcutaneous, and oral administration routes and their clinical implications for scheduling and patient convenience
- 4 Identify which therapies can be administered in the outpatient clinic or infusion center vs. those requiring inpatient hospitalization for toxicity monitoring
- 5 Recognize and manage key toxicities including CRS, ICANS, peripheral neuropathy, infections, and unique class-specific adverse effects
- 6 Sequence immunotherapy (CART vs. bispecific antibodies) appropriately across lines of therapy

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Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Elizabeth Loach, MSN, APRN, CNS, AGCNS-BC, OCN	Nurse Planner	Nothing to disclose - 03/11/2026
Kerry K Sherry, BSN, Cancer Conference and Clinical Program Mgr.	Planning Committee Member	Nothing to disclose - 11/06/2025
Nicholas Torgerson, DO	Faculty	Nothing to disclose - 04/16/2026

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