Acute promyelocytic leukemia (APL) is a subtype of acute myeloid leukemia (AML) that was once considered a highly lethal form of leukemia. However, due to advances in research and clinical practice, APL is now considered one of the most curable forms of AML. This article provides an overview of APL, including its epidemiology, pathophysiology, clinical presentation, diagnostic workup, treatment course, and nursing implications and management. The article also discusses specific complications related to APL, such as coagulopathies, differentiation syndrome, and QT prolongation with the use of arsenic trioxide, as well as other complications common to all patients with leukemia, such as infection, hyperleukocytosis, tumor lysis, and increased intracranial pressure.

At a Glance

- Acute promyelocytic leukemia (APL) was previously considered a highly lethal form of acute myeloid leukemia (AML) but, because of research and drug development, is now the most curable subtype of adult AML.
- APL is pathologically different from other types of AML because of its specific morphology and abnormality on chromosomes 15 and 17.
- The complications of coagulopathy, differentiation syndrome, and QT prolongation are more common in patients diagnosed with APL compared to other types of leukemia.

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Acute promyelocytic leukemia (APL) was first described by Hillestad (1957) as a fatal disease with an aggressive course and short duration. Pathologically, the disease was characterized by numerous promyelocytes in the blood and bleeding tendencies from a low fibrinogen level and platelet count. Since that time, multiple events have occurred in clinical practice and scientific medicine that have revolutionized the diagnosis and treatment and improved the prognosis for APL, with most patients now being cured from this once-fatal disease (Degos, 2003).

This article provides the oncology nurse with an overview of APL, including the epidemiology and pathophysiology that distinguishes APL from other types of acute leukemia. Clinical presentation and diagnostic workup for patients suspected of having APL will be reviewed, as will the treatment course. Nursing implications and management will be provided related to potential treatment complications specific to APL, including coagulopathies, differentiation syndrome, and QT prolongation with the use of arsenic trioxide, as well as other complications that can occur in any patient with leukemia, such as infection, hyperleukocytosis, tumor lysis, and increased intracranial pressure.