



# Cancer Committee

## ANNUAL REPORT 2016



health,  
healing  
& hope

# Letter from the Cancer Committee Chair, 2016

Weldon Sanford, MD

Catholic Medical Center's mission of providing health, healing and hope to all who seek our care has set the standard for and always been the focus of our Cancer Program. We are proud to report that the program received full re-accreditation from the American College of Surgeons' Commission on Cancer (CoC). CoC accreditation is voluntary and its designation indicates a hospital's commitment to meeting 34 quality care standards through an intense survey process that occurs every three years. Re-accreditation represents a commitment to maintaining levels of excellence in the delivery of comprehensive, patient-centered cancer care. CMC's Cancer Program has been continuously accredited since 1976.

2016 saw the expansion of our state of the art cancer prevention and treatment technologies along with enhancements to the Cancer Program's services. The goals of our Cancer Committee were to increase access to cancer treatments, enhance the quality of life for cancer patients and survivors, and reduce the severity or incidence of cancer diagnoses through screening and prevention programming. The committee continually focused on improving outcomes and quality of life for cancer patients, cancer survivors and their families and friends.

Of the many accomplishments of 2016, we are most proud of the following:

## 1. Lung Cancer Screening Center

**Designation:** This designation from the American College of Radiology represents a commitment to diagnosing lung cancer early, when it may be more treatable and curable in patients at high risk for the disease. Lung cancer screening involves the use of Low Dose Computer Tomography (LDCT). LDCT highlights any abnormalities in the chest and allows the physician to assess those abnormalities for shape, size and location.

High risk factors for lung cancer include:

- Ages 55-77
- A smoking history of 30 pack years (1 pack per day for 30 years) or greater



- Current smoker or quit within the past 15 years
- No signs or symptoms of lung cancer

## 2. BeWell Cancer Survivorship Program: The

CMC Wellness Center offers a comprehensive approach to supporting cancer patients and their families. The Center's health professionals create and coordinate, in an environment that supports the body, mind and spirit, a personalized wellness program designed specifically for the cancer patient/survivor's unique needs and goals. Programs include:

- Oncology Exercise Program
- Yoga
- Nutrition Classes
- Mindfulness
- Massage Therapy
- Art Therapy
- Music Therapy
- Free Wig Bank
- Support Groups
- Health Enrichment Programs

## 3. Y90 Treatments: Y90 treatment involves the use of radioactive seeds that are inserted directly into the blood vessels that feed liver tumors, blocking the blood supply while preserving healthy tissue. It is designed to extend and improve the quality of life of patients with inoperable tumors. The procedure is well-tolerated by patients and requires a one day hospital stay.

The Cancer Program reflects CMC's commitment to compassion and patient dignity. We will continue to bring innovative, state of the art technologies focused on cancer prevention and reduction strategies. Our dedication to excellence in cancer care programming remains steadfast.

## Cancer Committee Membership 2016

Judy April, CTR  
Cancer Registry Quality  
Coordinator

Cibar Benitez, MD  
Oncology  
Norris Cotton Cancer Center

Elaine Boles, RN, CEN  
Breast Care Center

Lea Bruch, RHIA  
Director, Health Information

Victor Carbone, PT  
Director, Rehab Services

Paula Chasse, RN, CCRP, CTR  
Cancer Registry Assistant

Heather Ciccarelli  
American Cancer Society

Jacquie Cuddihy  
Director, Nutrition Services

Jan Deziel, RN, MSN  
Executive Director

Brenda Drake, LICSW  
Psychosocial Services

Leona Dudley, RN, CN-BN  
Breast Care Center

Robert Duhaime, RN, MSN, MBA  
Sr. VP of Clinical Operations  
Chief Nursing Officer

Leandro Feo, MD  
Surgery

David Fontaine, MD  
Radiology

Charlene Forcier, RN, MS, CHPN  
Oncology Nurse Navigator  
Norris Cotton Cancer Center

Bonnie Frisard, MBA  
Director, Human Research  
Protection Program  
Clinical Research Coordinator

Kristen Goodridge, MSN, RN  
Performance Improvement  
Patient Safety Specialist

Barbara Greenwell, APRN  
Palliative Care

Kim Kennedy, RN  
Community Outreach

Pattyann Labrie, RN, BSN  
Director, Oncology Nurse Leader

Robin Lopez, RN, BSN  
Oncology Nurse

Phillip Manno, MD  
Oncology  
Norris Cotton Cancer Center

Amy Marston, RN  
Rehabilitation Medical Unit

Paul Mertzic, RN  
Executive Director  
Community Outreach  
Coordinator

Anica Naprta, MD  
Palliative Care

Holly Patterson, RN, MHA  
Quality Improvement

Marcy Rushford, FACHE, CRA,  
ARDMS, RT (R, M)  
Director, Imaging Services

Liane St. John, PT  
Rehab Services

Susan Samon, RHIT, CTR  
Cancer Conference Coordinator

Weldon Sanford, MD  
Chairman  
Pathology

Lori Schatzl, RN, MHA, CPHQ  
Director; Quality Improvement  
Coordinator

Robert Sprague, MD  
Radiology

Kremena Star, MD  
Pathology

Carol S. Walsh, MS, LGC  
Familial Cancer Program

Georgelyn Wizner, LICSW  
Director; Psychosocial Services  
Coordinator

Andrew Wu, MD  
Surgery  
Cancer Liaison Physician



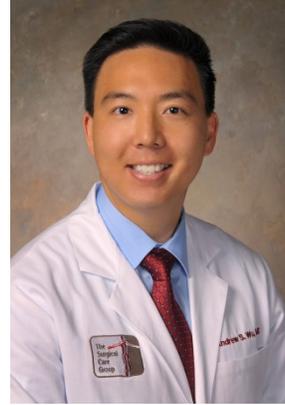
## Letter from the Cancer Liaison Officer, 2016

The treatment of cancer, a complex group of diseases, requires consultation among many healthcare professionals. Catholic Medical Center, as a Commission on Cancer (CoC) accredited hospital, uses a multidisciplinary approach, bringing together a wide array of surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists to create a patient-centered plan of care for each person facing a cancer diagnosis. The resulting partnership of multiple professionals results in improved patient care and healthcare outcomes.

Catholic Medical Center continues to bring innovation to cancer treatment. We have expanded our services to include an Interventional Oncology Service Line that brings state of the art technologies to the treatment of cancer. The following procedures represent a minimally invasive approach to cancer treatment, thus reducing pain and suffering while offering hope:

- Y90 for treatment of liver tumors.
- Microwave ablation for treatment of renal masses and bone tumors.
- Kyphoplasty for treatment of both benign and pathologic symptomatic compression fractures.

As an accredited facility, we use the vast data resources available to us through the National Cancer Data Base (NCDB). While the data drive excellence



in treatment programming, the evidence-based guidelines provide research proven methods for the treatment of all forms of cancer. The Cancer Committee regularly reviews data outcomes and revised evidence-based guidelines which are then used to enhance treatment programs and advance the clinical care for patients diagnosed with cancer.

In 2016, we established our first Cancer Conference specific to gastroenterology cancers. We also began submitting data into a new data reporting system called the Rapid Quality Reporting System (RQRS). The RQRS data results have provided us with real-time outcome information specific to patient treatment(s), allowing us to intervene early in cancer care with evidence-based practices, providing the best opportunity to optimize patient outcomes. We are proud to announce that our data results consistently show that we provide high quality, evidence-based treatments to our patients. We remain committed to bringing the best in cancer care to the patients we serve.

Andrew Wu, MD

# CANCER REGISTRY REPORT, 2016

The Cancer Registry at Catholic Medical Center (CMC) is a database that represents a summary of the history, diagnosis, treatment, and current status of each patient diagnosed with and/or treated for cancer at CMC. It is maintained by *nationally certified* Cancer Registrars who strictly guard the confidentiality of patient information and related medical data. The data are aggregated (combined) without any patient identifiers, analyzed and used to enhance and/or expand our cancer care services for our patients.

During 2016, 554 analytic cases and 84 non-analytic cases were entered in the Cancer Registry database. CMC conducts an annual “lifetime surveillance” on all cancer patients. Surveillance is the process used to obtain updated information about a patient’s health status during and after cancer diagnosis and treatment. The certified Cancer Registrar obtains each patient’s vital health information from the patient’s medical record and/or through direct contact with the patient’s physicians, other facilities where the patient is seen, or the patient. It is only through this annual lifetime surveillance that CMC is able to determine the health status and treatment outcomes of the cancer patients we serve.

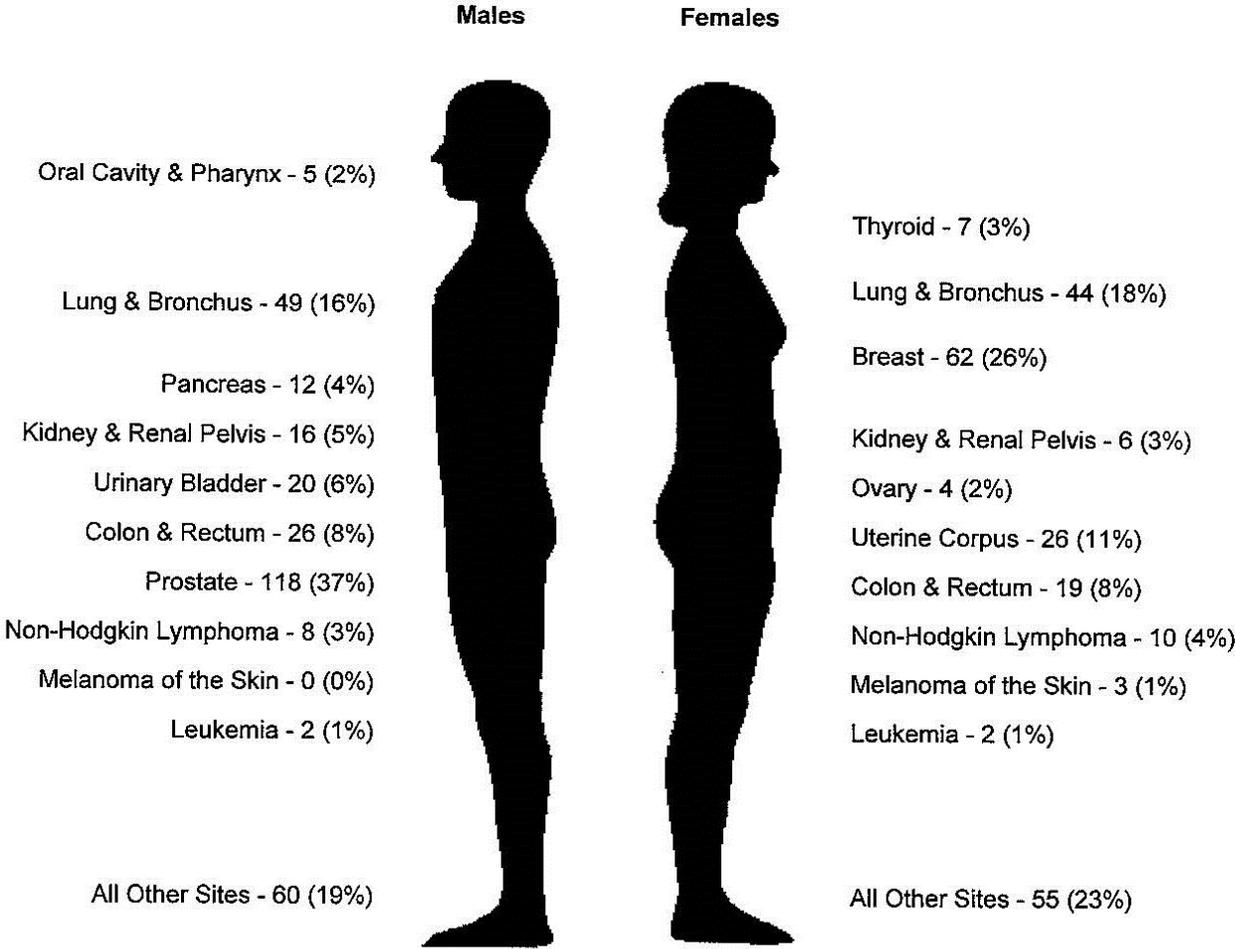
Data are submitted monthly to the New Hampshire State Cancer Registry as required by law and annually



to the National Cancer Data Base (NCDB) of the Commission on Cancer as required for all accredited programs such as CMC. CMC uses the data to ensure that patients who are diagnosed with cancer are being treated according to national benchmarks and standards of care. The CMC Cancer program has been accredited by the American College of Surgeons’ Commission on Cancer since 1976.

The Cancer Registry office is staffed by three certified Cancer Registrars. To facilitate accurate data collection and to maintain their credentials, the Cancer Registry staff is required to attend ongoing cancer-related education. They also attend and assist with the notification and documentation of the Clinical Cancer Conferences that are held three times a month. General and Breast Cancer Conferences are actively attended by a multidisciplinary team of healthcare professionals where the team members discuss each cancer patient’s unique medical condition and make decisions on a proposed treatment plan. The team consists of a surgeon, pathologist, medical oncologist, radiation oncologist, and diagnostic radiologist, and other allied health professionals. Cancer Registry staff then documents the information and reports the proceedings at the quarterly Cancer Committee meetings, where all aspects of cancer care are discussed and monitored for compliance with the standards of the Commission on Cancer.

# Summary by Body System and Gender Report



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# Year in Review - 2016

In 2016, Catholic Medical Center expanded and enhanced several services and community outreach and educational programs. We are proud to provide to our patients, the community and healthcare professionals the following services and programs. They represent Catholic Medical Center's mission to continually improve and provide patient-centered care focused on the mind, body and spirit throughout the cancer journey.



## Programs Designed with the Cancer Patient in Mind:

**BeWell Cancer Survivorship Program:** Programs are offered through the Wellness Center, which is staffed with health care professionals including cardiovascular nurse specialists and clinical exercise physiologists. These professionals work with cancer survivors to create and coordinate a personalized wellness program which may include one or more of the following:

- **Oncology Exercise Program:** Group exercise classes are focused on developing a positive effect on wellbeing all in a warm, caring and supportive environment. CMC staff develops personal exercise programs for patients undergoing cancer treatment or are in the recovery phase following treatment. The focus of the program is to maintain strength through and beyond the journey with cancer.
- **Free Wig Bank:** New wigs are donated by the American Cancer Society for cancer patients coping with hair loss from cancer treatment.
- **Yoga:** Yoga helps to lower tension and anxiety while promoting and improving a sense of calm and wellbeing. Various forms of yoga are available for patients and caregivers:
  - *Gentle Yoga and YogaCaps:* Gentle, therapeutic, mat-based classes for individuals who are currently undergoing or have recently completed treatment for cancer. The focus is to lower tension and anxiety while promoting a sense of calm and wellbeing.
- **Support Groups:**
  - *Living with Cancer Support Group:* This support group provides education and support for patients who are undergoing treatment for cancer or for their loved ones and caregivers.
  - *Look Good, Feel Better Support Group:* This program focuses on teaching women how to cope with skin changes and hair loss during cancer treatment using cosmetic and skin care products donated by the cosmetics industry.
  - *Lymphedema Support Group:* This group empowers, inspires, and assists in the needs of patients, caregivers, and healthcare providers faced with all forms of lymphatic issues.
- **Nutrition Classes:** This program provides nutritious eating tips for overcoming appetite and other challenges, as well as reducing the discomfort caused by side effects of cancer treatment.
- **Mindfulness:** Coping with negative emotions and stress can be challenging. Participants learn to stay connected to the present moment through mindfulness, guided relaxation, attention to the body, and self-compassion.
- **Massage Therapy:** Massage therapy can help promote relaxation and an improved sense of wellbeing while reducing stress and alleviating some physical symptoms and side effects of treatment.

- **Art Therapy:** Participants learn to express emotions where words fall short regarding the emotional and psychological side effects that may be part of their cancer diagnosis and treatment. No art talent is required.
- **Music Therapy:** Musical activities include playing a musical instrument, listening to a selection of music choices by creating a personal play list, and even learning to write one's own song. No musical background is required.
- **Health Enrichment Programs:** Programs on a variety of topics related to cancer prevention and recovery are held throughout the year.

## Presentations:

### Blood Cancer Awareness Month: September, 2016

- September 13, 2016: *Bone Marrow Donor Registry Drive*
- September 23, 2016: *Multiple Myeloma: A Changing Landscape.*  
Phillip J. Manno, MD, FACP presented medical updates to professional clinical staff on recognition of conditions suggestive of the disease, screening and diagnostic testing, evidence-based treatment of the disease as well as staging of the disease and indicators for survival.
- September 27, 2016: *The Doctor in a Johnny*  
Mary Braun, MD presented a unique perspective on physicians as patients. The presentation focused on identifying the distress of delirium, developing strategies to talk with patients about their progress, and predicting difficulties of physician patients.
- September 30, 2016: *Thrombophilia: In the Cancer Patient*  
Phillip J. Manno, MD, FACP described the pathophysiology of the disease, conditions suggestive of leading to thrombosis and approaches to treatment.

### Hospice and Palliative Care Conference: November 28, 2016

An all-day conference on various elements of palliative care designed to educate caregivers and healthcare professionals regarding palliative and hospice care services throughout the care continuum.

## Cancer Awareness Education, Prevention and Screening Programs:

### Community Cancer Awareness Events:

Cancer awareness events are held in the community to increase awareness and educate the community on prevalence, risk factors, prevention etc. associated with certain types of cancers. Events held in 2016 are as follows:

- Pink in the Rink: CMC sponsored event held at a Monarchs Hockey game.
- Power of Pink: Education and risk assessment conducted at the Mall of NH.
- St. Anselm's College & Southern NH University basketball events.

### Prevention Programs:

CMC offers a full curriculum of programs focused on health and wellness. These programs are for the general population and promote awareness, prevention, and self management of health conditions.

- Breast Health
- Women's Health Forum

- Radio spots on patient stories
- Cancer prevention through nutrition:
  - Spicing up Your Meals
  - Eating Well
  - Skinny on GMOs
  - Eating Well through Aging
  - Mindful Eating
- Prostate Cancer Tool Kit

### **Screening Programs:**

- **Breast Cancer Screening:** Free screenings for breast and cervical cancer were available to women with limited income, who had no health insurance or had a high insurance deductible.
- **Skin Cancer Screening:** Free skin cancer checks by a dermatologist for persons with limited access to medical care and a referral for further follow up as needed. Patients who do not have a primary care doctor are provided with information on our primary care practices and assistance in accessing care with one of our providers is available as requested.

### **Social Services:**

#### **Supportive Counseling & Evaluation:**

Trained, licensed social workers conduct expert evaluations for the cancer patient and their family's physical and psychosocial needs during the cancer treatment process. Evaluations are performed in a therapeutic environment that provides compassionate support.

#### **Community Resource Referrals:**

Social workers provide ongoing evaluation of physical and emotional changes and needs before, during and after cancer treatment for referral to community based support services such as mental health, addiction treatment and ancillary healthcare services. Services may include home medical equipment or care, dental services, support with insurance or financial challenges to access treatment, transportation, primary care treatment, interpreters, and meal delivery.

#### **Medication & Financial Assistance Programs:**

Medication assistance programs help uninsured and underinsured patients obtain long term prescription medications from major pharmaceutical companies. Catholic Medical Center social work staff assist patients in determining eligibility and completing the necessary paperwork for financial assistance through the CMC Uncompensated Care Program, referral for Medicaid coverage, and various grant programs. Social workers also provide guidance on accessing medication assistance programs such as those offered through pharmaceutical companies, discount medication programs, and emergency public funding.

#### **Advance Care Planning:**

Advance Care Directives are instructions you give regarding your future medical care. It is how you think about, talk about and plan for serious illness or injuries which may keep you from making your own healthcare decisions. Social workers provide education and counseling to patients and families on choices for medical management and end-of-life care including their choices for life sustaining treatment and healthcare proxy. Individualized assistance is also offered for completion of Advance Care Directives.