

Southcoast Health
Cancer Program

2016/2017
Annual Report



Coordinated Cancer Care at Southcoast Health

Patients receive coordinated cancer care from diagnosis to treatment, home care and survivorship. Support services remain a key focus in providing comprehensive care at Southcoast. These services include navigation, nutrition, pharmacy services, and psychosocial and financial counseling. Importantly, nursing care continues to be delivered at the highest level by oncology certified registered nurses. Seven medical oncologists and three radiation oncologists with three full-time nurse practitioners complete provider services for the cancer centers.

A variety of Clinical Trials are available to cancer patients and are overseen by a dedicated Medical Director. Genetic counseling is also provided for inherited cancer syndromes to further enhance the comprehensive care model.

Multidisciplinary specialized clinics are offered for newly diagnosed patients with Lung or Breast cancers. Nurse Navigators are involved with all newly diagnosed cancer patients, leading them into their treatment phase of care, providing extensive education and support along the way.

Patient & Family Advisory Council

The Southcoast Centers for Cancer Care Patient & Family Advisory Council (PFAC) seeks to provide a vehicle for improved communication between patients, families and staff and serves as an advisory resource to administration.

The PFAC goal is to capture the unique perspective of current, former patients and their families on cancer center processes. These initiatives ensure a patient-centered focus that can positively impact the patient experience. PFAC will provide a voice for patients and families about the way in which care is delivered, improving the patient and family experience and to discuss concerns about care, quality and access.

The committee meets four times a year and consists of fifteen members, twelve community members and three Southcoast representatives.

Accreditations

The Cancer Program at Southcoast Health continues in its mission to meet the growing need for comprehensive cancer services in the South Coast region. Our program strives to deliver the most advanced cancer treatment, with greater convenience, coordination, compassion, support, and more personal attention while upholding the strictest quality standards.

Cancer Program Accreditation encourages facilities to improve their quality of care through various center-related programs and activities. These programs are concerned with the full continuum of cancer, from prevention to survivorship to end-of-life care, while addressing both survival and quality of life. Patients who receive cancer care at an accredited cancer program receive

- Quality cancer care
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multidisciplinary, team approach to coordinate the best cancer treatment available
- Access to cancer-related information and education
- Access to patient centered services such as Support groups
- Options for genetic assessment and counseling, and palliative care services
- Information about clinical trials and new treatment options
- Follow-up care at the completion of treatment, including a survivorship care plan

Accreditation is granted to facilities that are committed to providing the best in cancer care and demonstrate compliance with the requirements and standards. Each cancer program must undergo a rigorous evaluation and review.

Southcoast Health continues to maintain the following accreditations



Other Partnerships

Through our Outreach efforts, we are fortunate to establish relationships with other amazing community partners. These partnerships allow us to bring unique experiences to our well deserving patients.

American Cancer Society—Look Good, Feel Better – Two-hour, hands-on program offering make up application instruction, options relating to hair loss, including wigs Helpful suggestions on clothing and ways to use flattering colors and shapes. Each patient participating in a workshop receives a free kit of cosmetics, donated by the cosmetic industry.



Gloria Gemma Foundation - We are so fortunate to have met the Gloria Gemma staff. Through our partnership we continue to bring amazing programs to the community thanks to their generosity and commitment to cancer patients.

The Hope Bus visits both the Fairhaven & Fall River Cancer Centers monthly bringing free support, education and wellness services to anyone impacted by cancer.

Sailing Heals -Sailing Heals mission is to provide a free day of relaxation and joy for our patients. Patients are invited for a two hour sailing trip and free lunch.



Reiki therapy—Thanks to local reiki therapists, the Southcoast Centers for Cancer Care now offers free reiki sessions while patients are receiving their chemo treatments.

Quality

The Southcoast Breast Center offers a unique way of getting answers about your breast health through a connected continuum of diagnostics, treatment, preventative care and more. The breast center offers an integrated approach to care so that patients can receive the support needed to eliminate barriers to care.

Our breast cancer specialists and surgeons closely collaborate with other specialists — including oncologists, plastic surgeons, radiologists, pathologists and rehabilitation specialists — to quickly diagnose any issues, develop a plan of action and care for you.

The Breast Center works closely with Southcoast’s 10 digital mammography sites and three advanced diagnostic locations which are all accredited as Centers of Excellence by the American College of Radiology, giving our patients comprehensive care unlike any other in our region.

The Breast Center is accredited by the National Accreditation Program for Breast Centers for our achieving the highest standards of patient care.

Breast Program Quality Improvement Initiatives	Southcoast	National Average
Interval between abnormal mammogram & diagnosis	10.2 days	21 days
Interval between diagnosis & treatment initiation	22.6 days	28 days

Oral Adherence

There remains many barriers that affect patients adherence to oral medications. Even though it is more convenient for most patients, self-administration increases the risk of medication errors and can compromise the effectiveness of therapy. By implementing an oral adherence program, we are able to effectively track the start dates for these medications and then schedule the appropriate check-in dates for nursing calls and pharmacy visits. By implementing this we are able to provide faster assessments of non compliance and early side effect management. This has been in place since the Fall of 2016.

In the Community

The cancer committee continually strives to identify the priority health needs of the community and to ensure that its services are aligned with these needs. The 2016 Community Needs Assessment achieves this goal by documenting the



major demographic, socio-economic, and health trends among Southcoast residents and by engaging the community to develop information-driven priorities and strategies that can be implemented to improve the overall health of South Coast residents.

In collaboration with city health departments, community partners, and community-based coalitions , we serve as a bridge with community organizations and establish evidence-based and sustainable outreach programs. We are on the front lines of supporting and collaborating on programs designed to eliminate disparities in breast, lung, colon, and skin cancer; educate diverse populations tobacco cessation and strengthen the support system for medically underserved populations.



Screening and prevention activities

Oral Cancer: 31 attendees / 9 required further evaluation.



We offered free oral cancer screening to 31 people in New Bedford in April. The screenings were held on the Southcoast Health Van.

- 1 patient was found to have a Basal Cell Carcinoma Skin right nose.
- 1 - immediate consultation for suspected neoplasm.
- 14- further head & neck evaluation was suggested.
- 3- routine follow-up with dermatologist.

Offering cancer screenings in “their backyard” made access more convenient for the great number of fishermen working on the waterfront in New Bedford. According to the Community Needs Assessment, this group has been known to neglect their own medical needs due to their financial responsibilities.

Support Groups

Southcoast provides a wide range of support groups at the Southcoast Centers for Cancer Care in Fall River and Fairhaven to provide cancer patients and their families with guidance, support and the opportunity to connect with others who are having the same experience. Specialized groups are available including:

- Breast Cancer Support Group
- Multiple Myeloma/Leukemia/Lymphoma
- Lung Cancer Support Group
- Post Treatment Support Group
- General Cancer Support Group
- Caregiver Support Group
- Under 50 Support Group
- Look Good, Feel Better program
- Grief Support Group with the Southcoast Hospice and Palliative Care Program



Jean Coury, a Westport resident and a breast cancer survivor since 1998, said the advice she often shares with newly diagnosed cancer patients is “never give up” and “live each day to it’s fullest.



At Westport breakfast, breast cancer survivors find strength in each other

WESTPORT — “Celebrate Pink” was the theme of a special breakfast celebration Saturday at Bittersweet Farm when more than 50

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Survivorship Care

Definition: Survivorship care is a specific approach taken to address the long-term needs of cancer survivors and includes monitoring for and managing long term and late effects, as well as health promotion. It means different thing to different people, but it often describes the process of living with, through, and beyond cancer.

Transitioning to Survivorship Care:

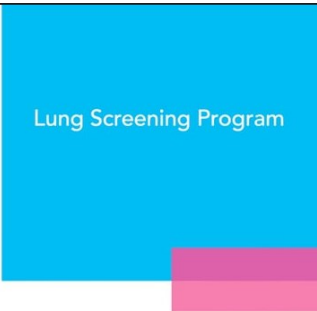
Upon completion of treatment, survivors enter into the initial phase of long-term follow-up care. This phase focuses on surveillance and disease-specific care. Patients should transition from this initial phase into survivorship-focused care, concentrating on risk-based screening and health promotion.

Survivorship care does not just begin at the completion of active therapy. Survivorship care should begin at the moment of cancer diagnosis. Starting early allows the doctor and patient to plan for the post-treatment period, laying the groundwork for a better continuity of care for the patient. It is recommended that patients completing their first course of treatment be provided with a comprehensive care summary and follow-up care plan. Together, these two documents make up the Survivorship Care Plan (SCP). The purpose of the SCP is to enhance communication between the oncology team and patient, and to improve communication and coordination of care between the oncology team and primary care. A Survivorship Care Plan provides the patient with a summary of their cancer history and recommendations for follow-up care. Follow-up care is essential to improve health and ensure that any possible recurrence is caught early. Patient’s receive an individualized care plan for monitoring and maintaining their health. The care plan is intended to make the patient aware of their scheduled follow-up visits.

Southcoast Health began a Survivorship Clinic in December of 2017, focusing on the needs of Breast Cancer Survivors. Other disease specific survivorship clinics are planned for the future. An Oncology Nurse Practitioner who has specialized training in survivorship care staffs the Clinic. Psychosocial support, nutritional counseling, navigation, and smoking cessation are also part of services provided. It is held every Wednesday at 206 Mill Rd. Fairhaven MA. All breast cancer survivors are encouraged to attend.

Lung Cancer Screening:

Southcoast offers a low cost lung screening program to our employees and the public meeting specific criteria. The program has enrolled 261 participants and has found seven individuals with early stage lung cancer. Of those seven cases, six were caught in the early stages and have been treated with good results. To date, more than 250 patients are currently being monitored in the Lung Screening Program. The age of those in the program has been as young as 55 and as old as 73. In addition to cancer, the screenings have found other abnormalities that have required further testing, including thyroid nodules, thoracic aortic aneurysms, emphysema and liver nodules.



The Southcoast Lung Screening Program offers low-dose CT scans to people who are at high risk for developing lung cancer. The goal of the program is to find signs of lung cancer before symptoms appear.

As of March 2016 we transitioned our three year pilot screening program into a long term program for patients who meet the criteria. We are very proud of this initiative and continue to promote lung cancer awareness and smoking cessation to high risk individuals.

In 2017 Southcoast Centers for Cancer Care now has a full time Smoking Cessation Educator to meet with cancer patients to emphasize the importance of not smoking.



Colorectal Cancer:

Southcoast is proud to help vulnerable residents overcome barriers to preventative and comprehensive care for colorectal cancer, utilizing community health workers to provide education and navigation. Needs assessment indicated that social determinants of health are preventing many residents from preventive and comprehensive care and

Community Health Worker’s are successful in establishing trust and helping residents overcome barriers. DPH cancer data and interviews with regional medical providers indicate that the colorectal cancer death rate on the South Coast is much higher than the state average due to these factors. Residents are diagnosed at a much later stage of colorectal cancer and the death rate is higher. Statistics also indicate that screening rates for colon cancer are lower than the state average (nearly 50 percent of residents do not undergo screening colonoscopy and almost 80% do not undergo regular fecal occult blood test. Source Mass CHIP)

Biomarker Testing for “Individualized Treatment”

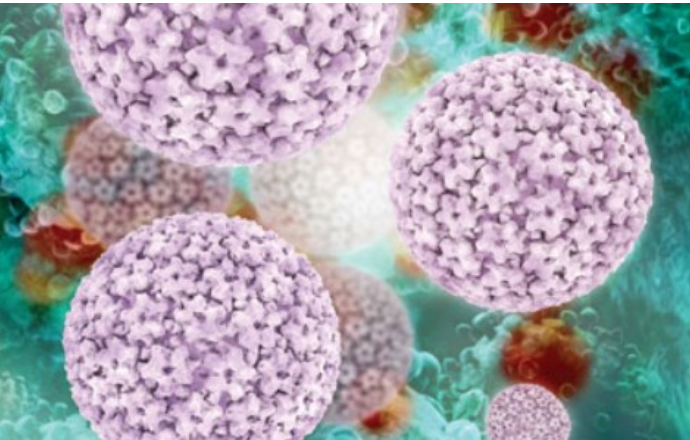
The cancer program at Southcoast Health focuses on patient care by continually striving for excellence in providing the best quality of care to patients. This commitment to high quality patient care prompted a Quality Improvement Study for tracking standardized ordering of biomarkers, EGFR for Lung Adenocarcinoma, MMR for Colon Adenocarcinoma, and p16 for Head & Neck Squamous cell carcinoma.

Biomarker testing provides knowledge about the genetic profile of a patient’s tumor. The results of the tests enables the patient and their physician to decide on an appropriate treatment care plan.

This Quality Improvement Study was to ensure that biomarker testing was automatically being performed at the time the specimens were received in the pathology department without having to wait for an order to come from the patient’s physician. The automatic ordering of the biomarker tests at the time of specimen collection reduces the wait time for receiving the test results and therefore appropriate treatment care planning is not delayed. The Cancer Registry worked with the Pathology Department to track and ensure that biomarkers for the selected cancers were being ordered at the time of the specimen collection.

The Cancer Registry’s early evaluation revealed that 98% of the biomarker testing was automatically being performed at the time the specimens were being received. The pathology department noted that these biomarkers are not an automatic order in the electronic medical record system. Pathologists have to remember to order these biomarkers as the specimens are received.

Improvement: The final evaluation at 15 months revealed that 100% of these biomarkers were being performed at the time the specimens were received.



“The pathologist integrates the results of biomarkers into the pathology report which provides specific information regarding the patient’s malignancy that the clinician utilizes in selecting targeted therapies for the individual patient.” *-Carolyn Mongeon, MD, Pathologist*

More than Medicine



RADIATION ROBES
Soft fleece radiation robes are handmade by local community member Addie Perry thanks to generous donations throughout the year



Shine a Light on Lung Cancer. Over 200 events takes place Nationwide during the month of November to provide hope, inspiration and support to all those affected by lung cancer.



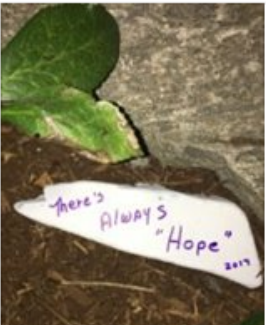
Dr. Edress Othman, Medical Oncologist, crosses the finish line with his patient at the Bill Sylvia 5K in Wareham



Celebration of Hope—annual meaningful event is meant to pause and honor patients living with a cancer diagnosis. The event is possible by donations from local businesses and families.



Spindle Rock River Rats & many other local musicians entertain patients during the holiday season.



“HOPE ROCKS”
Patients & visitors are asked to draw a picture, write a message or add a few simple words to a small rock. Take the rock and leave it in the community. We hope that someone will find our “Hope Rocks” and smile, or maybe take it with them and pass it along to someone who needs hope, know someone cares.



SANTA EVENT
Donations sustain our yearly Santa Event. Santa comes to spread holiday cheer to children impacted by their loved one’s cancer diagnosis. Santa and Mrs. Claus arrive by fire truck provided by the Fairhaven & Fall River Fire Departments.