

Centura Health Cancer Network

2017 ANNUAL REPORT



Centura Health
Cancer Network



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A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS

The Centura Health Cancer Network is one of the few cancer networks in the country accredited by both the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Cancers, and the first and only accredited cancer network in Colorado. We're proud to offer our communities a network that includes accredited cancer centers and breast centers recognized as leaders in prevention, screening, early diagnosis, staging, rehabilitation, support services and more. We're here to help you give cancer the fight of its life.

Welcome to our 2017 annual report of the Centura Health Cancer Network, reviewing 2016 data.



A note from our Cancer Committee Chairman

This past year has certainly been an exciting one for the Centura Health Cancer Network (CHCN). Our network currently includes Littleton Adventist Hospital, Longmont United Hospital Cancer Center, Mercy Regional Medical Center, The Cancer Center at Parker Adventist Hospital, Penrose Cancer Center, Porter Cancer Center, St. Anthony Cancer Center, St. Anthony North Health Campus, and Dorcy Cancer Center at St. Mary-Corwin. As any family, we have been striving to work together to provide the best possible cancer care throughout our locations.

Communication is important at all levels of human interaction and very important to a Cancer Network. Our expanded Cancer Committee of providers features the best minds and experts in cancer care, sharing knowledge and best practices with each other. It is certainly better to use a great solution from one of our hospitals rather than have others try to figure it out on their own. While there may be modifications to accommodate specific location's needs, tweaking is easier than reinvention.

On a patient care level, interdisciplinary conferences provide an opportunity for surgeons, medical oncologists, radiation oncologists as well as other specialists, nurses, technologists, genetic counselors, social workers, and nutritionists to come together.

In so doing, they can plan out the best approach to help a patient fight cancer and stay as healthy as possible along the way. At this point, we now have separate conferences devoted to cancers of the breast, head and neck, lung, female organs (Gyn), hepatobiliary, along with general cancer conferences.

“Our expanded Cancer Committee gets the best minds of cancer care providers at all of our hospitals together to share knowledge and best practices with each other.”

The tangible benefits cannot be understated. The fact that we have several of these conferences, improves the chances that if a patient has cancer at the CHCN, their case may be discussed in just such a setting.

The real purpose of these activities is to make sure that our care, thoughts, intentions, and our focus is on our patients. We are not resting on our laurels and will continue to strive to provide the best possible care at a convenient location near you. Let us help you navigate a successful journey in cancer care.

Jeffrey S. Cross MD, Chairman | Centura Health Cancer Network Cancer Committee

2017 Centura Health Cancer Network Cancer Committee

Jeffrey Cross, MD

General Surgeon
Chair CHCN Cancer Committee

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Genetic Counselor

Glenn Bigsby IV, DO

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Social Worker
Psychosocial Distress Coordinator

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Pharmacist

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Christopher Oliver, MD

Head & Neck Surgeon
Cancer Liaison Physician

Jeff Quam, MD

Radiology

Glenn Sackett
Chaplain

Andrew Tanner, MD
Radiation Oncologist
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Ryan Westhoff, MD
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Connie Wood, MBA, ARRT (R)
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Jackie Woods
Senior Manager, Hospital Systems
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Tracheostomy Pressure Injury Prevention Study

By Emily Lakovakis, BSN, RN, OCN

Fighting cancer takes many forms. Fighting cancer of the head and neck requires many changes to the way a person eats, talks and at times even breathes. Surgically placed tracheostomy tubes provide a safe and stable way to breathe following major surgeries in the head

and neck. Porter Adventist Hospital places approximately forty surgical tracheostomies a

year, most of which are to help a patient recover following major cancer surgery. Clinical nurses at the bedside, noticed a problem with the plastic of the tracheostomy tubes rubbing against and injuring the patient's skin. During 2016, three of these pressure injuries were reported. By March 2017, three more pressure injuries had already been reported.

“Clinical nurses at the bedside, noticed a problem with the plastic of the tracheostomy tubes rubbing against and injuring the patient’s skin.”

With occurrence rates trending upward, clinical staff knew something needed to change. An interdisciplinary team gathered including the head and neck clinical coordinator, clinical nurse specialist for the operating room, respiratory therapists, wound care nurses and clinical nurses from operating room, intensive care unit, and inpatient oncology unit. The team identified the problem, reviewed literature, discussed current practices and deliberated opportunities for change. No nursing research was found on pressure injury prevention of adult surgical tracheostomy patients to help direct decision making. Research focused either on the pediatric or adult long term tracheostomy patients. Specifically, head & neck oncology patients' tracheostomy tubes are for short term/



post-operative period, required to be sutured in, and surrounded by edematous skin. Patients are also post-surgical patients so it is important for patients to be up in the chair and ambulating to promote the healing process and prevent blood clots. The team determined that the problem was twofold: pressure related to the device and moisture related to tracheostomy secretions.

Over the next few months, the team sought out best products and research regarding skin protection and management of tracheostomy secretions. The team created a Tracheostomy Pressure Injury Prevention Bundle that includes placement of a Mepilex

“The team identified the problem, reviewed literature, discussed current practices and deliberated opportunities for change.”

Lite dressing between the flange of the trach and the patient’s skin at time of tracheostomy placement, an interdisciplinary

approach to tracheostomy tube changes, wound care RN rounding including Marathon skin protectant application and finally diligent clinical nursing assessment and documentation of the peristomal skin. The bundle rolled out on May 15th, 2017. Mepilex Lite dressings are sutured in place at time of surgery and are left in place until the post-operative sutures are removed and the tracheostomy tube is changed, usually post-op day five or six. Patients immediately recover in the intensive care unit and then are transferred to the inpatient oncology unit. With the roll out of the care bundle, education was provided to all of the areas in which these patients touch. Staff were educated on the problem, the bundle, skin assessments and documentation.

Since the bundle was implemented, seventeen patients have received bundled tracheostomy care. No pressure injuries or skin breakdowns have been recorded. Skin is not only intact on assessment, but clinical staff note that peristomal skin is much less red, irritated and excoriated. Having a dressing sutured in from the time of surgery helps to control and manage the moist peristomal environment immediately post-op that could not previously be managed with only sutures in place. Moving

“Starting August 2017, the Tracheostomy Pressure Injury Prevention Bundle was approved for study...”

forward the team will look at how these products can best benefit all patients with tracheostomy tubes. The head and neck surgeons continue to evaluate the products and will decide in early 2018 if they will continue to suture dressings in at time of surgery.

Starting August 2017, the Tracheostomy Pressure Injury Prevention Bundle was approved for study with the Catholic Health Initiatives Institute for Research and Innovation Institutional Review Board (CHIRB). Nine patients have enrolled in the study and the study will continue until approximately forty patients are included.

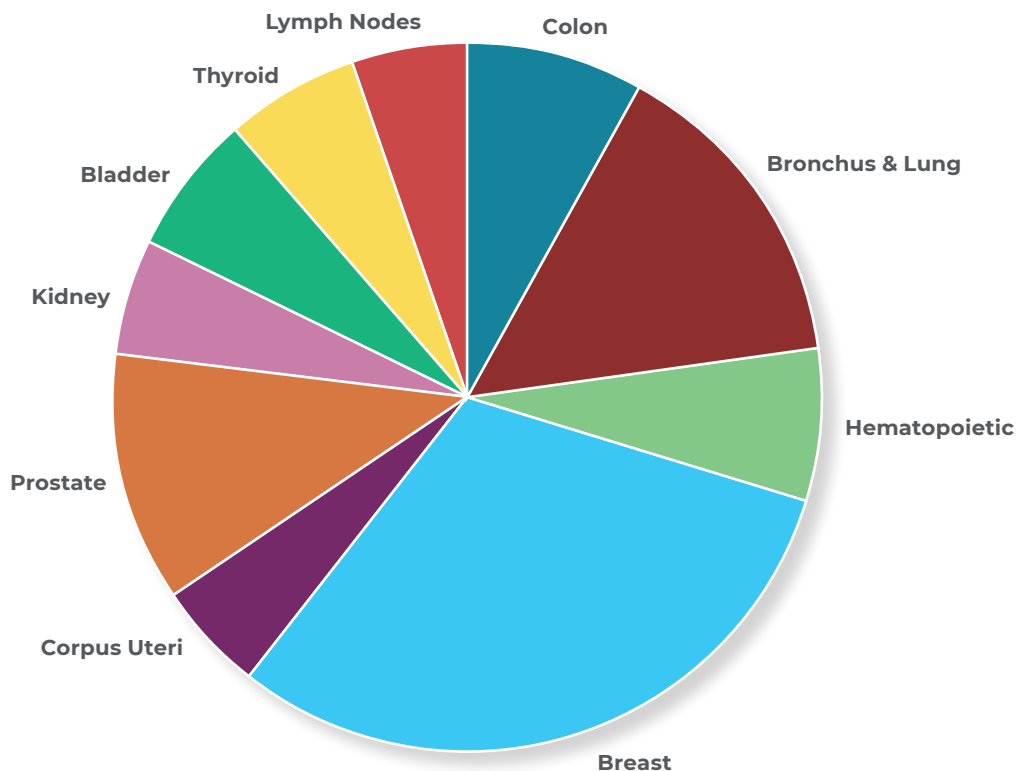
Patients who do not consent for the study continue to received bundled care. There is no difference in the care provided to the patient whether they consent for the study or not.

Both the bundle and the CHIRB study continue to be ongoing projects. It is the hope of the interdisciplinary team that no patient will ever have to experience the pain and cost of a pressure injury related to a tracheostomy tube again.

Top Ten Cancer Sites 2016 Network Data

Per “Cancer Registry Management Principles and Practices” a cancer registry is a system designed to collect information about the occurrence of cancer, the types of cancers that occur and their locations within the body, the extent of cancer at the time of diagnosis, and the kinds of treatments that patients receive. In the United States, hospital-based (or institution-based) registries are the foundation of cancer surveillance.

**Centura Health Cancer Network
Top Ten Sites**



Centura Health facilities contributing to the network’s cancer registry database:

- Littleton Adventist Hospital
- Longmont United Hospital
- Mercy Regional Medical Center
- Parker Adventist Hospital
- Penrose-St. Francis Health Services
- Porter Adventist Hospital
- St. Anthony Hospital
- St. Anthony North Health Campus
- St. Mary-Corwin Medical Center

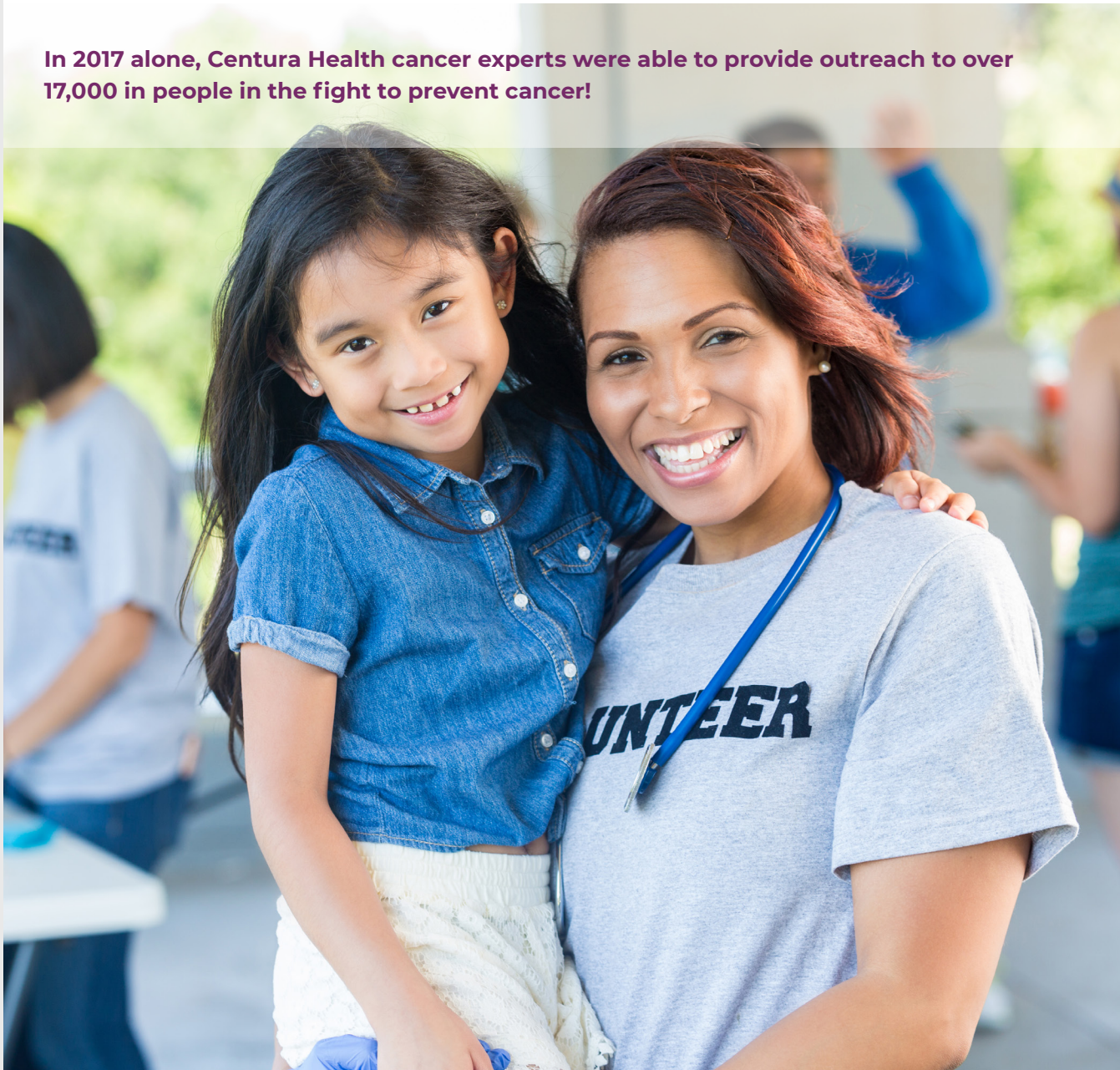
Centura Health is committed to educating through community outreach

From prevention, to screening, to early detection, to state-of-the-art treatment and equipment, to support, our team is there for you!

Health care is moving toward preventing diseases, rather than simply treating them. Prevention of cancer is a primary concern for many people. Everyone can reduce their risk for cancer and Centura Health is here to help.

Centura Health's cancer program is involved in multiple outreach efforts throughout the State. From Relay for Life and Making Strides Against Breast Cancer, to Channel 9 News Health Fair to Music, Mammos, and Muffins to Mother/Daughter Tea. Through these efforts, we are able to educate, screen and prevent cancer and do it by directly touching the lives of people in our communities.

In 2017 alone, Centura Health cancer experts were able to provide outreach to over 17,000 in people in the fight to prevent cancer!



2017 Centura Health Cancer Network Services

From Prevention and Early Detection to Treatment and Rehabilitation, Centura Health Cancer Network has the resources and expertise to provide you and your loved ones with excellent cancer care. You can find more information on Centura Health's website, centura.org.

The Cancer Team

Our cancer program provides quality cancer care close to home with an expert multidisciplinary team who works to provide comprehensive care.

When you or your family member faces a cancer diagnosis, finding the right care can seem overwhelming. Our dedicated oncology professionals work with you and your physician to plan the best care for you, both in and out of the hospital. Our goal is to provide high-quality care that is totally focused on you and your needs.

Prevention, Early Detection, and Awareness

CHCN is pleased to offer a variety of free educational cancer presentations and cancer awareness/screening programs.

Nursing Care

The nurses at CHCN facilities provide oncology inpatient and outpatient care, including medical-surgical care, chemotherapy & biotherapy administration, management of central venous access devices, and symptom management. Nurses who administer chemotherapy & biotherapy are required to follow national standards of care. Many of the CHCN nurses who care for patients and families experiencing a cancer diagnosis are nationally certified in medical-surgical nursing, hospice-palliative care nursing and oncology nursing.





Social Services

Our social workers provide support and other services which can reduce stress for patients and loved ones through all phases of the cancer journey. Our social workers can help assist patients and families in finding affordable medical care and prescription drug coverage, transportation and home health care. They also help patients understand the process of applying for Medicaid, social security disability benefits, and refer patients to programs that offer financial assistance.

Our social workers are here to help you cope with the cancer diagnosis and the many emotions that you may be experiencing and assist patients in finding support groups, education programs and other resources in the community.

Nutrition Services

Nutrition services are essential to comprehensive cancer care and patient rehabilitation. The CHCN strives to provide safe and effective nutrition care across the cancer continuum, from prevention, throughout treatment and into survivorship, to promote your best quality of life.

Comprehensive nutritional assessment, counseling, and education can be provided by our team of registered dietitians.



Rehabilitation Medicine

CHCN offers high quality rehabilitation services and specialized care for our oncology patients. Our outstanding team of rehabilitation professionals is here to assist you on your survivorship journey. The goal of rehabilitation is to improve quality of life, increase daily functioning and independence as well as to decrease pain.

Our services include physical and occupational therapy and speech-language pathology. Our specialized services include:

- Lymphedema Therapy
- Speech Therapy
- Swallowing Therapy
- Balance Therapy
- Pelvic Floor Therapy
- Chemo Brain Therapy

CHCN offers rehabilitation services at numerous locations across our communities.

Clinical Trials

CHCN collaborates with Catholic Health Initiatives (CHI), through the National Community Oncology Research Program (NCORP), to offer National Cancer Institute trials in addition to other cancer clinical trials.

People experiencing a cancer diagnosis have the opportunity to participate in a vast array of research studies for nearly every type of cancer. An experienced research nurse will assist your physician to determine if a cancer clinical trial is right for you and will follow you from enrollment through completion.

It is rare to find such a comprehensive selection of cancer clinical trials and CHCN is pleased to offer this cutting edge research to patients throughout Colorado and western Kansas.

Palliative Care

Palliative care is an integral part of comprehensive cancer care. The goal of palliative care is to provide relief of suffering, in all of its dimensions, and to support the best possible quality of life for the patient and his or her family. Palliative care is offered simultaneously with all other medical therapies, working with the patient's medical team, to support the primary plan of care.

Palliative care emphasizes the use of evidenced-based tools for symptom management, aligns medically appropriate goal setting among patients, families, and health care providers, and integrates this plan with clear communication among all members of the health care team. Common reasons for referral to palliative care service include counseling about medical decision making and symptom management for pain.

Spiritual Care

Hospital visits can be a time of stress, anxiety, grief and fear. Our mission is to extend compassion and demonstrate the healing love of God to all of our patients and their loved ones.

At CHCN there is a dedication to continue the healing work not only with the best that medicine can provide, but also through compassion and care for your spiritual and emotional needs. Our chaplains understand the importance of prayer and faith as a part of healing and our chaplains are able to make CHCN a leader in healing the whole person.

CHCN chaplains are trained to offer emotional and spiritual support to persons of all faiths, from pre-surgery and outpatient testing through the entire hospital experience.



Centura Health Cancer Network Support Groups, Classes & Patient Resources

Aquatic Exercise for cancer survivors is performed in a warm therapy pool. This class includes light muscle strengthening designed for individuals in any stage of cancer. Focus is on movements to improve and enhance coordination, dexterity, pain management, balance and stability.

Art Therapy is a form of expressive therapy that uses the creative process of making art to improve a patient's physical, mental, and emotional well-being.

Bibliotherapy is using reading material as a means to alleviate distress and facilitate personal growth. A specific book is chosen each summer providing participants an opportunity to learn and apply new coping strategies through group discussion and interaction. Books are provided for participants through grant funding.

Boulder County Ostomy Support Group is facilitated by a wound nurse and led by a community member, for ostomates, family and friends.

Breast Cancer Support Group provides emotional and social support for people who have been recently diagnosed. The group provides a forum where participants can gain insight on coping, resilience, surviving, and triumphing in spite of adversity.

Copeful Writing provides guidance in learning different writing and journaling techniques that bring clarity, focus, and self-awareness to your feelings and thoughts while activating your mind's relaxation response.

Emergence, Recreating Life for Breast Cancer Survivors is a gentle self-discovery process reconnecting breast cancer survivors with joy and inspiration in their lives. Patients discover choices that will lead to becoming the happier, more balanced and peaceful woman they have been longing to be. Also to gain tools to rejuvenate and have control of their life, reducing fear and stress.

Grupo De Apoyo De Cancer Para Latinos es un grupo para pacientes que se sienten más cómodos hablando en español.

Flexibility and Balance Class focuses on improving range of motion and balance no matter your phase of treatment.

Head and Neck Support Group is a monthly gathering for patients, families, and friends at any stage of Head and Neck cancer. The group provides a place where insights into coping, surviving, resilience, and triumphing in spite of adversity can be gained.

Hope Cancer Center Cancer Support Group is for all types of cancer and family members at Longmont United Hospital. Led by a licensed therapist, for all types of cancer, and for friends and family members.

Kids-Alive Support Group is a support group for kids ages 6 – 16 who have lost a parent or family member to cancer.

Legacy and Life Meaning is designed to help advanced cancer patients understand the importance and relevance of sustaining, reconnecting with, creating, and experiencing meaning in their lives. The goal of the intervention is to diminish despair and hopelessness by sustaining or enhancing a sense of meaning, even in the face of death.

Look Good, Feel Better is a FREE American Cancer Society program designed specifically for women experiencing side effects of cancer treatments. The program was developed by the Cosmetic, Toiletry and Fragrance Association, the National Cosmetology Association and the American Cancer Society to provide information on ways to enhance appearance and take care of your skin, hair, and fingernails during treatment. The program includes instruction by licensed cosmetologists and a demonstration kit.

Massage Therapy utilizes touch-therapy interventions to assist patients in achieving a greater sense of well-being while providing benefits to ease symptoms of treatment to allow the body to rally its healing capabilities.

Moving to Heal is a mind/body physical conditioning program and holistic fitness practice addressing each aspect of your life – mind, body, and spirit.

Music Therapy includes a harpist and guitarist that perform throughout the hospital daily in common areas as well as in-patient rooms as requested. Music therapy promotes, maintains, and restores mental, emotional, physical, and spiritual health.

Naturopathic/Integrative Oncology is an evidence-based approach to cancer care that reduces side effects, optimizes outcomes of conventional treatment, and promotes life-long wellness.

Nutrition Series Classes discuss how cancer and its treatments can affect your eating habits – and your weight. Weight changes during cancer treatment are common and there are many things you can do to help your body stay strong.

Prostate Cancer Support Group is a peer led group for men with prostate cancer, and their family and friends.

Psychosocial Counseling is provided to patients, family members, and caregivers in order to reduce the impact and burden of cancer. The focus is to minimize stressors such as worry, anxiety, depression, social issues and spiritual needs.

Sleeping Soundly and Sedative Free discusses ways to eliminate insomnia without sedation.

Therapeutic Drumming is an evidence-based integrative therapy designed to reduce stress, decrease tension and anxiety, improve mood and strengthen the immune system. Published research has demonstrated the effectiveness of the HealthRHYTHMS™ group drumming protocol.

Yoga for Cancer Recovery classes are specifically designed to increase mobility and flexibility, support pain management, and lymphedema prevention while improving strength and overall fitness. The class is focused on breath-mediated movement and appropriate, supportive adaptations of gentle yoga postures. All cancer patients are welcome.

You can make a difference and give the gift of HOPE.

You can be a part of the innovative care we bring to our communities. To make a gift, visit us at: [centura.org/foundations](https://www.centura.org/foundations), or call.

Littleton Adventist Hospital Foundation

Littleton Adventist Hospital
(303)734-8764

Longmont United Hospital Foundation

Longmont United Hospital
(303)651-5021

Mercy Health Foundation

Mercy Regional Medical Center
(970)764-2802

Parker Adventist Hospital Foundation

Parker Adventist Hospital
(303)909-1536

Penrose-St. Francis Health Foundation

Penrose-St. Francis Health Services
(719)776-7760

Porter Adventist Hospital Foundation

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St. Anthony Health Foundation

St. Anthony Hospital & St. Anthony North Campus
(720)321-4310

St. Mary-Corwin Health Foundation

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