

# Centura Health Cancer Network

2019 ANNUAL REPORT



John Stageberg,  
Centura Health  
Physician

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.

## This has been a very exciting time for the Centura Health Cancer Network.

### A note from our Cancer Committee Chairman

As always, our focus remains to continually improve the care our patients receive and deliver it in the manner in which our patients desire. Not only do they receive personalized care that promotes healing for the mind, body, and spirit, but with Centura Health Cancer Network (CHCN), our patients can be confident that they are receiving treatments that meet or exceed national guidelines. The foremost accrediting organization for cancer programs in the United States, the Commission on Cancer of the American College of Surgeons, has affirmed in years past that patients receive excellent care through Centura Health Cancer Network. And our April 2019 Commission on Cancer survey once again confirmed the quality of our program by reaffirming our Network accreditation status.

As we continue adding even more services to make each person's cancer journey more comfortable and successful, we are proud of our team of physicians, nurses, social workers, dietitians, therapists, navigators, and supportive care professionals who help our patients and their families. Each patient's cancer journey is different, which is why we are dedicated to providing comprehensive care that ranges from preventative screenings and early detection to state-of-the-art treatment, equipment, and support services. The Centura cancer team is here for you.

Recently, Centura Health Cancer Network was honored to become a member of the Certified MD Anderson Cancer Network®. This was achieved when Penrose St. Francis Health Service and St. Mary-Corwin Hospital were accepted as member facilities. For experts working in cancer, an affiliation with MD Anderson Cancer Network® means access to the latest in cancer research and evidence-based care. Some patients who receive a cancer diagnosis seek a second opinion at prestigious cancer centers such as MD Anderson. Now, they will have that connection close to home.

For cancer patients, the quality of care often comes at the expense of comfort or control. The hunt for quality care takes patients far and wide. Twenty percent (20%) of cancer patients face serious depression, compared with 5% for past-year prevalence in the general population. Forty percent (40%) of cancer patients reported a higher than expected financial burden. And 74% of adults with cancer reported barriers to traveling for specialty cancer care. With this affiliation, we will reduce, and possibly eliminate, these statistics for our incredible patients.

The Centura Health Cancer Network, as a faith-based organization, is here to remove barriers to amazing cancer care and to provide access to innovative care that demonstrates God's love in a caring environment. And we are grateful for the sacred opportunity to bring healing into the lives of our patients.

### **Jeffrey S. Cross, MD**

Chairman, Centura Health Cancer Network Cancer Committee



**As always, our focus remains to continually improve the care our patients receive and deliver it in the manner in which our patients desire.**

## 2018 Centura Health Cancer Network Cancer Committee

**Jeanine Ashley, MS, CGC**

Genetic Counselor

**Shawn Bonner, CTR**

Cancer Registrar  
Cancer Registry Quality Coordinator

**Eiko Browning, MD**

Medical Oncologist

**Darlene Bugoci, MD**

Radiation Oncologist

**Monica Buhlig, MPH**

Community Outreach Coordinator

**Nancy Caldwell, CTR**

Cancer Registrar

**Kenneth Chaij, MA, SSOPT 4th Cl.**

Centura Group Director of  
Oncology Services

**Jonathan Clark, MD**

Radiation Oncologist

**Jeffrey Cross, MD**

General Surgeon  
Chair CHCN Cancer Committee

**Bryan Davis, MD**

ENT Physician  
Co-Chair CHCN Cancer Committee

**Tanya Dorobiala, RHIT, CTR**

Cancer Registrar  
Cancer Conference Coordinator

**Sheryl Giambartolomei, RN**

Manager of Clinical Research  
Clinical Research Coordinator

**Sara Gibbons, RN, MSN, OCN**

Oncology Nurse

**Jeremy Goins, CTR**

Cancer Registrar

**Toni Green-Cheatwood, DO**

Breast Surgeon

**Horatio Gutierrez, MD**

Radiologist

**Jodi Harr, CTR, CCRP**

Manager, Research/Registry

**Erin Hoffman, MS, CGC**

Genetic Counselor

**Gregory Kotnis, MD**

Pathologist

**Teresa Labovich, RN, MSN, OCN**

Manager, Nurse Navigation

**Ling Ma, MD**

Medical Oncologist

**Erin Merboth, MD**

Pathologist

**Jackie Morgan, MSW, LCSW, OSW-C**

Social Worker  
Psychosocial Distress Coordinator

**Hannah Nein**

Health Systems Manager  
American Cancer Society

**Christopher Oliver, MD**

Head & Neck Surgeon  
Cancer Liaison Physician

**Jeff Quam, MD**  
Radiologist

**Beth Reasoner, RN, BSN, MS,  
CPHQ**  
Quality Director  
Quality Improvement Coordinator

**Rachel Sabolish, APN**  
Palliative Care

**Andrew Tanner, MD**  
Radiation Oncologist

**Peggy Thomas, RN, MN, AOCN**  
Manager of Breast Care Center

**Ryan Westhoff, MD**  
Palliative Care Physician

**Connie Wood**  
Oncology Director



Alan Monroe,  
Centura Health  
Physician

## The Magic Mouthwash Debate and Centura Health's Response

By Penne McPherson, EdD, RN-BC, OCN

It is estimated that over 40% of oncology patients receiving treatment will experience some degree of mouth sores. Since the beginning when chemotherapy and radiation were first used to treat cancer, a variety of concoctions have been used to try and control these symptoms. "Magic Mouthwash" has been the catch-all word used to describe this medication. However, these medications have often been made from different combinations and were many times based on trial and error. A group of Centura Health nurses recognized the confusion the inconsistencies had on patients. A patient might receive three different types of Magic Mouthwash depending on if he or she was discharged with one type, received a different prescription from the Radiation Oncologist, and then was given a third type by the Oncologist. The cost to mix the special drugs together could be significant depending upon the pharmacy and types of drugs





used. And there were errors in the dosages if patients didn't understand how to mix the drugs at home.

The nurses felt they needed to respond to these inconsistencies and began working with pharmacists to research best practices in the community and nationwide. Out of this effort came the development of an algorithm of different interventions that best manage treatment-related mucositis. These included non-medication actions such as good mouth care actions, rinsing of the mouth with a baking soda mixture to help prevent thrush, and the use of ice chips to decrease the mouth sores from happening. The National Cancer Institute Toxicity Grading Scale for Oral Mucositis was used as a guide to help develop the algorithm.

The overall goal of the group was to provide the patient with a consistent method of preventing and/or treating the mouth sores in the most economical way possible.

**“The nurses felt they needed to respond to these inconsistencies and began working with pharmacists to research best practices in the community and nationwide.”**

As this work evolved, the group realized the importance of working with other specialty areas. The medical librarian provided an exhaustive literature resource for review. Network computer analysts with the electronic medical record department built the order sets for both the inpatient and clinic settings. This made it easier for the provider to order the correct formula. An oncology dental hygienist who works specifically with the head and neck cancer patients provided input on pre-treatment implications and specific interventions during the treatment period. And the oncology certified dietitians offered important dietary interventions.

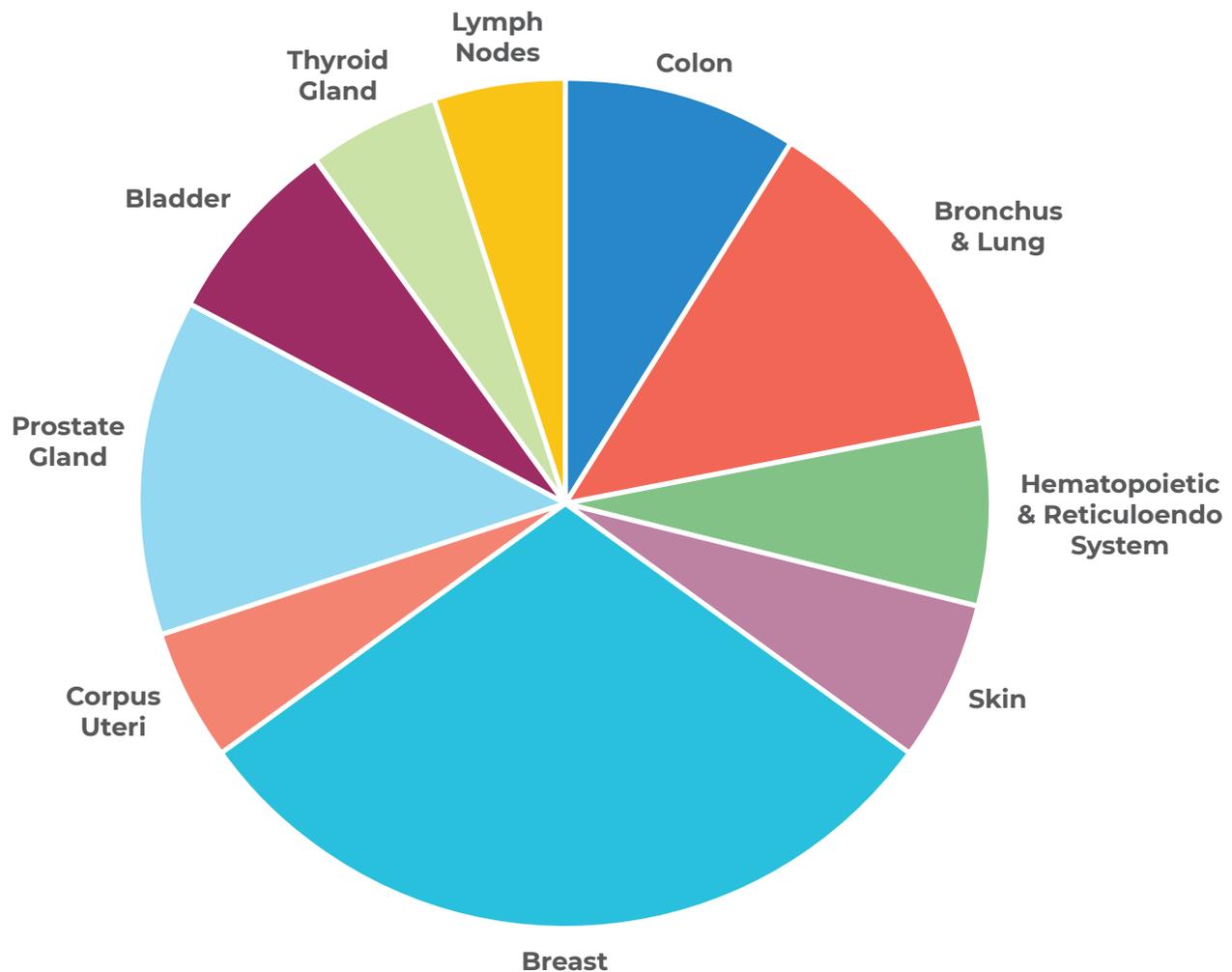
Based on the National Cancer Institute's Grading system for mucositis side effects, the algorithm includes situations of no presence of a fungal infection, the presence of infection, varying degrees of pain, and assessment of whether or not a patient could actually take in and swallow liquids. The provider is then able to pick the best treatment plan for the patient based on all of the varying considerations.

Management of treatment-related mucositis has been attempted since the onset of chemotherapy drugs and radiation treatments. The inconsistencies of what medications were used as well as the patient's ability to comply with the treatment could be barriers to receiving the best care possible. Healthcare professionals at Centura Health responded by creating an algorithm that provides consistency in care, cost and error reduction related to compounding mixtures, supports provider ordering, and decreases patient and staff concerns.

## Top Ten Cancer Sites 2018 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

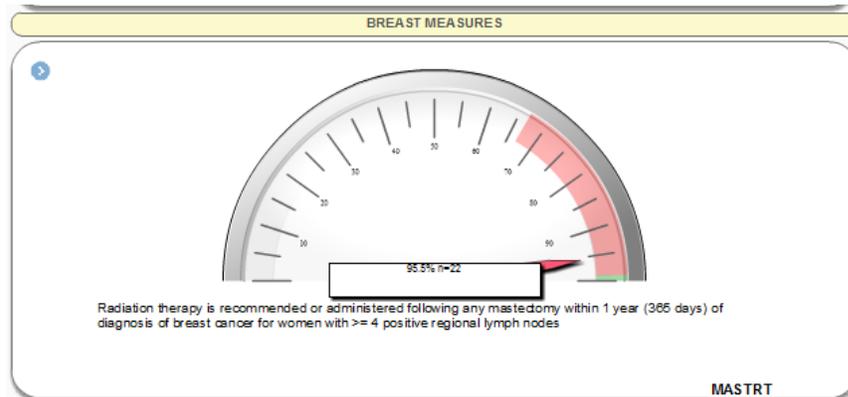
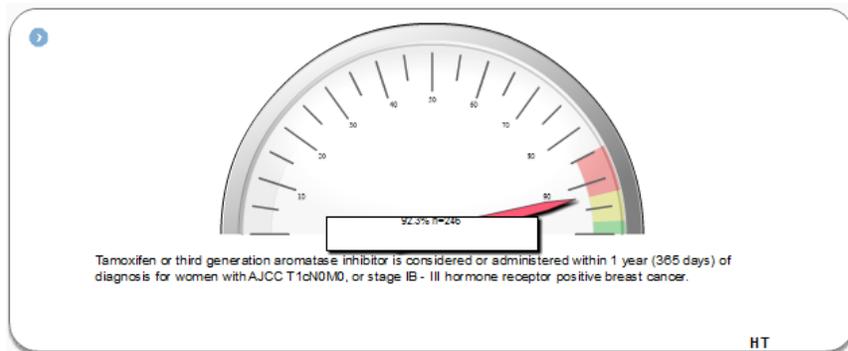
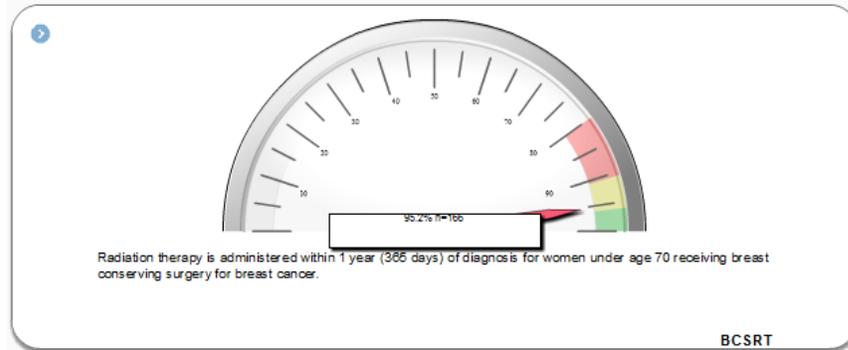


#### Centura Health facilities contributing to the network’s cancer registry database:

- 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 Cancer Network 2018 Rapid Quality Reporting System

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.



## 2018 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's website, [centura.org](http://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. Centura Health Cancer Network's 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

Centura Health Cancer Network is pleased to offer a variety of free educational cancer presentations and cancer awareness/screening programs. For more information, talk with one of our cancer team members for times and locations of educational and outreach events.

### Nursing Care

The nurses at Centura Health Cancer Network 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 who are experiencing a cancer diagnosis are nationally certified in medical-surgical nursing, hospice-palliative care nursing, and oncology nursing.

### Social Services

Centura Health Cancer Network 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 can also help patients understand the process of applying for Medicaid, social security disability benefits, and link patients to programs that offer financial assistance.

Our social workers can help you cope with the cancer diagnosis and the many emotions that you may be experiencing. Centura Health Cancer Network social workers can assist patients in finding support groups, education programs and other resources in the community.



Valvina  
Rodriguez,  
Centura Health  
Radiation  
Therapist



Sheila Gomez,  
Centura Health  
Radiation Nurse

## Nutrition Services

Nutrition services are essential to comprehensive cancer care and patient rehabilitation. The Centura Health Cancer Network 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.



Michael Williams,  
Centura Health  
Registered Nurse

## Rehabilitation Medicine

Centura Health Cancer Network offers high quality rehabilitation services including 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

Centura Health Cancer Network offers rehabilitation services at numerous locations across our communities.

## Clinical Trials

Centura Health Cancer Network collaborates with the Catholic Health Initiatives (CHI) 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 staff member will assist your physician to determine if a cancer clinical trial is right for you and will follow you from enrollment through completion.

We are fortunate to have 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. Major reasons for referral to palliative care service include medical decision-making of care 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 Centura Health Cancer Network 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.

## Genetic Counseling

Cancer risk assessment and genetic counseling are the processes to identify and counsel people at risk for familial or hereditary cancer syndromes. The purpose of genetic counseling is to educate patients and their family members about their chance of developing cancers, help them obtain personal meaning from cancer genetic information, and empower them to make educated, informed decisions about genetic testing, cancer screening, and cancer prevention.



Brianna McDevitt,  
Centura Health  
Physician

Toni Green-  
Cheatwood,  
Centura Health  
Physician



## Centura Health Cancer Network Support Groups, Classes & Patient Resources

**ANGEL Network** was founded in 2001 to educate African-American women in Southern Colorado about breast health, early detection, and access to mammography services.

**Annual Breast Cancer Retreat** that focuses on healing the mind, body, and soul. An overnight gathering in a beautiful mountain setting at the Mountain Park Environmental Center, where women visit with other breast cancer survivors and share the strength, courage, humor, wisdom, and kindness experienced on this common path.

**Anusara Yoga** focuses on alignment, balance, breathing, and stretching. Classes are adapted as needed.

**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.

**Balance & Flexibility** is a weekly class offered to help restore a cancer patient or survivor's balance and range of motion.

**Beading with Patti** is a beading class that incorporates creative projects to improve cancer patient's well-being.

**Beginning Again: Tools for the Journey Through Grief** is an 8-week course, offered once a week, for those experiencing the death of a loved one.

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

**Breast Cancer Support Group** A breast cancer support group that provides emotional and social support for people who have been diagnosed with breast cancer. The group provides a forum where participants can share insights on coping, resilience, and thriving in spite of adversity.

**Cancer 101** teaches what to expect during your treatment process, about the many resources available, and the different expert members of your care team.

**CanCervive** is a class where patients are taught coping strategies and more in a caring, supportive, and confidential environment with a group facilitator.

**Coping with the Holidays (offered during Thanksgiving & Christmas)** is offered for those with cancer, and their loved ones, who feel out of step from the rest of the world during the holidays.

**DBT (Dialectical Behavior Therapy)** is an ongoing, four-week course, offered to help reduce anxiety and depression among cancer patients and survivors.

**5 Point NADA Ear Acupuncture** is a technique that utilizes small needles that are placed in five points in the ear. This treatment is performed in a group setting and has success in treating people with cancer who experience night sweats, fatigue, anxiety, depression, and stress. It is effective with insomnia, PTSD, withdrawal and chronic pain, and assists with tobacco cessation.

**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.

**Energize with Exercise** is an hour of fun education and exercises focusing on strength, balance, and wellness.

**Essential Oils & Supplements Used in Cancer Care** is a class offered quarterly to inform and educate cancer patients and survivors of the benefits and risks while undergoing cancer treatments.

**Guided Meditation** allows one to explore the benefits of guided meditation, visualization exercises, and centering prayer.

**Healthy Living Class** provides teaches how to make simple changes in your daily routine that will make big impacts in your body's well-being. Offered monthly.

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

**Kids-Alive Support Group** is a safe place where kids ages 6 – 16 who have a parent with cancer can express their feelings through play, art and music therapies, facilitating a better relationship between cancer patients and their families.



Sandra Duran, Centura Health Oncology Dosimetrist Lead

**Latino Support Group** for patients, families, and survivors of cancer who are looking for a Spanish oriented group.

**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.

**Lodging** Partnerships with local hotels and the American Cancer Society have been established with a number of our hospitals throughout Centura, allowing patients who live too far for daily travel, an option for housing during their care and treatment.

**Look Good, Feel Better** is a non-medical, brand-neutral public service program that teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment. The program includes lessons on skin and nail care, cosmetics, wigs and turbans, accessories and styling, helping people with cancer to find some normalcy in a life that is by no means normal.

Thousands of volunteer beauty professionals support Look Good Feel Better. All are trained and certified by the Look Good Feel Better Foundation and the Professional Beauty Association at local, statewide, and national workshops. Other volunteer health care professionals and individuals also give their time to the program.

The program is open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment.

**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.

**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.

**National Cancer Survivor Day** is the annual National Cancer Survivors Day celebration, hosted by multiple Centura hospitals, every year on the first Sunday in June. The event pays tribute to those who have survived cancer or who are currently overcoming cancer. It is free and open to all survivors and their loved ones.

**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.

**Nicki's Circle South** provides support for women with any gynecologic cancer and their caregivers. They are associated with the Colorado Ovarian Cancer Alliance (COCA).

**Nutrition During Oncology Treatment** is a monthly, one hour class, where education and discussion about nourishing yourself during cancer treatments takes place. Learn about healthful eating during treatment.

**Pink Ladies Embracing Today** is a support group for women who are breast cancer survivors! Whether newly diagnosed, still going through treatment, or years out of treatment this group aims to offer peer support, share experiences, listen, and welcome new members.

**Prescription Assistance** is offered for patients who do not have insurance that covers prescription needs.

**Prostate Cancer Support Group** is a peer led group for men with prostate cancer, 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.

**Road to Recovery Program** is a partnership with the American Cancer Society, providing transportation to and from cancer treatments to patients in need.

**Strength and Courage** is offered twice a month with navigators and lymphedema therapists for preoperative breast cancer patients to help reduce the risk of lymphedema, prevent loss of shoulder motion, manage scars, and return safely to exercise and daily activities after surgery.

**Tai Chi** class teaches how to develop the ongoing practice of Qigong and Tai Chi, a technique that is known to improve concentration, balance, and a sense of wellbeing. This practice reduces stress while unifying the domains of the mind, body, and spirit.

**Therapeutic Drumming** is 4 classes offered multiple times per year.

**Women's Advanced Cancer Support** is a group for women with any type of advanced or metastatic cancer where the focus is on coping, support, education, and sharing experiences of living with cancer.

**Whole Body Concepts** is a weekly, free class, for cancer survivors. It focuses on improving your endurance, muscular strength, range of motion and balance through a variety of activities.

**YMCA Exercise Program** offers a free three-month membership for cancer survivors. Many survivors report a sense of fatigue and challenge with adjusting to their new normal, after treatment is completed. This partnership was created to help.

**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.

**Young Survivors Support Group** Being diagnosed with cancer in your 20's and 30's is very different than being diagnosed in middle age or older. This group is open to young adults, age 20-39 with any form of cancer. The emphasis of this group are the aspects of life that are interrupted after a cancer diagnosis and how it impacts you at this stage of life, career, education, having children, etc.

**Zumba Gold** is a class offered to cancer patients, that is full of energy and fun. This class is adapted to any fitness level.

Contact the **Centura Health Cancer Network** via its website for more information on any of these support groups, classes, or resources so you can be connected with those who can help.



Elissa Peters,  
Centura Health  
Registered Nurse  
Navigator

## 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://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

951.833.5776

### **Penrose-St. Francis Health Foundation**

Penrose-St. Francis Health Services

719.776.7760

### **Porter Adventist Hospital Foundation**

Porter Adventist Hospital

303.715.7600

### **St. Anthony Health Foundation**

St. Anthony Hospital & St. Anthony North Campus

720.321.4310

### **St. Mary-Corwin Health Foundation**

St. Mary-Corwin Medical Center

719.557.5298



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