

September 2018

The Cancer Center at Taylor Regional Hospital

CANCER OUTREACH REPORT

Identified Areas of Community Need:

- **Cancer Education and Awareness**
- **Cancer Prevention and Screening**



Specific Outreach Activities Related to Community Need:

- Dr. James Bergin presented a class on colorectal cancer on March 16, 2017 with a total of 12 in attendance. This course provided an overview of risk factors, screening methods, detection, current treatment and interventions for patients with colorectal cancer.
- An education session entitled "Couch to 5k" was held on April 13, 2017 with 11 in attendance. Instructors were Pat Watson, RN, Certified Health Coach and Richard Phillips, Staff Development Coordinator. This course provided information on participating in a 5k event and provided a great deal of information regarding the many ways walking and running each enhance a healthy lifestyle.
- A free skin cancer prevention/screening event was held on May 11, 2017 at The Cancer Center. A video on performing self skin assessments from the American Academy of Dermatology was shown to participants and family members who attended the screening event. A total of 59 individuals from the community participated in the skin assessments with 29 follow-up recommendations for abnormal lesions. All participants with abnormal lesions followed up.
- Taylor Regional Hospital's annual Health Fair was held on June 10, 2017 at Taylor County Intermediate School, with over 1,000 in attendance. CBC, CMP, TSH, and Coronary Risk profile lab work was offered for \$15; prostate-specific antigen for men (PSA) was offered for \$10. Two hundred and nine men participated in the PSA screenings with 24 having elevated levels; all 24 were followed up.
- Amanda Bright, PA-C, held a skin cancer class on June 30, 2017 with 10 in attendance. This course discussed the correct method for performing a skin self-exam, methods of prevention, types of skin cancer, and current treatments for skin cancer.
- The installation of 3D digital mammography was completed in August of 2017, resulting in Taylor Regional Hospital becoming the only provider of 3D digital mammography in the area. Genius 3D exams deliver a series of detailed breast images, allowing physicians to better evaluate breasts layer by layer. More than 100 clinical studies support the benefits of this technology. Studies show that 3D digital mammography exams have greater accuracy than traditional 2D mammography for women across a variety of ages and breast densities.
- Dr. James Bergin held a class on thyroid disorders/cancer on September 21, 2017 with 12 in attendance. This class provided an overview of common thyroid disorders in adults, including thyroid cancer and treatment options.
- Dr. Eugene Shively held a class on breast cancer on October 13, 2017 with 18 in attendance. This course provided information regarding current methods of diagnosing and treating breast cancer, changes in treatment methods and improved outlook for breast cancer patients.
- Educational material is offered through the Educational Services Department and The Cancer Center throughout the year. Quarterly cancer-specific classes are held in the Education Classroom, as well as cancer-related classes throughout the calendar year. Additionally, educational opportunities offered to the community included classes on colorectal, skin, thyroid, and breast cancers.

**CANCER PREVENTION ACTIVITY: SKIN CANCER SCREEING/
PREVENTION**



The Taylor Regional Cancer Committee selected Skin Cancer Screening as the Community Outreach Screening and Prevention Program for 2017. According to the CDD, skin cancer remains the most common form of cancer in the United States. Kentucky incidence rates for melanoma of the skin from 2014 statistics (most current) rank in the highest range with an average of 27.1 per 100,000.

According to the CDD, melanoma of the skin continued to increase significantly in the United States from 2003-2012 by 1.7% per year in men and 1.4% per year among women. Taylor County exceeds the melanoma incidence rates of the state average (by 6.3-calculated per 1000,000 population per year) and the national average (by 6.5-calculated per 100,000 population per year). TRH-

owned physician practices diagnosed approximately 200 skin cancers (excluding melanomas) in 2016. The number of diagnosed cases of melanomas at TRH over the last several years are listed below:

- 2011–19 cases
- 2012–17 cases
- 2013–15 cases
- 2014–29 cases
- 2015–16 cases
- 2016–20 cases

During the 2016 Community Health Needs Assessment, the residents of Taylor County expressed that a barrier to healthcare is cost. As a result of this and in addition to the above-mentioned statistics regarding skin cancer, the Taylor Regional Hospital Cancer Committee felt that a skin cancer prevention/screening event was necessary. The American Cancer Society and the American Academy of Dermatology current clinical guidelines and recommendations were followed in relation to prevention and screening during the event.

Promotion Methods

The event was heavily advertised throughout the community using radio, social media, email blasts, the TRH website, and flyers.

Results

Fifty-nine participants were screened during the event, seventeen TRH Team Members assisted, and three TRH providers volunteered to complete the skin assessments. Brochures and pamphlets from the American Cancer Society were provided, along with a complimentary lip balm. A video by the American Academy of Dermatology was shown, providing participants with instructions for performing self skin assessments. Each participant received a copy of the assessment and recommendation by the provider prior to leaving the event, and of the 59 participants, 29 received recommendations to follow up with a physician after the screening.

Follow-Up

Screening results were provided to each patient along with instructions to follow up if needed. A two month follow-up was completed to ensure that the patients with abnormal results had in fact followed up. Twenty-eight patients with abnormal results were contacted either by phone or certified letter. One of the patients was unable to be reached by phone and did not accept the certified letter. Of the 28 patients, nine of those patients followed up with their physician, seven made future appointments and 12 did not follow up at all. The results of the follow ups are as follows: three basal cell cancers, one squamous cell, one carcinoma in situ, one keratosis and one stasis dermatitis.

Participants were asked to complete an anonymous paper evaluation of the event. Participants were asked if the event helped change habits that would improve their future health. Of the 59 participants, 40 stated yes, 10 stated no, and nine did not answer the question.

In addition, Taylor Regional Hospital held a skin cancer class on June 30, 2017. A total of 10 were in attendance. Amanda Bright, PA-C, discussed the correct method for performing a skin self-exam, methods of prevention, types of skin cancer, and current treatments for skin cancer.

Educational pamphlets and flyers were utilized as a resource to further community awareness. TRH offices were given a mini skin cancer prevention handbook to display in their offices and exam rooms.

ADDITIONAL PREVENTION/SCREENINGS:

Prostate-specific antigen (PSA)

Taylor Regional Hospital provided an additional screening event for the community during the Health Fair on June 10, 2017 at Taylor County Intermediate School. Prostate-specific antigen (PSA) screenings were offered at a discounted rate. Per the National Comprehensive Cancer Network, PSA's are useful for obtaining a baseline and beginning the process of early detection. According to the American Urological Association, PSA's are complimentary and other variables need to be assessed prior to proceeding with a biopsy.

This opportunity was heavily advertised throughout the community and surrounding areas. A total of 209 individuals participated in this screening event. Education was also provided at the Health Fair regarding multiple kinds of cancers.

Screening results were mailed to each patient and also mailed to the patient's physician. Results from the screening showed that 24 of the 209 participants had an abnormal (elevated) PSA. A follow-up phone call to providers was placed after the event to ensure receipt of the lab result. When the physician could not be reached, the participants were called personally to advise them to follow up. Of those with abnormal results, 22 had already followed-up or planned on following up with their physician or a urologist in the near future and two who were contacted by their physician declined follow-up. A certified letter stressing the need for follow-up of the abnormal finding was mailed those patients who declined. No newly diagnosed cases of prostate cancer have been identified to date.



Freedom From Smoking Program

TRH offered a six-week Freedom from Smoking program beginning in January of 2017. This program was free to the public. Freedom from Smoking classes are evidence based and are sponsored by the American Lung Association. This class was heavily advertised throughout the community. Two participants joined the first week; however neither completed the program. Inpatient Smoking Cessation Education contacts totaled 165. These patients were offered smoking cessation information and resources as well as education from the patient educator.



Colorectal Cancer Class

Dr. James Bergin held a colorectal cancer class on March 16, 2017 with 12 in attendance. The course provided an overview of risk factors, screening methods, detection, current treatment and interventions for patients with colorectal cancer.



COLONCANCER
AWARENESS

Couch to 5K Program

An educational session entitled "Couch to 5K" was held on April 13, 2017 with 11 in attendance. The instructors for the program were Pat Watson, RN, Certified Health Coach, and Richard Phillips, TRH Staff Development Coordinator. The course provided information on participating in a 5K event and provided information on how walking and running each enhance a healthy lifestyle.



The Healing Power of Yoga

An educational session entitled "The Healing Power of Yoga" was held on May 23, 2017 with 10 in attendance. Debbie Carrico, Certified Yoga Instructor was the presenter for the class. The course discussed how participating in yoga can help you balance and center mental awareness while energizing, strengthening, and toning all of the core muscles.



Thyroid Disorders/Cancer

Dr. James Bergin held a class on thyroid disorders/cancer on September 21, 2017 with 12 in attendance. This class provided an overview of common thyroid disorders in adults, including thyroid cancer and treatment options.



Breast Cancer Detection & Treatment

Dr. Eugene Shively held a class on breast cancer detection and treatment on October 13, 2017 with 18 in attendance. This course provided information regarding current methods of diagnosing and treating breast cancer, changes in treatment the improvement in outlook for breast cancer patients.



Medical Oncology: Delivering Outstanding and Compassionate Care



Mike Haliday, APRN and Dr. Zewdu Lissanu, Medical Director, Medical Oncology



Medical Oncology Staff: back row—Angelia Skaggs RN, Melony Slinker RN BSN OCN, Ailene Foster RN, Sherri Angel RN OCN, Debbie Spalding, RN OCN, Kim Johnson, CPC-H, Mary Tena Smith, RN OCN, and Lisa Young, Receptionist. front row— Megan Cox RN, Angela McCoy RN BSN, Jennifer Ferguson RN OCN, Amanda Kelley, Receptionist, and Lee Ann Muncie, RN BSN

Dr. Zewdu Lissanu Specialty: Medical Oncology

A full-time medical oncologist, Dr. Zewdu Lissanu, is on staff at Taylor Regional Hospital and is available Monday through Friday at The Cancer Center and in the Lebanon, Kentucky office on Thursday afternoons. Dr. Lissanu is board certified in medical oncology. He specializes in blood disorders and the management of different cancers. He was trained at Georgetown University with a Fellowship in Hematology/Oncology. He has been in practice since 1995 and had a private practice in Somerset, Kentucky prior to coming to Campbellsville.

Chemotherapy has been offered at Taylor Regional Hospital since 1979. As the number of treatments increased, the department relocated to various areas within and outside of the hospital. In March 2005, the new Cancer Center at Taylor Regional Hospital became a reality after more than three years of planning and the chemotherapy department moved to its present location on 125 Greenbriar Drive.

Outpatient chemotherapy treatments are done at The Cancer Center Monday through Friday. Occasionally, certain chemotherapy regimens require patient admission to the hospital for treatment. Outpatient and inpatient treatments are done by nurses from Taylor Regional Hospital, who have been specially trained in the care of oncology patients. Our nurses complete an extensive chemotherapy and biotherapy provider course to assure the care you receive is the most current treatment available. Each year since 2011, the Taylor Regional Oncology Staff has been awarded the National Certificate of Recognition for employing the high percentage of nationally-certified nurses (OCN) on our staff as demonstrated in our photo. Our hospital's cancer program is one of the longest continuously accredited programs by the American College of Surgeons Commission on Cancer in the nation. We received our first accreditation in 1993.

Taylor Regional Radiation Oncology Provides Exceptional Cancer Care Close to Home



Dr. Peter B. Hardin,
Medical Director



Radiation Oncology Staff: Tammy Feese, Office Coordinator, Marie Haste, Radiation Therapist, Kelly Rucker, RN, and Deetra Caldwell, Radiation Therapist

Peter B. Hardin, MD, MS, BS, BS, Specialty: Radiation Oncology

Beginning first as an engineer, Dr. Hardin graduated with degrees in engineering, both electrical and biomedical, from the University of Illinois Urbana Champaign before entering medical school at the Illinois College of Medicine where he graduated in 1993. He completed his residency at Rush-Presbyterian-St. Luke's Medical Center in Chicago. During residency, he continued doing research in radiation oncology, becoming published in both textbooks and journals for breast and lung cancer. He is board certified in radiation oncology by the American Board of Radiology, having recertified in 2008. His clinical experience includes: intensity modulated radiation therapy (IMRT), 3D conformal radiation therapy, stereotactic radiosurgery, and the use of various radioisotopes, including I-131 for thyroid cancer. He is active in ASTRO, ABR, ACRO, ECOG and serves on Taylor Regional Hospital's Cancer Committee, Radiation Safety Committee, and Tumor Board.

At Taylor Regional Radiation Oncology (TRRO), our highly regarded team is dedicated to providing our patients with the best possible care through diagnosing, treating, and recovering from the most common types of cancer including breast, lung, prostate, colon-rectal, and head and neck by using the most advanced techniques available.

Through individualized treatment and compassionate care, the staff at TRRO are dedicated to their mission to eradicate cancer and support those who have it. We feel that patients do their best when their care is given close to home, including family and friends. Our team is knowledgeable, accessible, and supportive while setting its sights on diagnosis, treatment and recovery by offering the latest treatment programs and technologies. We provide and support early detection, comprehensive cancer treatment strategies, and post treatment recovery programs and community activities.

The team at TRRO work together to provide you with the most exceptional care possible. Members of our team who are here to work with you include a radiation oncologist, medical physicist, dosimetrist, radiation nurse, radiation therapists, and front office personnel.

Taylor County Good Samaritans and the TRH Hospitality Van Service: Providing Assistance to Those Facing a Cancer Diagnosis



Gerald Myers (local artist, former patient and cancer survivor) wanted to do something to give back to The Cancer Center at TRH. Jeff Muncie, husband of Lee Ann Muncie (RN at The Cancer Center) suggested drawing a large tree on an interior wall that could be adorned with colorful handprints. Gerald spent many hours of his own time drawing the beautiful tree. The trunk of the tree is formed by two hands and as patients complete their treatment, they dip their hands in paint and place their handprints on the tree. Once the paint has dried, they return to add their name along with a favorite quote, piece of scripture, or saying that has been meaningful to them along their journey. This tree is a beautiful reminder of the many individuals who have faced the diagnosis of cancer and completed their treatment journey. We cannot begin to thank Gerald enough for this gift that that will live on for many years to come.



In August of 2016, two-time breast cancer survivor **Mimi Crum** received her last radiation treatment at The Cancer Center at TRH. After her last treatment, she knew that she wanted to do something to give back to the patients and staff at The Cancer Center. Mimi drew on her experiences as both a cancer patient and survivor and began work on a beautiful piece of artwork that would soon adorn the walls inside The Cancer Center. The piece, entitled, “Love is the Thread That Mends Our Hearts” is a painting that incorporates quilt pieces sewn together to form a heart. The cloth pieces are actually stitched on to the canvas, and the text is also embroidered. The outside border of the painting consists of names of other cancer patients Mimi encountered along her journey along with some of their favorite inspirational quotes and sayings. The staff at The Cancer Center thanks Mimi for this act of kindness and we are very proud to display this beautiful piece of artwork that will inspire many for years to come.

TRH Hospitality Van Service Continues to Provide Free Transportation to Cancer Patients

The Annual Charity Golf Scramble provides funding for the TRH Hospitality Van Service. The 2017 event raised \$34,500 to go toward the Van Service that provides transportation for patients to various appointments including those at TRH, The Cancer Center, physician offices and TRH Rehab Services.

