

November 2019

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:

- A free skin cancer prevention/screening event was held on May 24, 2018 at The Cancer Center. A video on performing self skin assessments by the American Academy of Dermatology was shown to all participants and family members in attendance. A total of 36 individuals from the community participated in the skin assessments with 21 follow-up recommendations for abnormal lesions. All participants with abnormal lesions were followed up.
- Taylor Regional Hospital's annual Community Health Fair was held on June 9, 2018 at the 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 thirty-eight males participated in the PSA screenings with 24 having elevated levels; all of which were followed up.
- Amanda Bright, PA-C, held a skin cancer class on June 28, 2018 with 14 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. Evaluations were completed at the end of the class by all who were in attendance.
- An Oral Cancer Prevention/Screening Event was held on September 19, 2018 at the Taylor Regional Hospital ENT office with Dr. James E. Ewing performing the oral assessments. A video by the Oral Cancer Foundation entitled "Six-Step Self Oral Cancer Screening" was shown to all participants family members in attendance. Six individuals from the community participated in oral assessments with one recommendation for a biopsy.
- Dr. Eugene Shively held a class on breast cancer on October 30, 2018 with 10 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. The course objectives included recognizing the most common types of breast cancer, identifying risk factors for breast cancer, recommendations for when women should receive mammograms, recognizing the most common procedures to treat breast cancer and discussing drug therapy advancements in treating and reducing the chance of breast cancer recurrence. Evaluations were completed at the end of the class by all who were in attendance.
- 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 Prevention, Detection, and Treatment Education for High School Aged Students



The Taylor Regional Cancer Committee selected educating high school aged community students on skin cancer prevention, detection, and treatment as the community outreach prevention program for 2018.

The American Academy of Dermatology states that skin cancer is the most common cancer in the United States. Current estimates are that 1 in 5 Americans will develop skin cancer in their lifetime. Exposure to natural and arti-

ficial ultraviolet light is a risk factor for all types of skin cancer. Exposure to tanning beds increases the risk of melanoma, especially in women 45 and younger. Research estimates that indoor tanning may cause upwards of 400,000 cases of skin cancer in the U.S. each year. With Prom approaching, tanning visits increase; the TRH Cancer Committee felt that it was appropriate to educate teens on skin

cancer by utilizing the American Academy of Dermatology and the American Cancer Society (ACS) guidelines.

Community Health Needs Assessment

The 2015-16 "Community Health Needs Assessment" Results found cancer to be the number one 'most important health problem' in our area. We believe that educating the community on prevention and early detection will improve future outcomes. The Community Outreach Coordinator and the Cancer Committee monitor the effectiveness of the activities and programs that are offered each year at Taylor Regional Hospital.

Promotion Methods

Information and statistics on skin cancer causes, prevention, detection and treatment was heavily advertised on social media, garnering record-setting engagements on the TRH Facebook page.

Results

On March 29, 2018, a nurse educator representing the Cancer Committee provided education to high school aged community students at the Area Technology Center. Discussions included: risks of skin cancer, skin cancer prevention, how to detect skin cancer, and treatment for skin cancer. In addition, the risks of indoor and outdoor tanning were also discussed. There were a total of 92 students in attendance. The students first completed a pre-test, which tested their overall knowledge of skin cancer. A storyboard providing information regarding types of skin cancer, UV rays, tanning bed usage, and ways to prevent and detect skin cancer was presented and discussed. Students were then shown an American Cancer Society video which demonstrated the proper method of performing self checks for skin cancer.

Measurement

After the educational session, the students were provided with a post test. Ninety seven percent of the students stated that they learned something new and would apply the knowledge in the future in an effort to reduce their risk of developing skin cancer. American Cancer Society booklets and pamphlets on skin cancer were made available to all of the students in attendance.

ADDITIONAL PREVENTION/SCREENINGS:

Oral Cancer Screenings

The Taylor Regional Cancer Committee selected Oral Cancer as the Community Outreach Screening Program for 2018. Oral cancer accounts for the largest group of cancers in the head and neck cancer category. The American Cancer Society projected that approximately 51,540 people in the United States would be newly diagnosed with oral or oropharyngeal cancers in 2018 and an estimated 10,030 people would die of these cancers.

These oral cancers include those cancers that occur in the very back of the mouth (ofopharynx) and on the exterior lip. Kentucky has a higher incidence rate for oral cavity and pharyngeal cancer than that of the national average. The high prevalence of tobacco use in the state is likely a strong contributing factor. Kentucky had an estimated 840 new cases of oral cavity and pharynx cancer in 2018. There have been 180 estimated deaths for the same reason in 2018.

An Oral Cancer Prevention/Screening Event was held on September 19, 2018 at the Taylor Regional ENT office with Dr. James E. Ewing performing the oral assessments. A video by the Oral Cancer Foundation entitled "Six-Step Self Oral Cancer Screening" was shown to participants and family members in attendance. Six individuals from the community participated in oral assessments with one recommendation for a biopsy.



Freedom From Smoking Program

“Freedom from Smoking” classes were offered three times in 2018 with a total of 20 in attendance. Of the group, 17 graduated. These classes cover the complex issues one faces when they choose to quit smoking and offer information to help them succeed in their venture. Richard Phillips was the Instructor. Freedom from Smoking is sponsored by the American Lung Association.



Chronic Lymphocytic Leukemia (CLL)

Mike Haliday, APRN, held a Chronic Lymphocytic Leukemia (CLL) class on January 19, 2018 with 11 in attendance. This course provided an overview of the typical symptoms, diagnosis, monitoring, symptom management and treatment options for adult patients with CLL. Evaluations were completed at the end of the class.



Skin Cancer Prevention

On March 29, 2018, Skin Cancer Prevention Education was provided to students at the High School Area Technology Center by Brandie Adams, RN, BSN. Ninety-two high school students attended this event. The students first completed a pre-test which assessed their knowledge on skin cancer, and were then presented with information regarding types of skin cancer, UV rays, the dangers of tanning bed usage and ways to prevent skin cancer. An instructional video by the American Cancer Society on how to do self checks for skin cancer was also shown. At the conclusion of the activity, each student was asked to complete a post-test. Ninety-seven percent of the students said they learned something new and would apply this knowledge in the future to reduce their risk of skin cancer.



The Healing Power of Yoga

An educational session entitled “The Healing Power of Yoga” was held on December 19, 2018 with six participants in attendance. Jessie Yates, Certified Yoga Instructor was the presenter for the class. The course discussed the importance of physical activity, recognizing barriers to physical activity, identifying the basic principles of exercise, setting realistic goals and objectives for exercising and recognizing how to avoid risk and injury during exercise.



Head and Neck Cancers

Jay Wright, APRN, presented a class on head and neck cancers on August 07, 2018 with eight in attendance. The course objectives included discussion of common presentation symptoms and complaints of patients, identifying the various types of head/neck cancers, recognizing risk factors for head/neck cancers, explaining the stages of head/neck cancers, and listing treatment options for various findings, including surgical and non-surgical options. Evaluations were completed at the end of the class by all who were in attendance.



HEAD AND NECK CANCER AWARENESS

Medical Oncology: Delivering Outstanding and Compassionate Care



Medical Oncology Staff: front row—Mike Haliday, APRN, Dr. Zewdu Lissanu. Middle row—Megan Cox, RN, OCN, Jennifer Ferguson, RN, OCN, Kim Johnson, CPC-H, Debbie Spalding, RN, OCN, LeeAnn Muncie, RN, BSN, OCN, Mary Tena Smith, RN, OCN. Back row—Ailene Foster, RN, Amanda Kelley, Receptionist and Melony Slinker, RN, BSN, OCN.

Not pictured is Sherri Angel, RN, OCN, Director of Oncology and Lisa Young, Receptionist.

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



Taylor County Good Samaritans

A Compassionate Community

The Taylor County Good Samaritans Foundation came into existence in 2015 and its purpose is to aid those going through cancer treatments by providing financial assistance.

The group has a program in place that provides Taylor County residents with a financial stipend of \$250 to help with whatever is needed while undergoing treatment.

The Good Samaritans is a non-profit organization that runs on donations from the community. They meet once a month at the hospital.

In 2018, a total of 38 individuals received \$250 each for a total of \$9500.

The Taylor County Good Samaritans Foundation Members are: Sherri Angel, Dalton Bennett, Rob Collins, Lucy Cox, Adrienne Gilbert, Richard Phillips, Dr. Eugene Shively, April Smith, JoAnn Smith and Sarah Underwood

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 2018 event raised nearly \$30,000 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.



2018 TRH Charity Golf Scramble Winners:
Citizens Bank and Trust Company of Campbellsville



The TRH Hospitality Van Service is sponsored locally by:

- Community Trust Bank
- Don Franklin Auto
- Taylor County Bank
- Citizens Bank and Trust
- Fresenius Kidney Care
- TRH Auxiliary Volunteers
- Hosparus
- Campbellsville Nursing and Rehab
- HealthSouth Rehab Hospital
- Amedisys Home Health
- Wehr Constructors