

September 2017

The Cancer Center at Taylor Regional Hospital

CANCER OUTREACH REPORT

Identified Areas of Community Need:

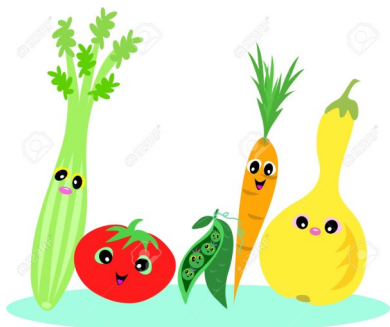
- **Cancer Education and Awareness**
- **Cancer Prevention and Screening**



Specific Outreach Activities Related to Community Need:

- Taylor Regional Hospital offered Cooper Clayton Smoking Cessation classes in January of 2016 for 12 weeks free to the public. Cooper Clayton classes are evidence-based and have been nationally accepted for over 20 years. This class was heavily advertised throughout the community. We had 23 participants join the first week. Thirteen of the 23 completed the program and quit smoking. Inpatient Smoking Cessation contacts totaled 117. These patients are offered smoking cessation information and resources as well as education from the patient educator.
- Taylor Regional Hospital offered a "Colon Cancer Awareness Program" on March 28, 2016 at the Taylor County Extension Office with 25 in attendance. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States and is also the second leading cause of cancer-related deaths when sexes are combined. As cancer is a top priority in the Community Needs Assessment, the Cancer Committee felt the need to offer the community an awareness program regarding colon cancer.
- A "Childhood Obesity Program" was held on April 19, 2016 at the Taylor County Extension Office with approximately 25 in attendance. This event was advertised heavily throughout the community. The speaker for the event was Dr. Summer Tucker, Family Medicine. Education booths included representatives from the local Health Department, Extension Office, Dr. Tucker's office, Taylor County Schools, TRH Education Department/Dietary/Rehab Department and Wise Dentistry. BMI's were offered along with information on nutrition, exercise, childhood obesity, cancer and healthy weights. Several booths offered free items including pedometers, activity handbooks, nutrition and fitness CD's, toothbrushes and "My Lunch Box" magnets for children. Dr. Tucker also presented "An Eight-Week Family Fitness Plan" during her presentation.
- Taylor Regional Hospital's annual Health Fair was held on June 11, 2016 at Taylor County Elementary School, Prostate-specific antigen (PSA) screenings were offered at a discounted rate. PSA's are useful for obtaining a baseline and beginning the process of early detection per the National Comprehensive Cancer Network (NCCN). According to the American Urological Association (AUA), PSA's are complimentary and other variables need to be assessed prior to proceeding with a biopsy.
- The installation of a new 64-slice CT scanner with radiation reduction factors enabled Taylor Regional Hospital to offer Low-dose CT lung cancer screenings which began in July of 2016. The American College of Radiology guidelines and Medicare criteria for screening Chest CT's is being utilized. Patients complete a risk modification questionnaire and are screened prior to the CT scan for appropriateness. Physician offices were educated on the required guidelines/criteria and necessary forms. Presentations regarding the availability of lung cancer screenings, criteria for lung cancer screenings and second hand smoke were presented at a Rotary Club meeting and to the hospital Auxiliary. Taylor Regional has also partnered with the Kentucky LEADS Collaborative to begin fighting the battle of lung cancer across the state.
- Taylor Regional Hospital provided additional prevention/screening events for the community in 2016. There was a free Skin Cancer Prevention/Screening Event on July 28, 2016 held at the Cancer Center. The Cancer Committee felt this event was essential due to the statistics on skin cancer and the interest from the community. TRH owned physicians/practices diagnosed approximately 200 skin cancers (excluding melanomas) in 2015.
- 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. Educational opportunities offered to the community included classes regarding Ovarian/Cervical Cancer, Skin Cancer, Prostate Cancer, and Kidney Cancer as well.

CANCER PREVENTION ACTIVITY: NUTRITION/PHYSICAL ACTIVITY AND WEIGHT LOSS PROGRAMS



Taylor Regional Cancer Committee selected educating and improving nutrition and physical activity among our youth as the community outreach prevention program for 2016. According to the Kentucky Cabinet for Health and Family Services Kentucky has the fifth-highest rate of obesity in the nation and obesity is on the rise. American Cancer Society research shows that obesity correlates with and causes cancer. Therefore,

improving nutrition and physical activity among our youth is necessary in reducing obesity and preventing cancer in the future. Kentucky has the highest rates of development or death related to cancer in the U.S. Taylor County falls within the highest interval range for the state for all cancer sites in the latest five year period (2009-2013) according to the Kentucky cancer Registry. Among the counties in Ken-

tucky, Taylor has an annual death rate (per 100,000) of 203.7. The 2015/2016 Community Health Needs Assessment found that the residents of Taylor County believe cancer is the number one 'most important health problem' in our area. Based on this data, we believe that outreach, including education of the community in prevention and early detection of cancers, will improve the outcomes for the future.

How did we promote?

A "Childhood Obesity Program" was held on April 19, 2016 at the Taylor County Extension Office with approximately 25 in attendance. This event was advertised heavily throughout the community. The speaker for the event was Dr. Summer Tucker, Family Medicine. Education booths included representatives from the

local Health Department, Extension Office, Dr. Tucker's office, Taylor County Schools, TRH Education Department/Dietary/Rehab Department and Wise Dentistry. BMI's were offered along with information on nutrition, exercise, childhood obesity, cancer and healthy weights. Several booths offered free items including pedometers, activity

handbooks, nutrition and fitness CD's, toothbrushes and "My Lunch Box" magnets for children. Dr. Tucker also presented "An Eight-Week Family Fitness Plan" during her presentation.



Did it work?

A record of the educational opportunities that promote prevention and awareness are measured (see above) and available in the Educational Service Department. Dr. Tucker stated she typically has appointments every week with concerned par-

ents who have a child who is obese. Dr. Tucker encourages the whole family to be involved in a fitness plan as it is easier to keep a child in line if you are following the same plan.

CANCER PREVENTION/SCREENING ACTIVITY: LUNG CANCER

Taylor Regional Cancer Committee selected Lung Cancer as the Community Outreach Screening Program for 2016. According to the American Cancer Society, Lung Cancer is the second most common cancer and is the leading cause of cancer death. They estimate about 224,390 new cases for 2016 and about 158,080 deaths from lung cancer. According to the Kentucky Cancer Registry,

Lung and Bronchus Cancer are the top cancers in our area. The Annual Death rate in Taylor County for these two cancers is 128 (crude rate of 102.9), calculated per 100,000 populations per year and an incidence rate of 160 (crude rate of 128.6).

Due to the statistics regarding Lung Cancer and the community expressing a concern of cost/expenses

as the number one barrier to healthcare (2015/2016 Health Needs Assessment), the Cancer Committee felt a need for this event.



How did we promote?

The American College of Radiology guidelines and Medicare criteria for screening Chest CT's have been laminated and sent to all practitioners in the area. Two (2) forms were presented and reviewed by Cancer Committee members – "Physician Referral Criteria" and "Lung Cancer Risk Modification Question-Order." Physician offices

were educated on the forms. Presentations regarding the availability of lung cancer screenings, criteria for lung cancer screenings and second hand smoke were presented at a Rotary Club meeting and to the hospital Auxiliary. Taylor Regional has also partnered with the Kentucky LEADS Collaborative to begin fighting the battle of

lung cancer across the state. The installation of a new 64-slice CT scanner with radiation reduction factors enables us to offer this new service. Patients will complete a risk modification questionnaire and be screened prior to the CT scan for appropriateness. Low-dose CT lung cancer screenings will be offered to those patients who meet the criteria beginning in July 2016.

"According to the American Cancer Society, Lung Cancer is the second most common cancer and is the leading cause of cancer death. "

Did it work?

40 Chest CT Screenings were performed during calendar year 2016. The results of the 40 screenings are:

- 32 screening results were "negative/benign"
- 3 screening results were "probably benign/6 month follow-up recommended"
- 3 screening results were "3 month follow-up or PET recommended"
- 2 screening results were "CT with contrast or PET recommended" (1 follow-up PET was negative)

All remaining recommendations will be followed up when scans are performed in 2017.

ADDITIONAL PREVENTION/SCREENINGS:

Skin Cancer



Taylor Regional Hospital provided a free Skin Cancer Prevention/Screening Event on July 28, 2016 which was held at The Cancer Center. The Cancer Committee felt this event was essential due to the statistics on skin cancer and the interest from the community. TRH owned physicians practices diagnosed approximately 200 skin cancers (excluding melanomas) in 2015. The number of diagnosed cases of melanomas at TRH over the last few years are listed below: Calendar year 2011 – 19 cases; Calendar year 2012 – 17 cases; Calendar year 2013 – 15 cases; Calendar year 2014 – 29 cases Calendar year 2015 –16 cases

This opportunity was advertised heavily throughout the community by radio, newspaper and Facebook. On July 28, 2016 a total of 39 community members participated in the prevention/screening event. One (1) physician and one (1) PA-C were available to complete the skin assessments on the community members during this event. Twenty members of the TRH staff assisted at the event, including four (4) members of the Cancer Committee. Education was provided regarding skin cancers and prevention at this event. An American Academy of Dermatology video showing how to do your own skin assessments was shown for these individuals and family members during the screenings. Each patient received a copy of the assessment and recommendation by the Practitioner.

Out of the 39 participants, 29 received recommendations to follow-up with a Physician after the screening. Ten (10) had followed up with their physicians. Of those ten, four (4) were found to have Seborrheic Keratosis, one (1) had a benign Nevus and one (1) had a benign Neoplasm. One (1) required no further treatment when seen in the office. The other three (3) were positive for cancer (2 Basal Cell and 1 unknown type). The other nineteen (19) individuals that had not followed up were encouraged to do so via telephone and certified letters were sent to their home. An evaluation of this event was done by way of anonymous paper forms. The participants were asked if this event helped change habits that would improve their future health. Of the thirty nine (39) participants twenty six (26) stated that yes it would help improve their future, twelve (12) stated no and one (1) stated maybe.

Prostate-specific antigen (PSA)



PROSTATE CANCER
AWARENESS

Taylor Regional Hospital held the annual Health Fair on June 11, 2016 at Taylor County Elementary School, Prostate-specific antigen (PSA) screenings were offered at a discounted rate. PSA's are useful for obtaining a baseline and beginning the process of early detection per the National Comprehensive Cancer Network (NCCN). According to the American Urological Association (AUA), 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 226 individuals participated in this screening event. Education was also provided at the Health Fair regarding multiple kinds of cancers and smoking cessation.

TRH participated in a Health Fair at Campbellsville Apparel on February 25, 2016 with 71 individuals participating in the blood draws. Eight (8) PSA screenings were performed with all being within normal limits. Blood pressure checks and BMI's were offered. Educational materials were also available.

Screening results were mailed to each patient and also mailed to the patient's physician. Instructions for each patient to follow-up with their physician were included with the lab results. Results from the screening showed 19 of the 226 participants had abnormal results. 18 of the 19 individuals had a high PSA and one (1) was below normal.

A follow-up phone call was placed after the event for the 18 of those individuals having abnormal high results. Telephone contact was made with either the patient or the primary physician for all abnormal results. Of those contacted, 17 had already followed-up or planned on following up with their Physician or Urologist. One (1) participant had not followed up with their primary care provider and was unable to be reached by telephone. A certified letter, including the lab results, was mailed to all with abnormal results. No newly diagnosed prostate cancers were identified as a result of the PSA screenings.

Colon Cancer Awareness Program

Taylor Regional Hospital offered as a prevention program a "Colon Cancer Awareness Program" which was held on March 28, 2016 at the Taylor County Extension Office with 25 in attendance. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States and is also the second leading cause of cancer-related deaths when sexes are combined. As cancer is a top priority in the Community Needs Assessment, the Cancer Committee felt the need to offer the community an awareness program regarding colon cancer.

Speakers for the event were four (4) surgeons from Taylor Regional Surgical Associates. Educational booths included the Lake Cumberland Health Department, American Cancer Society (ACS), Taylor Regional Cancer Center and Education Department, a Dietitian and Taylor Regional Surgical Associates. Information available for the community consisted of poster boards, a colon model and colonoscope which was used as a teaching tool, services ACS offers to cancer patients, samples of high fiber foods and information regarding cancer related diets and various brochures regarding colon cancer screening and colon cancer in general.

Two (2) of the community people who attended the Colon Cancer Awareness Program scheduled an appointment at TRSA. One (1) patient was scheduled for a screening colonoscopy which was negative for malignancy. The other patient did not need a screening colonoscopy.



COLONCANCER
AWARENESS

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



Mark Johnson, President and CEO of Citizens Bank & Trust Company of Campbellsville, KY presents a check for \$600 to Taylor County Good Samaritans Foundation. Citizen's Bank has generously pledged to donate \$50 to The Good Samaritans Foundation for each new home loan opened. This check represents the amount pledged for the first quarter of 2017. The Taylor County Good Samaritans Foundation is a non-profit, tax-deductible organization, designed to ease financial stress for those diagnosed with cancer and facing the unknowns of this devastating illness in Taylor County. Pictured with Mark are Debbie Carrico, Sherri Angel, and JoAnn Smith, representing The Good Samaritans Foundation of Taylor County. Absent from photo: Lucy Cox, Cox Interior, April Smith, Century 21, and David Nunery.

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 2016 event raised nearly \$35,000 to go toward the purchase of a new van that will be used to transport patients to various appointments including those at TRH, The Cancer Center, physician offices and TRH Rehab Services. As a result of the 2016 Charity Golf Scramble, we were able to add a new van to the Hospitality Van Service.



Mr. Don Antle of Campbellsville was the first recipient of funds from Taylor County Good Samaritans. Don is a lifetime resident of Taylor County and a veteran who served our country proudly in Korea (1951-52). Don worked for Campbellsville Laundry before retiring after 47 years of service, and then went on to work for Kroger for 12 years. Diagnosed one year ago, Don has been receiving radiation treatments at The Cancer Center at Taylor Regional Hospital and received a check for \$250 from The Good Samaritans. Pictured left to right are: JoAnn Smith, TRH Cancer Registrar, Sherri Angel, TRH Director of Chemotherapy, April Smith, Owner, Century 21, and Debbie Carrico, TRH Director of Radiology, all representing The Taylor County Good Samaritans Foundation. Absent from photo: Lucy Cox, Cox Interior and David Nunery.

