

Middlesex Hospital Cancer Center

2017 ANNUAL REPORT

The Smarter Choice for Care

 **MIDDLESEX HOSPITAL
CANCER CENTER**



OUR MISSION, VISION, AND VALUES

MISSION STATEMENT

The Middlesex Hospital Cancer Center exists to provide the safest, highest-quality cancer care and the best experience possible to its community.

VISION

To be the clear, first choice for cancer care.

CORE VALUES

- ✓ Pursue excellence
- ✓ Uphold honesty
- ✓ Cooperate and collaborate
- ✓ Support innovation
- ✓ Deliver compassionate care

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A MESSAGE FROM OUR DIRECTORS

DEAR FRIENDS & COLLEAGUES,

This past year was one of significant growth and expansion for the Middlesex Hospital Cancer Center. Most notably, we are excited about the opening of our full-service cancer center in Westbrook. This second location will significantly enhance access to services for the approximately 40 percent of Middlesex Hospital Cancer Center's patients who live along Connecticut's shoreline. All the services offered at our Middletown location are now conveniently available at Shoreline Cancer Center in Westbrook, eliminating the need for our patients to drive long distances to receive care.

We also have improved our care across the continuum—from screening through survivorship. Through interdisciplinary efforts, we have initiated a pancreatic cancer screening program for persons at high risk for pancreatic cancer. Similar innovative programs are rare, particularly for community cancer centers like Middlesex.

Along with implementing the latest technologies for cancer treatment, such as installing a new linear accelerator, our team always works collaboratively to improve patient care. For example, the establishment of an interdisciplinary head and neck cancer committee has resulted in enhanced, coordinated care for this group of patients who often need specialized organization support from various clinical areas.

The role of genetic counselors within cancer centers has become increasingly important both in identifying high-risk individuals and influencing treatment plans for cancer patients. Middlesex Hospital Cancer Center has

worked this past year to bring the expertise of a genetic counselor to all interdisciplinary Tumor Boards so that they can consistently impact complex treatment decisions. This expanded role has fit in extremely well with all of the other experts, including doctors, nurses, and other providers.

Our growth doesn't end here! In the months to come, we will focus on improving the services we offer, and we encourage you to stay updated on everything we are doing to provide the safest, highest quality care possible. Sign up for our newsletter, The Beacon, and follow us on Facebook (just search Middlesex Hospital Cancer Center) for the latest updates!

ANDREA MALON, MD, FACS
Middlesex Hospital
Cancer Center Medical Director



JUSTIN DRE, MSN, RN, NEA-BC
Middlesex Hospital
Cancer Center Director

CANCER COMMITTEE

This multidisciplinary team provides collaborative programmatic leadership for the Middlesex Hospital Cancer Center by setting, monitoring, and evaluating the strategic goals of the cancer program.

Andrea Malon, MD - Chair
Melanie Cama, RN
Justin Dre, MSN
Doreen Gagnon, LCSW
Amanda Hamblett, CGC
Karthikeyan Kandavelou, MD
Amber Kapoor, MPH

Barton Kenney, MD
Anwar Khan, MD
Elizabeth Mariano, MD
Laura Martino
Kathleen Mitchell, CTR
Cheryl Morhlein, MSN
Edward Myer, MD
Ryann Nocereto, MSN
Deborah Pantalena, RN
Joan Perkins, LCSW
Kate Powers, CTR
Mary Raum, CIP, CCRP
Timothy Siegrist, MD
Beth Slifer

Craig Walden, MD
Nathan Walk, MD
Chia-Chi Wang, DO
Kelly Watrous, MS, CGC
Joseph Weissberg, MD
Robert Wolek, MD
William Zeidler, MD

ACCREDITATIONS

CANCER CENTER

American College of Surgeons
Commission on Cancer
2015-2018



National Accreditation
Program for Breast Centers
2015-2018



American College of Radiology -
Department of Radiation Oncology
2014-2017



DEPARTMENT OF RADIOLOGY

American College of Radiology



American College of Radiology
Breast Imaging Center of Excellence
2015-2018



MIDDLESEX HOSPITAL

Magnet Hospital
2015-2018



The Joint Commission (JCAHO)
2015-2018



NEW STAFF

In 2017, we welcomed several new Cancer Center staff members.

CANCER CENTER

Erica Cove – Cancer Center Administrative Coordinator
Patricia Donovan, MBA, BSN, RN – Clinical Manager
Jessica Poetzsch, BSN, RN-BC – Lung Nurse Navigator
Kelly Watrous, MS, CGC – Genetic Counselor

RADIATION ONCOLOGY

Leah Bahner, BSN, RN – Radiation Oncology Nurse
Haejin Cousineau, RT (T) – Radiation Therapist
Devon Reilly, CPCT – Patient Care Technician
Jennifer Rigono, RT (T) – Radiation Therapist
Vannity Winston RT (T) – Radiation Therapist

Additionally, Anwar Khan, MD was named Department Chair.

SURGICAL ALLIANCE

Mary Beth Holak, NP – Dermatology Nurse Practitioner
Chia-Chi Wang, DO – Surgical Oncologist

CONNECTICUT ONCOLOGY GROUP

Michelle Daddario, APRN – Nurse Practitioner

INTEGRATIVE MEDICINE

Jess Bautista, LMT – Massage Therapist
Cheryl Guertin, LMT – Massage Therapist
Susan Johnson, LMT – Massage Therapist

AWARDS

MIDDLESEX HOSPITAL

Human Rights Campaign
Foundation Leader in LGBTQ
Healthcare Equality



Healthgrades Distinguished
Hospital Award for Clinical Excellence



Healthgrades Outstanding
Patient Experience



Hartford Courant Top Workplace



INTRODUCING OUR NEW SHORLINE CANCER CENTER!

Perhaps the most anticipated and greatest achievement of 2017 was the opening of the Cancer Center's second location. The new Westbrook facility provides Connecticut shoreline residents with quality cancer care close to home.

For many years, the Cancer Center had a goal of expanding cancer services to the shoreline. It had the opportunity to do so when Middlesex Hospital needed to replace a key piece of technology—the linear accelerator. The new linear accelerator was placed at Middlesex Hospital's Shoreline Medical Center, allowing for this dream to become a reality.

The Shoreline Cancer Center is state of the art, and it offers the same services found at the Cancer Center in Middletown, including medical oncology, radiation therapy, genetic counseling, survivorship services, social work services, dietitian services, and integrative medicine. Patients have access to the latest technology and benefit from the Hospital's collaborative relationship with Mayo Clinic.

Middlesex Hospital always puts its patients first, and the opening of the Shoreline Cancer Center is an example of this.



Unfortunately, cancer treatments often result in patients feeling tired and sick, making it hard for them to travel.



Since the Cancer Center opened in 2002, Middlesex Hospital has recognized that there is an increasing need for cancer care in Middlesex County. The number of patients requiring cancer treatment in the Hospital's service area has increased and is expected to continue to grow.

Like the Middletown location, the Shoreline Cancer Center is accredited by several leading organizations and uses the latest technology to diagnose and treat patients with various types of cancer, including breast cancer, colorectal cancer, gynecological cancer, lung cancer, prostate cancer, bladder cancer, head and neck cancer, and skin cancer. Technology includes

Many of the Cancer Center's patients live along Connecticut's shoreline, and they've had to drive to Middletown to receive cancer care. Now, they have another, closer option. The Shoreline Cancer Center is more convenient for these residents, and it will make their lives a little easier.

the new linear accelerator, which delivers radiation to cancer patients, targeting tumors in a very precise way.

The Shoreline Cancer Center enables patients with cancer to receive excellent care closer to home, and patients are able to avoid what can be very arduous travel to Middletown to get daily cancer treatments. As a result, the Cancer Center is able to better serve its patients living on the shoreline and improve the patient experience.



ADDITION OF SURGICAL ONCOLOGIST EXPANDS CANCER CENTER'S EXPERTISE

In February 2017, Middlesex Hospital Surgical Alliance welcomed Dr. Chia-Chi Wang.



Dr. Wang specializes in surgical oncology. She performs a variety of procedures, including, but not limited to, surgeries for melanoma, esophageal cancer, thyroid cancer, gastric cancer, pancreatic cancer and hepatobiliary cancer.

This marks an expansion in the availability of expertise specific to these cancer sites. The Surgical Alliance previously had not employed a surgeon who specializes in gastric, pancreatic and hepatobiliary cancers. General surgeons were taking on these surgeries prior to Dr. Wang joining the team, and as a surgical oncologist, she brings a different perspective.

Dr. Wang has been instrumental in launching the pancreatic cancer screening program.

MIDDLESEX HOSPITAL NOW OFFERS SCREENING PROGRAM FOR CANCERS OF THE PANCREAS

While on vacation in the Caribbean, Dr. Michael Crain, former chair of the Radiology Department at Middlesex Hospital, found himself talking to another vacationing physician from Canada. The Canadian physician asked Dr. Crain what was being done in the United States to screen for pancreatic cancer, which is expected to be the number two cause of cancer death in the United States by 2030.

The pancreas is located deep within the body, making it difficult for doctors to feel any tumors that may be present during a physical exam. Patients often are symptom free until a tumor is more advanced. So far, blood testing hasn't been helpful in screening for pancreatic cancer. Often, by the time the tumors are detected, the disease has progressed to a late stage, and it is very difficult to treat.

During his conversation, Dr. Crain told his fellow physician that not much was being done in the United States in terms of screening for pancreatic cancer, but this piqued his curiosity, and he did some research in the months that followed. He discovered multiple articles published over the past two years about screening for the deadly disease, and he learned that screening programs were starting in other parts of the country. That made him wonder: Why not here at Middlesex?

Dr. Crain soon realized that Middlesex Hospital had the ingredients to create a comprehensive screening program—a high-resolution 3T MRI scanner, physicians who are experts at using the pancreatic endoscopic ultrasound, experienced genetic counselors to assist in selecting appropriate patients for the screening, and an accredited Cancer Center. In addition, Dr. Chia-Chi Wang, a surgeon who specializes in performing pancreatic cancer surgeries, was expected to join the Hospital's medical staff.

The goal of the newly-established pancreatic cancer screening program is to identify patients who are at highest risk of pancreatic cancer. These patients are then screened to detect tumors in early stages. Risk assessment can be based on a patient's family history, the history of the patient's exposure to toxins, such as tobacco and alcohol, and their genetic history if a mutation has been identified.



ASSESSING GENETIC RISKS OF CANCER

Personalized medicine is the tailoring of medical decisions, practices, and treatments to an individual's characteristics, needs, and preferences. This concept has long informed the way patients are treated at the Middlesex Hospital Cancer Center. As genomic science continues to advance, innovative opportunities to further tailor health care to each patient have arisen. Genetic counselors are the key to understanding and taking advantage of those opportunities.

Although much of a person's cancer risk is modifiable through behaviors, such as eating a healthy, balanced diet; exercising; refraining from tobacco use; and using sunscreen, some people are at a higher risk for certain types of cancer due to factors they cannot control. These factors include their genetic makeup. Genetic counselors are specially trained to advise people on identifying and managing cancer risks that are passed down from parent to child. Information about a person's family cancer history can help a genetic counselor provide guidance when it comes to cancer screening, prevention, and treatment options.

As of June 2017, the Cancer Center now employs two genetic counselors who are certified by the American Board of Genetic Counseling, and they are an essential part of the health care team. The Cancer Center is proud to offer the expertise of Amanda Hamblett, MS, CGC, and Kelly Watrous, MS, CGC. It is rare for community cancer centers of this size to have multiple genetic counselors on staff. The availability of Amanda and Kelly's services at both Cancer Center locations is testament to Middlesex Hospital Cancer Center's dedication to its mission of providing the safest, highest-quality cancer care and best experience possible.

AMANDA HAMBLETT, MS, CGC
Middlesex Hospital
Certified Genetic Counselor



KELLY WATROUS, MS, CGC
Middlesex Hospital
Certified Genetic Counselor

NEW HEAD & NECK CANCER COMMITTEE

A new head and neck cancer committee was formed to share ideas, discuss challenges, and standardize processes. The goal is to create a safer and better experience for all patients who have head and neck cancers.

This committee represents a significant collaborative effort, including representation from Radiation Therapy, Outpatient Surgery, Occupational Therapy, Speech and Language Pathology, Nutrition, Gastroenterology, Social Work, Nurse Navigation, Hospital Medicine, Homecare, and Cancer Center management.

Together, the team has significantly improved care for patients with head and neck cancers, limiting anxiety and confusion among patients and caregivers and enhancing interdepartmental communication along the way.

Specifically, the committee has improved the processes for:

- ✓ Percutaneous endoscopic gastrostomy (PEG) tube (feeding tube) placement, including prophylactic placement and rapid turnaround time for placement appointments
- ✓ Assessment, replacement, and removal of PEG tubes
- ✓ Gastroenterology evaluation
- ✓ Referral to oncology nutrition services
- ✓ Referral to speech and language pathology services

ENHANCING PATIENT EDUCATION

Effectively educating patients about how radiation therapy works and what to expect is critical to reducing fear and improving the patient experience.

In addition, educating patients about their medical conditions, healthy living and the services offered at the Cancer Center, such as integrative medicine, has always been very important.

To help improve patient education, the Cancer Center partnered with New York City-based PadinMotion to provide patients with valuable health information via a tablet device.

With the increased reliance on technology, using customized tablets to share this information makes sense and helps to increase patient engagement.

Patients also can download the PadinMotion app on their personal tablet or smartphone. This allows patients to continue to benefit from the content found on the tablets while not at the Cancer Center.



PALLIATIVE CARE SERVICES

Many people believe hospice and palliative care mean the same thing, but there is an important distinction between the two programs. While both programs have an excellent reputation, it is important to recognize the difference. Unlike hospice, which is reserved for patients with a terminal illness and a life expectancy of less than six months, palliative care is offered to individuals at any age and at any stage of a serious, progressive, or chronic illness, such as cancer.

Palliative care:

- ✓ Augments the medical plan of care
- ✓ Assists with difficult medical decisions
- ✓ Prevents and relieves physical, emotional and existential suffering
- ✓ Supports the caregiver and prevents burnout

Palliative care leads to an improved patient and family experience and improved provider satisfaction. By not offering palliative care services in a timely manner, patients and caregivers miss out on vital support.

This year marked the beginning of Middlesex Hospital's effort to split its Palliative Care program from its Hospice program. It is doing this with the intention of growing its Palliative Care program. The inpatient Palliative Care team has expanded to include a dedicated APRN, a director, a medical director, a licensed clinical social worker, and a chaplain.

Enhanced, early identification and referral of appropriate patients is now occurring through uniform screening of all patients within 24 hours of admission. Since implementing the screening tool, an average of 13 percent of the Hospital's patients are identified as being appropriate for a palliative care consult. These patients now are connected to the resources they need and deserve.

The Palliative Care team also has broadened to include a part-time APRN who will establish an outpatient palliative care clinic, which will be located at the Cancer Center's Middletown location.

The tremendous growth in Palliative Care services directly affects patients who receive cancer care. Regardless of disease prognosis, patients and their caregivers have access to high-quality support services, which lead to improved care and experience.



CANCER CARE CONTINUES BEYOND TREATMENT

Through the Center for Survivorship and Integrative Medicine, the Middlesex Hospital Cancer Center is committed to helping patients live a healthy life after they receive cancer treatment. The survivorship program is an important part of the Cancer Center's comprehensive approach to cancer

Survivorship care involves the following essential elements:

- ✓ Prevention of new and recurrent cancer
- ✓ Surveillance for recurrence or secondary cancers and treatment of any medical or psychological late effects
- ✓ Intervention for ongoing physical, psychological, or spiritual symptoms
- ✓ Coordination between specialty and primary care providers

Survivorship care planning is a current focus area for the Commission on Cancer, a program of the American College of Surgeons—the organization that accredits cancer centers. Since 2015, the Commission on Cancer has indicated that an increasing percentage of patients who have completed active therapy should receive a survivorship care plan.

Uniformly identifying the point at which patients have completed treatment and subsequently inviting those patients to return to the Cancer Center for a survivorship visit has been no small feat. To address the Commission on Cancer's ambitious goal, Cancer Center staff worked collaboratively and thought creatively. An improved process was the result, and it has led to a significantly greater reach. Today, all eligible patients are offered a survivorship care planning visit.

As cancer centers across the country are challenged to meet the objectives set forth by the Commission on Cancer, Middlesex Hospital is proud to have developed an effective process for meeting the ongoing needs of its cancer survivors.



MIDDLESEX HOSPITAL CANCER CENTER AND MAYO CLINIC: WORKING TOGETHER FOR YOU

The Cancer Center continues to benefit from Middlesex Hospital's membership in the Mayo Clinic Care Network.

IN FISCAL YEAR 2017:



155 OF 246 e-consults with Mayo Clinic were related to cancer diagnosis and care



5 e-tumor boards we observed



3 Mayo Clinic physicians were brought in to speak at Middlesex Hospital cancer-related events, including a joint grand rounds delivered by Mayo Clinic's Dr. Axel Grothey and Middlesex Hospital's Dr. J. Michael Parker.



SURVIVORS DAY AWARDS

Each year, the Cancer Center recognizes a survivor and a local business and honors them for going above and beyond to support the Cancer Center and its patients.

RECOGNITION AWARD: WESTBROOK ELKS CLUB

The Westbrook Elks Club has hosted Beach Jam for Breast Cancer annually since 2009. Over the past several years, the Westbrook Elks Club has donated a total of \$103,650 to the Middlesex Hospital Cancer Center in support of the breast nurse navigation program.



DEB CAMPAGNA SURVIVORSHIP AWARD: CHERYL TERRIO

This award is given each year in memory of a former, beloved yoga instructor of the Cancer Center. It is given in recognition of a cancer survivor who has gone above and beyond to give back to the Middlesex Hospital Cancer Center.

Cheryl Terrio has gone out of her way to improve the lives of patients, especially by leading the American Cancer Society's Look Good Feel Better program at Middlesex Hospital. Through this program, women with cancer are taught beauty techniques that help them manage the appearance-related side effects of cancer treatment. This empowers them.



ASSESSING CANCER TRENDS THROUGH THE TUMOR REGISTRY

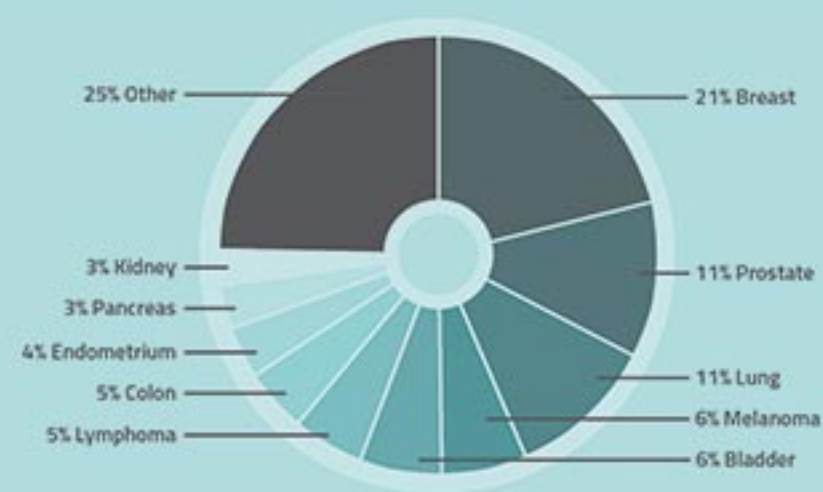
A vital part of growing Middlesex Hospital's cancer care program is understanding the patient population and assessing local and national cancer trends. Middlesex Hospital Cancer Center's tumor registry staff is responsible for abstracting and reporting all cancer-related diagnoses and the treatments delivered within the Middlesex Health System.

Below are the tumor registry data for calendar year 2017.

TOP SITES BY STAGE

	STAGE 0	STAGE I	STAGE II	STAGE III	STAGE IV	UNKNOWN	TOTAL ANALYTIC CASES	TOTAL CASES
Breast	33	94	39	10	5	4	185	217
Prostate	0	11	41	11	11	3	77	118
Lung	1	42	6	14	32	5	100	112
Melanoma	27	13	3	4	2	1	50	64
Bladder	30	8	11	1	4	1	55	62
Lymphoma	0	7	7	11	10	8	43	54
Colon	1	9	10	10	7	5	42	48
Endometrium	0	22	1	5	2	7	37	39
Pancreas	0	3	0	4	15	4	26	33
Kidney	2	15	1	3	1	3	25	27

CANCER SITES BY PERCENT OF TOTAL CASES



TOTAL CASES BY CLASS

Analytic (diagnosed and/or treated at Middlesex Hospital and/or Connecticut Oncology Group)	841
Non Analytic (received diagnosis and/or treatment outside of Middlesex Hospital and/or Connecticut Oncology Group)	186
Total Cases	1027

TOTAL CASES BY SEX

Female	551
Male	476

COMMUNITY OUTREACH & EDUCATION

Because it is part of a community-based hospital, community outreach is a staple of the Middlesex Hospital Cancer Center. In 2017, the Cancer Center hosted or participated in 29 outreach and education events, reaching more than 3,000 community members. These events were run in collaboration with 43 other Middlesex Hospital departments, community-based agencies and physicians. Highlights from just a few of these events are included below.



Beach Jam: At the 9th Annual Beach Jam for Breast Cancer, the Cancer Center debuted "bra pong" as a fun and interactive way to attract people to its education table.



EG Salon: EG Salon, a hair salon in Middletown, launched the goPINK Project in 2010 to raise awareness about breast cancer. Shown here are staff of Haddam Elementary School, sporting their pink hair extensions at EG Salon's goPINK party.



goPINK Fun Run and Walk: These enthusiastic supporters had a great time at the goPINK Fun Run and Walk at Middletown High School!



Westbrook Open House: Middlesex Hospital Physical Rehabilitation Center staff were at the Shoreline Cancer Center open house to educate attendees about the Center for Oncology Rehabilitation Excellence's services.



Pratt and Whitney: Colorectal nurse navigator Amanda Recchini, colorectal surgeon Dr. J. Michael Parker, and oncology dietitian Mary Mayne pose with a giant inflatable colon during an educational talk at Pratt and Whitney.

GRANTS

This year, the Middlesex Hospital Cancer Center was fortunate to receive two grants to improve patient care.

pinkaid

Cancer impacts patients physically, mentally and financially, and it is important that the Cancer Center helps patients navigate their cancer journey. As a result, the Cancer Center established Dignity in Details, a program fully funded by Pink Aid, Inc.

Components of the Dignity in Details program include:

- ✓ Gifting women undergoing radiation therapy for breast cancer a Radiant Wrap, a more comfortable and stylish alternative to the traditional hospital gown that offers patients more privacy
- ✓ Gifting a headcover, scarf, and sleep cap to breast cancer patients who utilize the Cancer Center's wig room services
- ✓ Providing financial assistance to patients in need to help pay for essential non-medical expenses, such as rent, utilities, food, and transportation



Doreen F. models her Radiant Wrap

The Radiant Wrap is so soft and makes me feel very feminine, unlike the hospital johnny. I feel honored to be given the Radiant Wrap. I don't feel like just a number at the Middlesex Hospital Cancer Center. I feel special.

— Nancy S.

Pink Aid is a Connecticut-based nonprofit organization, and its mission is to help underserved local women survive breast cancer treatment with support and dignity. It also provides screening to women in financial need and empowers breast cancer survivors to heal by helping and inspiring others.



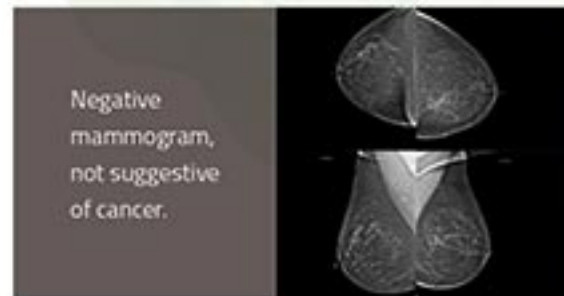
CONNECTICUT BREAST HEALTH INITIATIVE

The Connecticut Breast Health Initiative funded Dr. Ravi Jain's study on the use of molecular breast imaging for diagnostic purposes.

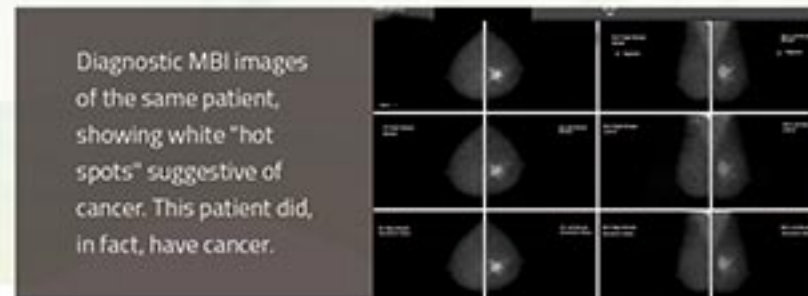
Middlesex Hospital is proud to be the only hospital in New England to offer dual-headed molecular breast imaging, and it has done so since 2015. Molecular breast imaging uses a radioactive tracer to better detect breast cancer cells. The role of molecular breast imaging as a screening test for breast cancer is well established. Together with mammography, molecular breast imaging detects four times as many cancers as a mammogram alone.

Dr. Jain is pioneering research on the use of molecular breast imaging as a diagnostic tool. Specifically, his study is investigating whether inconclusive mammogram and ultrasound findings can be safely watched instead of biopsied if molecular breast imaging scans are negative. Ultimately, the goal is to reduce the rate of negative biopsies without reducing the rate of cancer detection.

The Connecticut Breast Health Initiative is a statewide nonprofit formed in 2004 to support leading breast cancer education and research. For more information, visit www.ctbhi.org.



Negative mammogram, not suggestive of cancer.



Diagnostic MBI images of the same patient, showing white "hot spots" suggestive of cancer. This patient did, in fact, have cancer.

CANCER CENTER PHILANTHROPIC SUPPORT AT A GLANCE

The Middlesex Hospital Cancer Center is thankful that it receives overwhelming community support. Without the community's generosity, growth and expansion efforts would not be possible.

IN FISCAL YEAR 2017:

\$681,296 received from 721 donors

31 groups raised funds independently

33 restaurants participated in Appetite for Life

50 businesses supported Middlesex Hospital's golf tournament, which benefited the Cancer Center

31 businesses participated in the goPINK Project

\$750,000 committed by donors for the Shoreline Cancer Center in Westbrook

CANCER CENTER VOLUNTEERS

A robust and active group of volunteers support the Cancer Center and are dedicated to improving the patient care experience.

These volunteers are integral to the center's operations, and they contribute time and effort to help with tasks in radiation oncology and the tumor registry. They also help Cancer Center administrators.

In 2017, Cancer Center volunteers contributed an astounding 2,318 hours of service. Cancer Center staff members are grateful for both the passion and compassion shown by volunteers, and it thanks them for their valuable efforts!



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