2014 Cancer Center Annual Report

INNOVATION IS IN OUR DNA

The Smarter Choice for Care

MIDDLESEX HOSPITAL CANCER CENTER

2014 Cancer Center Annual Report INNOVATION IS IN OUR DNA

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Accreditations:

Cancer Center American College of Surgeons Commission on Cancer (COC) 2012 - 2014

National Accreditation Program for Breast Centers (NAPBC) 2012 - 2014

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 2011 - 2014

Middlesex Hospital

Magnet Hospital 2015 - 2018 (Renewed in 2014 for 4th consecutive accreditation period.)

The Joint Commission 2011 - 2014





The Smarter Choice for Care

MIDDLESEX HOSPITAL CANCER CENTER

Mission Statement

The Middlesex Hospital Cancer Center exists to provide the safest, highest quality of cancer care possible for our community.

Vision

The Middlesex Hospital Cancer Center will be the cancer care provider of choice throughout Middlesex Hospital's service area.

Core Values

- Excellence in cancer care that is data driven and evidence-based.
- Compassion is the hallmark of the Cancer Center.
- Coordination of care across the health system.
- Patient and family centered care that provides the best possible experience.

A MESSAGE FROM OUR DIRECTORS

Dear Friends and Colleagues,

Another year has passed, and we have many reasons to feel good about our achievements, as well as a lot to look forward to. The Middlesex Hospital Cancer Center had a successful 2014, providing excellent patient care, access to clinical trials, and targeted community outreach. We plan to build on this success in 2015 by continuing to provide first-class care to our patients, who we also consider to be family.

The Middlesex Hospital Cancer Center provides services to our community that cover every phase of the cancer care continuum, from outreach and screening programs to diagnosis, treatment, and survivorship. Program highlights in 2014 include the hiring of a new Cancer Center & Oncology Services Director and the acquisition of cutting-edge technology, such as:

- **Uronav,** which electronically fuses together Magnetic Resonance Imaging (MRI) and ultrasound to create a detailed, three-dimensional view of the prostate that a physician can use to guide precision biopsies
- **Tomosynthesis**, a method of performing high-resolution, limited-angle tomography of the breast at mammographic dose levels
- **Molecular Breast Imaging**, which aids in higher rates of cancer detection and characterization, complementing traditional imaging methods
- Stereotactic Radiotherapy, which uses focused high-energy radiation beams, trained on a well-defined tumor to yield high cancer cell death with little or no damage to the surrounding healthy tissue

It is with mixed emotions that we bid Dr. David Pearlstone, Surgical Oncologist, good-bye from Oncology Services this year. He was our liaison to the American College of Surgeons, as well as Medical Director for the Hereditary Risk Assessment and Oncology Quality Improvement programs. We wish him the best in his future endeavors.

This 2014 annual report, and the accomplishments it details, is a product of the effort of many healthcare professionals, all of whom are dedicated to providing the best quality care to our patients. We hope you find this report informative and illustrative of the fact that that innovation truly is in our DNA. Please feel free to contact us if you would like more information about the cancer services available at Middlesex Hospital.



Andrea Malon, MD, FACS Cancer Center Medical Director



Edward "Teddy" Aribisala, MS (Engr.), MBA Director, Cancer Center & Oncology Services

CANCER COMMITTEE

The Cancer Committee is the multidisciplinary group of physicians, Hospital administrators, and Cancer Center team members that provides programmatic leadership for the Middlesex Hospital Cancer Center. Meeting monthly, the committee sets, monitors, and evaluates the strategic goals of the cancer program while working to ensure that all standards for accreditation are met. Cancer Committee representatives collaborate systematically with the entire continuum of cancer care providers to reach the desired programmatic outcomes.

Cancer Committee Members

Andrea Malon, MD – Chair Teddy Aribisala Gean Brown, RN Meghan Burgess, APRN Melanie Cama, RN Katharine Conroy Chris Crouch Harry Evert Miklos Fogarasi, MD

- Doreen Gagnon Amanda Hamblett Gary Havican Barton Kenney, MD Anwar Khan, MD Elizabeth Mariano, MD Kathleen Mitchell Edward Myer, MD Pat O'Brien, APRN
- Deborah Pantalena, RN David Pearlstone, MD Camille Servodidio, RN Timothy Siegrist, MD Craig Walden, MD Nathan Walk, MD Joseph Weissberg, MD Robert Wolek, MD William Zeidler, MD

LEADERSHIP AND CLINICAL MANAGERS

Directors

Director, Cancer Center & Oncology Services Teddy Aribisala, MS(Engr.), MBA teddy.aribisala@midhosp.org | (860) 358-2075

Medical Director

Andrea Malon, MD, FACS andrea.malon@midhosp.org | (860) 358-2056

Clinical Managers

Cancer Center & Surgical Alliance Gean Brown, MSN, RN, OCN gean.brown@midhosp.org | 860-358-2030

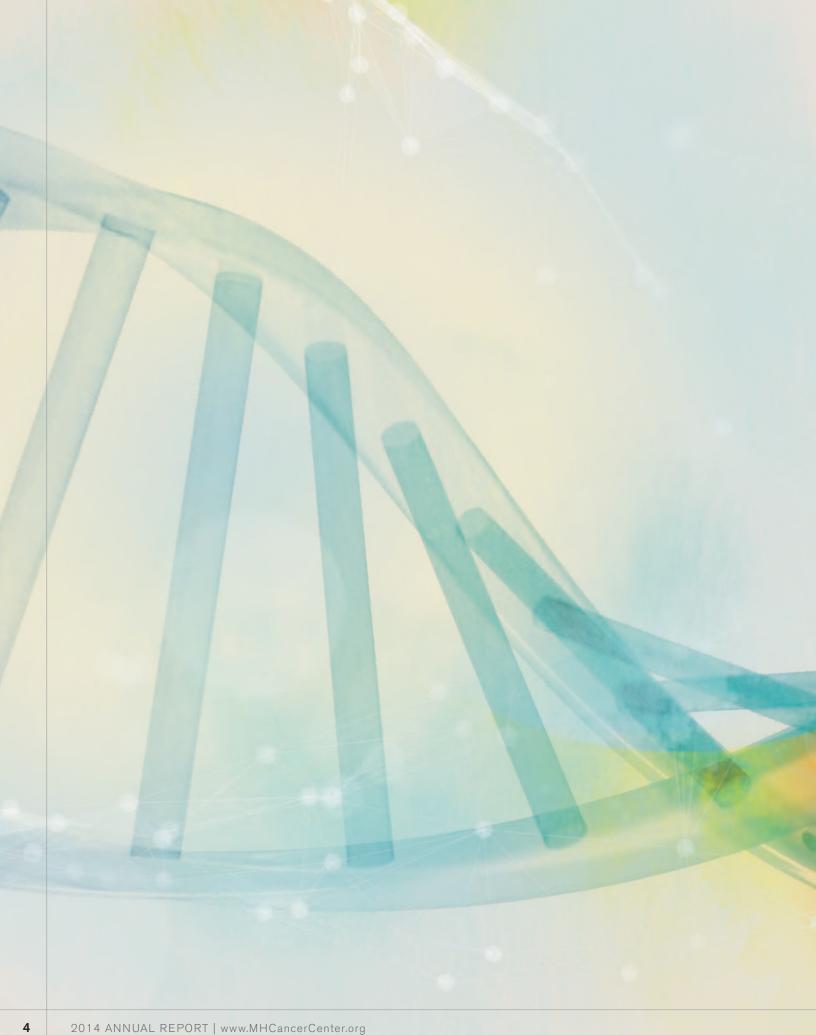
Comprehensive Breast Center

Camille Servodidio, RN, MPH, OCN, CBCN, CCRP camille.servodidio@midhosp.org | 860-358-2085

Department of Radiation Oncology

Nikki Cunningham, BA, RT(R)(T), CMD nikki.cunningham@midhosp.org | 860-358-2114

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INNOVATION IS IN OUR DNA

At the Middlesex Hospital Cancer Center, innovation is in our DNA. We are inspired each and every day to make inroads in quality, safety, and collaboration to ensure the best possible experience and outcomes for our patients.

ALL DNA HAS FOUR ESSENTIAL BUILDING BLOCKS: <u>A</u>denine, <u>Cytosine, <u>G</u>uanine, and <u>T</u>hymine. These components combine to create cohesive strands of DNA capable of communicating massive amounts</u> of information to drive every aspect of an organism.

At the Middlesex Hospital Cancer Center, we too have building blocks-**Alliances & Accreditations**, which certify our commitment to meeting the highest standards for care; **Community**, or our commitment to the continuum of cancer care from prevention through survivorship; Genius, our dedicated and awardwinning staff; and **Technology**, which allows us to deliver cuttingedge care close to home. Together, these fundamental elements of who we are as an organization enable us to provide the kind of care that can only be found where we stand: at the intersection of talent and technology.

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COMPREHENSIVE BREAST CENTER

Our Breast Nurse Navigator maintains a never-ending commitment to innovation.

Pat O'Brien, RN, OCN, CBCN provides comprehensive and compassionate support to breast cancer patients receiving all or part of their treatment at the Middlesex Hospital Cancer Center. As the Breast Nurse Navigator, Pat:

- educates each patient about his or her diagnosis and treatment options,
- helps ensure timely access to necessary procedures, and
- serves as a liaison to the cancer care team.

But Pat's role goes beyond navigational services for patients—she is firmly committed to providing members of our community with essential information about breast health, breast cancer prevention, and breast cancer screening.

In 2014, with the support of the Comprehensive Breast Center team, Pat spearheaded the **2nd Annual Breast Health Road Show**. During the month of October, staff volunteers visited 9 venues around Middlesex County to promote breast cancer awareness, prevention, and screening. The venues ranged in size and type-from outlet malls to orchards, churches to salons-and education was delivered through the provision of literature, group presentations, and one-on-one conversations.

In 2014, we visited:

- Cross St. AME Zion Church Middletown, CT
- EG Salon Middletown, CT
- Jackson Chevrolet Middletown, CT
- Lyman Orchards Middlefield, CT
- Paul & Sandy's, Too East Hampton, CT
- Salon Nathaniel Meriden, CT
- Shiloh Baptist Church Middletown, CT
- Tanger Outlets Westbrook, CT
- Wicked Z Dance Fitness Rocky Hill, CT

In total, the event reached more than 880 community members. 117 evaluations were collected, helping the CBC team to better understand the mammography status and health education interests of our community.

Breast Health Champions Event

The success of the 2nd Annual Road Show was due in part to the input of our community collaborators. In April of 2014, representatives from the 2013 host venues attended an evening of networking and focus grouping to provide feedback for future events.





Carol Schilling, Outpatient Radiology Coordinator, and Pat O'Brien, Breast Nurse Navigator, at the EG Salon "stop" on the Road Show.

ACCREDITATIONS

- National Accreditation Program for Breast Centers
- American College of Radiology
 Breast Imaging Center of Excellence

GENIUS

- Multidisciplinary Breast Program Leadership committee – programmatic and strategic oversight
- Medical Director: Andrea Malon, MD
- Clinical Manager: Camille Servodidio, RN, MPH, OCN, CBCN, CCRP

- Breast Nurse Navigator: Pat O'Brien, RN, OCN, CBCN
 - -163 patients on pathway in 2014
- Genetic Counselors: Amanda Hamblett, CGS and Meghan Burgess, APRN

TECHNOLOGY

- Department of Radiology
 - -CAD Digital Mammography -Ultrasound
 - -MRI
 - -Biopsies guided by all imaging modalities

 2015: Planned addition of tomosynthesis and molecular breast imaging, cutting-edge technologies

- Outreach to 1,400 community members through 28 events (see pgs. 24 and 25)
- Grant-funded research and community outreach (see pg. 26)

COMPREHENSIVE PROSTATE AND UROLOGY PROGRAMS

Each and every day, our Urology Nurse Navigator brings innovation to life.

Urology Nurse Navigator Dorothy Carvalho, RN, OCN, CURN delivers a wide range of care coordination services to patients with bladder, kidney, prostate, or testicular cancers. She provides pre- and post-operative education to patients and their families, ensures timely access to necessary procedures, manages quality assurance initiatives, and serves as a liaison to the cancer care team.

Providing exemplary patient support is one of Dorothy's hallmarks as a Nurse Navigator. She moderates our Prostate Cancer Support Group, which has been meeting monthly for more than 18 years. Group members support both the Cancer Center's initiatives and each other, continually expressing a desire to "give back" to the community, the hospital, and above all-those men newly diagnosed with prostate cancer.

In 2014, this took on the form of a unique

project. Late in 2013, Dorothy proposed to the group the idea of producing a calendar and was met with a resounding "yes!" Quickly, the men volunteered to "take a month," and planning for themes and props began.

In March of 2014, thanks to the generosity of local photographer John Giammatteo and Dorothy's organizational prowess, the photo shoot took place. Fifteen prostate cancer survivors posed-with props-for their respective months, thoroughly enjoying their modeling experience. In late spring, "Men in Blue" was published.

The calendar was made available for sale at the hospital, through the Cancer Center, and through Dorothy. All proceeds-more than \$1,500-were donated to the Prostate Cancer Research Institute.

Ultimately, this project-a labor of love-was done in honor of our prostate cancer patients, who inspire the entire Cancer Center staff each and every day with their strength and their faith.



ACCREDITATIONS

 Goal for 2015: Begin process of attaining Joint Commission site-specific certification for Comprehensive Prostate Program

GENIUS

- Urology Nurse Navigator: Dorothy Carvalho, RN, OCN, CURN
 - -Achieved Board Certification in Urology (CURN)
 - -A 2014 Recipient of CT Hospital Association's Healthcare Heroes award
 - -Participated in CT Hospital Association's "Care You Can Count On" radio
 - advertisement series -Became co-chair of Middlesex Hospital's Cultural Diversity and
 - Inclusion Committee
- Middlesex Urology Group: Richard Frink, MD, Geoffrey Herter, MD, Edward Myer, MD, (Physician Champion) ,and Timothy Siegrist, MD

TECHNOLOGY

 Middlesex Hospital purchased the UroNav Fusion Biopsy System, a cutting-edge technology that fuses prostate MRI with ultrasound to guide precision biopsies.
 Feasibility study and purchase in 2014; installation will take place January 2015

- "Men in Blue" our first-ever prostate cancer survivor calendar
- 4th Annual Men's Health & Wellness Event (see pg. 24)
- Annual Fall Prostate Gala (see pg. 25)
- Presentation by Dorothy Carvalho to Middletown chapter of NAACP on prostate cancer in African-American men
- Presentation on sexuality after prostate cancer treatment by Dr. Ed Myer; targeted to wives and partners of survivors

TOTAL LUNG CARE CENTER (TLCC)

Our Lung Nurse Navigators stand firmly at the intersection of talent and technology.

As the Lung Nurse Navigator at the Middlesex Hospital Cancer Center, Megin laccarino, BSN, RN, wears many hats. In addition to providing lung cancer patients with support, education, and other care coordination services, she manages the Lung Nodule Pathway. This innovative system for increasing the rate of early detection of lung cancer allows Megin to track incidental pulmonary findings that appear on CT scans. Her surveillance ensures that patients receive appropriate follow-up care, including referrals to pulmonary or thoracic specialists when necessary.

With her focus on prevention and screening, Megin is well aware that veterans are



Senator Richard Blumenthal *(left)* and Dr. Raymond Schoonmaker at the Honoring Veterans Lung Screening Event.

Lung Eancer Alliance SCREENING CENTER OF EXCELLENCE

at particularly high risk for lung cancer; this increased risk is a result of higher rates of smoking among active-duty military personnel and veterans, as compared to the United States' civilian population. Additionally, veterans typically

have additional risk factors for lung cancer, such as chemical exposure.

To address this, Megin has continued to grow the Honoring Veterans Lung Cancer Screening event, which was founded by thenlung nurse navigator Gean Brown in 2012.

In 2014, Honoring Veterans took place on November 11th-Veterans Day-at the Middlesex Hospital Cancer Center. Guests attended a health fair and were able to meet with Dr. Raymond Schoonmaker to undergo a lung cancer risk assessment. Those veterans who qualified as "high risk" were immediately escorted to the Department of Radiology, where they received a free lowdose screening CT scan. This year, 23 lowdose CT scans were ordered as a result of the event. No cancers were found, but there were many recommendations for 3-6 month follow-up exams to monitor lung nodules. Two additional referrals were made to Dr. John Federico, Thoracic Surgeon at the Surgical Alliance Clinic (see page 12).

The Cancer Center was also honored to have U.S. Senator Richard Blumenthal attend the event, which is co-sponsored by the Lung Cancer Alliance, Vietnam Veterans of America, AMVETS, and the Military Officers Association of America. While present, Senator Blumenthal greeted veterans and gave an interview to National Public Radio on his efforts in Congress to increase funding and support for lung cancer screening and research.

 The Total Lung Care Center is a designated Lung Cancer Alliance Screening Center of Excellence

ACCREDITATIONS

GENIUS

- Raymond Schoonmaker, MD: TLCC Physician Champion
- John Federico, MD: Thoracic Surgeon, Surgical Alliance (see pg. 12)
- Gean Brown, RN, MSN, OCN: Clinical Manager, Surgical Alliance Clinic
- Megin Iaccarino, BSN, RN: Lung Nurse Navigator
 - Continues to pursue her M.S. in Nursing in the Family Nurse Practitioner track at Sacred Heart University
 - -Chairs the newly-established Cancer Center Unit Nursing Council
 - -Hosted a Grand Rounds with the Total Lung Care team to provide continuing staff education on lung cancer screening guidelines

TECHNOLOGY

- The TLCC facilitated 196 low-dose screening CT scans for lung cancer in 2014
 - -This preventive service has been approved for coverage by private insurers

- Honoring Veterans Lung Cancer Screening
- Shine a Light on Lung Cancer Vigil (see pg. 25)
- Together Facing Lung Cancer
- Lung Cancer Support Group
- Lung Cancer Screening Education Workshops
- Presentation to Middlesex Institute for Lifelong Education (MILE)
- Free to Breathe Seminar (New York)
- Lung Cancer Alliance Action Summit (Washington, DC)

COMPREHENSIVE GYN ONCOLOGY PROGRAM

Our GYN Nurse Navigator maintains a never-ending commitment to innovation.

Each and every day, GYN Nurse Navigator Amanda Recchini provides comprehensive care coordination for patients with GYN cancers-those of the ovaries, endometrium, cervix, vagina, fallopian tubes, uterus, and vulva. Care coordination includes providing pre- and post-operative education, helping to make referrals, and assisting the surgeons during consults, exams, and treatment planning. Amanda also identifies the cases that are discussed at the monthly GYN case conferences.

Extremely dedicated to her patients, Amanda also maintains a firm commitment to ensuring that all women-regardless of their insurance coverage or socioeconomic status-have access to the women's health care they deserve. In 2014, along with other members of the Cancer Center team, she organized the 2nd annual Women's Health Screening Event, a three-part event that takes place over two weeks.

The event begins on the day of the Women's Health Conference, an annual community affair put on by the Cross St. AME Zion Church in Middletown, CT. At this event, the Cancer Center hosts a table, where women can pick up educational materials and learn about the importance of keeping up with preventive care. Any woman who qualifies for the Connecticut Breast and Cervical Cancer Early Detection Program, a state and federally funded initiative that provides cost coverage for women's health services, is eligible to receive a free Pap test the following week at the Middlesex Hospital Surgical Alliance.

In the week between the Women's Health Conference and the Pap test clinic, the Nurse Navigator, with support from the Health Education & Grants Coordinator, contacts each participating woman to remind her of her appointment and confirm that she has transportation to the Surgical Alliance.

On the day of the Pap testing, the Nurse Navigator assists Dr. Angela Kueck, Surgi-

cal Alliance, and Dr. Julie Flagg, Crescent St. OB/GYN, with the procedures. When results are in, Amanda provides all needed follow-up care coordination.

In its two-year history, a total of 15 women have been registered for the event, and 14 of these women have completed their testing a week later–a success rate of 93%. Given the efficacy of the model, Amanda will work to grow the event in 2015, so as to reach even more of our community's most vulnerable women.



ALLIANCE

 GYN Case Conferences are held monthly to allow for meaningful collaboration between all members of the GYN oncology care team. Regular participants include OB/GYNs, Surgical Alliance gynecologic surgeons, the Nurse Navigator, medical oncologists, radiation oncologists, radiologists, and pathologists

GENIUS

• Surgical Alliance GYN Oncologic Surgeons: Molly Brewer, MD, Jonathan Cosin, MD, and Angela Kueck, MD

- -All board certified by the American Board of Obstetrics and Gynecology
- Clinical Manager: Gean Brown, MSN, RN, OCN
- Nurse Navigator: Amanda Recchini, BSN, RN, OCN
 - -52 patients on GYN Pathway in 2014. Cases included cervical, endometrial, ovarian, and vulvar cancers, as well as sarcomas
 - Coordinates quarterly Comprehensive GYN Working
 - Group meetings
 - -Clinic nurse at Surgical Alliance -In 2014, achieved board certifica-
 - tion as Oncology Certified Nurse

TECHNOLOGY

- Drs. Jonathan Cosin and Angela Kueck specialize in daVinci Robot-Assisted Surgery
- In 2014, Dr. Kueck began performing single-site prophylactic surgeries for patients with a genetic mutation

COMMUNITY

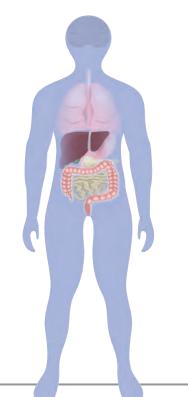
- Women's Health Screening Event (see above)
- Lunch & Learn for employees of Middleoak – Presentation by Dr. Kueck & Dr. Timothy Siegrist (see pg. 24)

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COLORECTAL CANCER SERVICES

Our Colon Nurse Navigator stands firmly at the intersection of talent and technology.

In addition to providing care coordination services, the Nurse Navigators at the Middlesex Hospital Cancer Center are actively



involved in the organization's yearly studies of quality. Required by the Commission on Cancer, our accrediting body, these studies allow the Cancer Center staff to ensure that all aspects of our programs and pathways are as comprehensive and effective as possible for patients.

In 2014, one Study of Quality (COC Standard 4.8) sought to examine the effectiveness of educational events about colon cancer screening. The underlying goal of the project was to increase rates of screening colonoscopy among Middlesex County residents while simultaneously decreasing late-stage diagnoses.

The impetus for the project came from the results of a 2013 Quality Improvement study (COC Standard 4.7), in which the Nurse Navigator worked with Middlesex Gastroenterology Associates (MGA) to identify bottlenecks in the pathways from screening colonoscopy to the next appropriate clinical intervention. This study ultimately resulted in MGA hiring two new gastroenterologists, Dr. Sarah Canavan and Dr. Ryan O'Connor, as it was determined that the practice did not have the capacity to meet patient demand for services.

With the addition of these physicians to the MGA team, the amount of outreach

provided increased from one event in 2013 to four events in 2014. After these events took place, the Nurse Navigator, Amanda Recchini, cross-referenced event attendance lists with MGA records and Cancer Center Tumor Registry data to identify the number of participants who received a subsequent colonoscopy. Additionally, Amanda was able to identify whether any patients had changed physicians as a result of Dr. Canavan's presentations at the events.

In 2014, MGA performed 5,836 colonoscopies, up over the 5,690 done in 2013. Of the 250 people who attended the Colon/Nutrition Event and Prevention Day *(see pgs. 17 and 25)*, eight received a colonoscopy following the event. Three of these eight dropped their current doctor in order to see Dr. Sarah Canavan for the procedure.

Using the Tumor Registry data, Amanda was also able to determine that, of the 21 newly diagnosed colorectal cancer patients in 2014, five were diagnosed at Stage I, four at Stage II, five at at Stage III, and 0 at Stage IV. Stage at diagnosis was unknown for seven patients.

In 2015, the Colorectal Cancer Services program will continue its efforts to increase screening rates.

ALLIANCE

 Colorectal Nurse Navigator Amanda Recchini works closely with Middlesex Gastroenterology Associates (MGA), a team of boardcertified physicians who provide cutting-edge diagnostic and treatment services for an array of gastrointestinal conditions

GENIUS

• MGA: Sarah Canavan, MD, Edmund Chung, MD, Lucian Gorgan, MD, Nadeem Hussain, MD, John Intravia, MD, Gregor Koobatian, MD, Ryan O'Connor, MD, Stan Opalacz, MD, and Mario Ricci, MD • Clinical Manager: Gean Brown, RN,

- OCN, MSN
- Nurse Navigator: Amanda Recchini, BSN, RN, OCN
 - -34 patients on the Colorectal Pathway in 2014. Amanda also supports patients with lymphoma, pancreatic cancer, and esophageal cancer

TECHNOLOGY

• Nurse Navigator, in conjunction with

Oncology Dietitian, MGA physician, and Homecare representative, developed new, safer procedure for placement of, and follow-up care for, PEG tubes

- Colon/Nutrition Event
- Dr. Nadeem Hussain presented to Middlesex Hospital Family Practice Residents
- Dr. Sarah Canavan spoke at the Middlesex Hospital Wellness Fair, and other events

Diagnostic & Treatment Services

RADIATION ONCOLOGY

TECHNOLOGY: Growth & Innovation

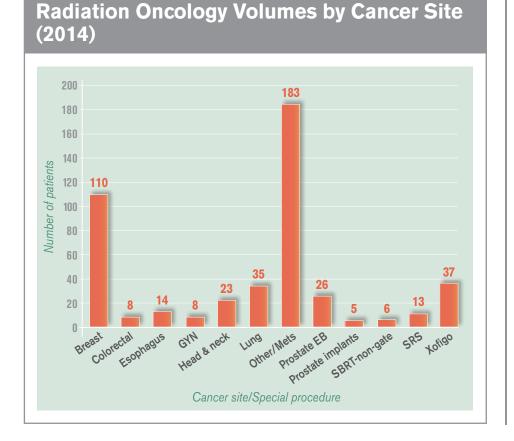
The Department of Radiation Oncology constantly strives to utilize cutting-edge, state-of-the-art technology, and 2014 was no exception.

This year, the department introduced Xofigo, a new modality for the treatment of castrate-resistant prostate cancer. Once a month for six months, patients receive an injection of the radiopharmaceutical Radium 223 dichloride (Xofigo), which results in both increased life expectancy and relief from bone pain.

Yet another new approach-the Canadian Fractionation schema-is being used in the treatment of breast cancer. This methodology reduces each patient's treatment course by two to three weeks, minimizing the burden of daily treatment while maintaining effectiveness without increasing side effects.

Utilizing these innovative treatment techniques requires the best equipment, and in 2014, the department began the process of replacing its older Linear Accelerator. With research and due diligence now complete, Radiation Oncology will look to replace the LinAc in 2015.

Additionally, plans are in place for the installation of a High Dose Rate Brachytherapy Unit for the treatment of gynecologic cancers. Implementation of this new treatment modality will rely on a collaborative effort by our Radiation Oncologists and the Gynecologic Oncology Surgeons affiliated with the Surgical Alliance Clinic.



ACCREDITATIONS

- American College of Radiology
 - -Reaccreditation through May 2017: Achieving this credentialing satisfied one the department's key programmatic goals for 2014 and demonstrated the ongoing commitment to meeting the highest standard of care
- Nikki Cunningham, Manager of Radiation Oncology, presented the results of the department's quality assurance activities (NAPBC Standard 2.12) to the Breast Program Leadership committee on 12/16/2014

GENIUS

- The Radiation Oncology team-oncologists, nurses, dosimetrists, therapists, and physicists-works in tandem to deliver the best possible patient care
- The Department of Radiation Oncology received the Connecticut Quality Improvement Award Innovation Prize for the noninvasive stereotactic radiosurgery program, which is made possible through a collaboration between neurosurgeon Dr. Edward Aykeson and Radiation Oncologists Dr. Joseph Weissberg and Dr. Anwar Khan

COMMUNITY

 The Department of Radiation Oncology assists patients in need of transportation by coordinating rides to and from treatments for those living on the shoreline

 In 2014, 267 patient transports and 182 days of transportation

-All rides provided at no cost

- Dr. Joseph Weissberg delivered a lecture entitled "Advances in Radiation Therapy for Lung Cancer" at the Cancer Center Annual Meeting
- Members of the RadOnc team volunteer at numerous Cancer Center events, such as the Men's Health Event, Survivors Day, Prevention Day, the Shine a Light on Lung Cancer Vigil, and After the Storm's Annual Art Bra Event

SURGICAL ALLIANCE AND SURGICAL SERVICES

GENIUS

The true strength of the Surgical Alliance lies in its staff, a team of highly-specialized oncologic surgeons who provide access to high-quality, technologically advanced gynecologic and thoracic surgical care. They are supported by a team of highly-skilled nurses and administrative staff.

Our Physicians

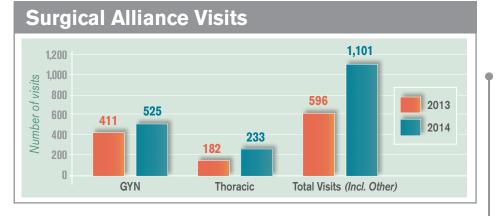
In 2014, the Surgical Alliance team comprised five surgeons. John Federico, MD, one of the clinic's founding partners, provides thoracic care, while Molly Brewer, MD, DVM, MS, Jonathan Cosin, MD, and Angela Kueck, MD provide gynecologic oncology services.

Our Leadership

The Surgical Alliance is managed by Cancer Center Clinical Manager Gean Brown, MSN, RN, OCN. Gean provides both clinical and programmatic oversight, collaborating with the physicians and overseeing the strategic growth and direction of the department.

Our Clinic

The Surgical Alliance saw exceptional growth in 2014, both in patient volumes and in staff. Emily Smith was hired as the Administrative Coordinator, and Ryann Nocereto, RN, MSN came on board as a dedicated Surgical Oncology Nurse. Additionally, Meaghan LeBlanc, PCT joined the team to provide per



SURGICAL SERVICES

Patients at the Middlesex Hospital Cancer Center also have access to teams of highly-skilled general surgeons, who perform a wide range of diagnostics and treatments. These expert caregivers have extensive experience performing procedures for many

Surgeons

• *Middletown Surgical Group* Andrea Malon, MD, FACS J. Michael Parker, MD Peter Romeyn, MD cancer sites, including but not limited to breast, colon, rectum, prostate, bladder, kidney, skin, and more. Many of these surgeons are trained in daVinci Robot-Assisted Surgery, and they continue to bring innovative techniques to Middlesex.

 Shoreline Surgical Associates Jonathan Aranow, MD Jonathan Blancaflor, MD, FACS Joseph Coatti, MD, FACS
 Middlesex Urology Group

Middlesex Urology Group Richard Frink, MD Geoffrey Herter, MD

Edward Myer, MD Timothy Siegrist, MD • Southern New England Ear, Nose & Throat Group Howard Boey, MD Mark D'Agostino, MD diem assistance during peak clinic hours.

Megin laccarino, BSN, RN, Lung Nurse Navigator, and Amanda Recchini, BSN, RN, OCN, GYN/Colon Nurse Navigator, continue to double as clinic nurses, providing support to the physicians and ensuring continuity of care for patients on pathway (see pgs. 8 and 10).

Professional Development

Members of the Surgical Alliance team pursued extensive academic and professional development in 2014. Gean Brown and Ryann Nocereto both earned their Masters of Science in Nursing from Sacred Heart University. Amanda Recchini earned her OCN (Oncology Certified Nurse), and Molly Brewer, MD passed the certification exam in Hospice and Palliative Care. Emily Smith passed Middlesex Community College's course in Billing and Coding.

ALLIANCES

 David Pearlstone, MD provided general oncologic surgical services, focused particularly on skin, gastrointestinal, and hepatobiliary cases. However, in early 2015, Dr. Pearlstone will conclude his practice with the Middlesex Health System.

TECHNOLOGY

 The physicians of the Surgical Alliance are experts in their fields-they have specialized training in such technologies as the daVinci Surgical Robot. In 2014, all four physicians transitioned into the role of primary surgeon on the majority of cases using this technology.

- Staff is actively involved in delivering educational programs to clinicians within Middlesex Hospital's primary service area. Programs focus on:
 - -Services provided by the Surgical Alliance
 - Latest developments in lung and GYN cancer screening, diagnosis and treatment
- Surgical Alliance hosted the Women's Health Event (see pg. 24)

MEDICAL ONCOLOGY (CONNECTICUT ONCOLOGY GROUP)

ALLIANCES

In a world of continually evolving cancer care, Connecticut Oncology Group (COG) strives to provide the most effective, comprehensive treatments with compassion and personalized attention. This includes ensuring patient access to cutting-edge research, which is done in partnership with



the Middlesex Hospital Cancer Center.

Together, COG and MHCC participate in state-of-the-art oncology clinical research studies. The medical oncologists have access to a wide variety of oncology studies sponsored by the National Cancer Institute , as well as studies that are industry sponsored (see pg. 15).

The Cancer Center is an affiliate of Dana Farber Cancer Institute for NCI-sponsored research studies, including those available through the Alliance and NRG. This allows COG to offer their patients the opportunity to participate in cutting-edge clinical trials for a wide variety of cancer diagnoses as well as for cancer prevention, side effect management, specimen banking, and quality of life research.

TECHNOLOGY

- In 2014, attained the third phase of meaningful use for their Electronic Medical Record (EMR) system, as mandated by the federal government
 - -Use of an EMR allows for communication between all members of a patient's care team, to ensure seamless provision of care across the continuum
- COG physicians participate regularly in Tumor Board videoconferences with experts from Dana Farber Cancer Institute to discuss treatment options for their patients
- COG offers its patients the convenience of an on-site dispensing pharmacy, staffed by a pharmacy technician who helps patients to obtain financial assistance for medications, if needed

GENIUS

- COG is a private practice that includes five highly-skilled hematologists/oncologists, two Advance Practice Registered Nurses (APRNs), a team of dedicated chemotherapy-certified oncology nurses, a Practice Manager, and a variety of support staff:
 - -Michael Farrell, MD, PhD
 - -Miklos Fogarasi, MD
 - -Susanna Hong, MD
 - -Robert Levy, MD
 - -Elizabeth Mariano, MD
 - -Megan Homes, APRN -Kimberly Ryan, APRN
 - -Kimberly Kegly, Practice Manager
- Dr. Susanna Hong serves as the local Principal Investigator for NCIsponsored clinical research studies and Dr. Robert Levy serves as local

Principal Investigator for industrysponsored studies

 This staff provides care in each of COG's two office locations. The Middletown office is located in the heart of the Cancer Center, providing convenient access to diagnostic, treatment, and support services located within the facility. The second office is located in Centerbrook, to serve the shoreline community

COMMUNITY

• COG physicians and staff participate in many of the Cancer Center's community outreach events, including Survivors' Day, the Shine a Light on Lung Cancer Vigil, and the Colon/Nutrition event, among others

Diagnostic & Treatment Services

INPATIENT ONCOLOGY (SOUTH 4) AND OUTPATIENT INFUSION

THE INTERSECTION OF TALENT & TECHNOLOGY: Pilot Programs

The South 4 Inpatient Oncology Unit is a department open to new possibilities and steadfast in its commitment to innovation; therefore, the staff is frequently relied upon for the implementation of pilot programs.

In 2014, the floor served as the pilot unit for Standardized Interdisciplinary Bedside Rounding (SBIR), a form of multidisciplinary, bed-side rounds that brings together each patient's key caregivers to review the care plan and answer any patient questions. These sessions last approximately three to five minutes per patient and support the South 4 team's goal of demonstrating the communication that takes place to ensure delivery of cohesive care. SBIR also assisted the staff in working towards the unit's overarching goal of



12% discharges before 11:00 am each day.

SBIR was not the only type of rounds piloted on South 4 in 2014; unit management and hospital leadership committed to being open for executive-level rounding during a predefined time period. While the statistical outcomes of this trial have not yet been released, preliminary findings indicate that executive rounding does not necessarily translate to higher Press Ganey or HCAPH scores.

This year, South 4 also continued its collaboration with GOJO. The partnership, which began in 2013, was forged to test an electronic monitoring system designed to increase hand washing compliance.

The implementation of these pilot projects is demonstrative of South 4's priority: improving patient safety. Given this, the South 4 Unit Based Practice Council worked closely with the Middlesex Hospital Department of Quality and the Fall Committee to test a model for reducing patient falls that result in injury. Extensive groundwork was laid in 2014, and the program will go into effect in February of 2015.

ACCREDITATION

 In 2014, Middlesex Hospital received its 4th consecutive designation as a Magnet Hospital. This is a testament to the skill and dedication of our entire nursing team

GENIUS

 South 4 and the Outpatient Infusion clinic are staffed by an experienced team of providers, many of whom are certified in medical/surgical nursing, oncology nursing, and NICHE. There is ongoing support for staff who wish to pursue such certifications

- Staff from the hospital-based outpatient infusion clinic traveled to both the UConn Medical Center and the Hospital of Central Connecticut to receive training in the administration of intraperitoneal chemotherapy. This new service will be offered starting in 2015
- The inpatient oncology unit has continued to use staff to grid, utilizing pre-established guidelines based upon work hours of unit per service to adjust worked FTEs based

on volume. Team members are given the ability to adjust staffing based on perception of acuity and safety/quality concerns

COMMUNITY

• The South 4 and Outpatient Infusion teams are committed to providing ongoing education to students. In 2014, traditional and capstone students from UConn, Quinnipiac, and Central Connecticut State University spent time on the unit, as did several high school students exploring the possibility of a career in oncology nursing

CLINICAL TRIALS AND RESEARCH

ALLIANCES & ACCESS TO STUDIES

Being a small community hospital places few limits on the ability of the Middlesex Hospital Cancer Center to offer our patients a wide variety of clinical trials, including studies sponsored by the National Cancer Institute (NCI) and by pharmaceutical companies.

National Cancer Institute

In 2013, the National Cancer Institute transformed its long-standing cooperative group program into the National Clinical Trials Network (NCTN). The elven original cooperative groups merged into six, increasing efficiency and decreasing the number of groups competing for funding, patients, and resources. In 2014, Middlesex Hospital became a legacy member of two of these new collaborative groups: the Alliance for Clinical Trials in Oncology and NRG Oncology.

Industry Sponsored

The Middlesex Hospital Cancer Center also participated in industry-sponsored clinical research, including treatment, observational, and quality of life studies.

TECHNOLOGY & CUTTING-EDGE RESEARCH

The Cancer Center's participation in NCI-

and industry sponsored clinical trials enabled us to offer our patients access to the same cutting-edge research and treatment options available at large academic medical centers. At any given point, there are approximately 40 studies open locally for cancer treatment, side effect management, prevention, and quality of life issues.

The goal of the Clinical Trials Office (CTO) is to screen every newly-diagnosed patient to determine eligibility for any of these clinical trials. All patients who meet eligibility requirements are offered participation in a research trial as a treatment option.

Our research staff attends general Tumor Boards as well as Case Conferences dedicated specifically to patients diagnosed with breast cancer, urologic cancer, and gynecologic cancer in order to identify which patients might be eligible for participation in a clinical trial.

In addition to identifying potentially eligible patients, our research coordinators:

- Obtain informed consent from research participants
- Process biologic samples required by the studies
- · Complete all study-related paperwork, and
- Comply with federal and state regulatory requirements

Total Accruals In 2014:

- Total Number of Patients Screened: 961
- Total Number of Oncology Patients Accrued to Clinical Trials: 35
- Total NCTN/Cooperative Group Clinical Trial Accrual: 10
- Total Industry Trial Accrual: 1
- ·····
- Total In House Initiated Study Accrual: 24

GENIUS

- The Cancer Center is fortunate to have a dedicated team of research professionals
 - -Research Coordinator: Beth Slifer, RHIT, CCRP
 - -Research Nurse Coordinator: Deborah Pantalena, BS, RN, OCN, HSMI
 - -Research-Certified Nurse Manager: Camille Servodidio, RN, MPH, OCN, CBCN, CCRP
 - -Regulatory Specialist: Mary Raum, CIP, CCRP

- "Clinical Trials: Are they Right for Me?"
 -2nd annual event, hosted in conjunction with the Leukemia & Lymphoma Society
 - -Keynote speaker Dr. Susanna Hong presented to newly diagnosed patients and their families
- The research program was featured in the December issue of the Cancer Center's Unit Nursing Council (UNC) newsletter, Cancer Center Connections



CENTER FOR SURVIVORSHIP AND INTEGRATIVE MEDICINE

Our survivorship coordinator and Integrative Medicine practitioners bring innovation to life each and every day by caring for each patient as a whole person-mind, body, and spirit.

And as this integration of traditional and complementary care becomes increasingly recognized as essential to the comprehensive treatment of cancer, the Center for Survivorship and Integrative Medicine is experiencing unprecedented growth.

Integrative Medicine

In the context of Integrative Medicine, this growth has come in the form of volumes-in 2014, more than 3,227 hours of Integrative Medicine were delivered to patients. At the outpatient Cancer Center alone, 2,718 patients were seen by our practitioners. 815 of these patients utilized acupuncture.

Survivorship Program

2014 also saw the official launch of the Survivorship Program. All cancer patients who receive treatment at the Middlesex Hospital Cancer Center are eligible to take part in this program, the primary function of which is to provide treatment summaries and plans of care to cancer patients as they complete active treatment. This transition is often complex, and patients' needs for guidance often endure long after finishing surgery, radiation, and chemotherapy.

When program coordinator Pat O'Brien, APRN sees a patient for his or her survivorship visit, she dedicates nearly 1 ½ hours to performing an in-depth quality-of-life assessment. This allows patients a chance to

> process the multitude of emotions that accompany the conclusion of cancer treatment. Pat's assessment also enables her to make referrals to additional support services, such as Physical Rehabilitation or Oncology Nutrition.

Since Pat saw her first patient in 2012, the rate of referrals has been steadily increasing. A total of 97 were made in 2014, and based on trends, this number is expected to more than double in 2015.

As the program expands, Pat is carefully tracking patient data, rates of referrals, and referral processes to ensure that her services truly meet the unique needs of each and every cancer survivor.

ACCREDITATION

• A new Commission on Cancer standard-3.3 Survivorship Care Plan-is set for phase-in in 2015. With our CSIM already in place, the Cancer Center is an innovator in providing comprehensive survivorship care and will easily meet the expectation that 10% of all eligible patients access survivorship services next year

GENIUS

- CSIM Coordinator: Pat O'Brien, APRN, NP-C
 - Achieved certification as Nurse Practitioner and was credentialed on Middlesex Hospital medical staff
- Integrative Medicine Practitioners:
 - -Dana Krete, ND and Amy Calandruccio-Acupuncturists
 - -Sherry Russenberger-Energy Healing
 - -Elizabeth Luppachino-Hypnotherapy
 - -Laura Anderson, Don Chevalier, and Kate Powers-Massage Therapists
 - -Heather Wagner-Music Therapy (Inpatient)
 - -Susette Christensen and Joan Smutko-Reflexology
 - -Cathy Freschi-Reiki

TECHNOLOGY

 In the world of Survivorship and Integrative Medicine, 'technology' ultimately translates to 'modalities'. In addition to the therapies offered above, we maintain a diverse schedule of classes and programs such as Arts in the Atrium, MinBo, Yoga, Tai Chi, Healthy Steps, and the Warrior Workout

COMMUNITY

- Survivors Day (see pg. 24)
- Prevention Day (see pg. 25)
- CHERISH Day of Healing
- Health Fairs & Hospital Employee Recognition Events

INTEGRATIVE MEDICINE PROGRAM Focusing on Building A Healthy Body, Mind and Spirit

SURVIVORSHIP PROGRAM A NEW DAY BEGINS WITH LIFE AFTER CANCER

ONCOLOGY NUTRITION

One of the words often used when discussing the burden of cancer is "prevention," a set of activities or behaviors that help a person reduce his or her risk of developing an illness. In the context of cancer care, there are two essential phases of prevention: primary and secondary.

The goal of primary prevention is to decrease the chance that a person will ever develop cancer. Secondary prevention, meanwhile, is aimed at helping past cancer patients reduce their risk of recurrence. In both cases, there are many dietary recommendations for cancer prevention, and **our team of Oncology Dietitians is dedicated to educating our community and our patients about innovative and practical methods for incorporating risk-reducing eating habits into everyday life.**

In 2014, our dietitians were keynote speakers at two Cancer Center events on this subject: the Colon/Nutrition Event and Prevention Day.

Colon/Nutrition Event

Held at the Saybrook Point Inn in Old Saybrook, this program featured five local experts in colon cancer prevention and screening. Dr. Sarah Canavan (Middlesex Gastroenterology Associates), Dr. Michael Parker (Middletown Surgical Group), and Dr. Michael Farrell (Connecticut Oncology Group) spoke about screening for and treatment of colon cancer, while Amanda Hamblett, CGS, Gentic Counselor, presented on hereditary risk of colon cancer. Sarah Robertson, RD, then engaged the audience of approximately 40 on the role of nutrition in cancer prevention.

Prevention Day

In September, Mary Layda, RDN, CSO, CD-N presented "Thwarting

ACCREDITATION

 The provision and evaluation of Oncology Nutrition Services is essential to the Cancer Center and Comprehensive Breast Center maintaining their COC and NAPBC accreditations. In 2014, the Oncology Dietitian presented intervention data to the Breast Program Leadership committee and volumes data/policy revisions to the Cancer Committee

GENIUS

- Mary Layda, RDN, CSO, CD-N, Oncology Dietitian:
 - -Mary joined the Cancer Center team in April 2014, bringing 20

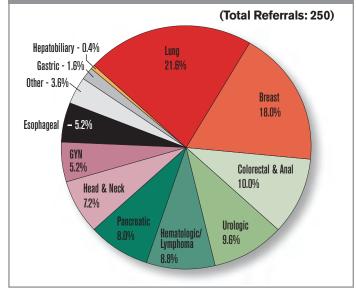
- years of experience in the field of nutrition and dietetics
- Amy Blewitt, RD, CD-N, Per Diem Dietitian
- Sarah Robertson, RD, Oncology Dietitian
 - In April 2014, Sarah accepted a new position outside of Middlesex Hospital; we wish her all the best in her new endeavor

TECHNOLOGY

- Enteral/Parenteral Nutrition
 - Collaboration with infusion service companies to coordinate follow-up care for 10 patients being artificially fed

Cancer: The Role of Food in Cancer Prevention" to a crowd of nearly 150 people. Her talk included practical strategies for everyday healthy eating, simplifying the science to convey the importance of incorporating fruits, vegetables, and whole grains into the daily diet.

Referrals to Oncology Nutrition Services by Primary Cancer Site



- With Middlesex Gastroenterology and Colon Nurse Navigator, revision of tube feeding protocol
- Goals for 2015 include developing an effective screening tool to capture patients with (a) significant weight loss or (b) certain diagnoses to help prevent malnutrition during treatment and survivorship

- Presentation to Breast Friends Support Group
- Table at Women's Health Lunch & Learn (see pg. 24)

DISTRESS MANAGEMENT AND ONCOLOGY SOCIAL WORK

INNOVATION

As the Cancer Center's Oncology Social Worker and Distress Management Pathway Coordinator, Doreen Gagnon epitomizes Middlesex Hospital's never ending commitment to innovation.

And when it comes to screening our oncology patients for distress, Doreen has been ahead of the curve for years. In 2012, the Commission on Cancer (COC), through which the Cancer Center is fully accredited, announced the phase in of Standard 3.2 Psychosocial Distress Screening for 2015. However,



Doreen has been working to implement this process since 2010, when she joined the Cancer Center team.

The COC's new standard has six requirements,

Therapy Dog Lily modeling for the Cancer Center's 2014 holiday card. including adding a psychosocial representative to the Cancer Committee, determining the timing, method, and tool for screening, creating a referral plan, and documenting the entire distress screening process.

In 2014, our Cancer Center has already met all of these requirements. Doreen sits on the Cancer Committee, and distress screening with the NCCN-endorsed Distress Thermometer continued in Radiation Oncology while expanding to Medical Oncology and the Surgical Alliance.

Doreen has gone above and beyond the required process to explore, with the STAR Program team (pg. 19), a revised distress screening tool that also serves as a functional assessment. Indications of functional impairment can trigger a referral to Physical Rehabilitation. With the groundwork laid, a pilot of this new instrument will be implemented early in 2015.

In 2014:

Total Referrals: 336

- Total Interventions: 1,576
 - Financial/Insurance Interventions: 657
 - Supportive Counseling Interventions and Follow-Ups: 448
 - Community Resource Interventions: 298
 - Transportation Interventions: 133
 - Work/Housing Interventions: 79

ALLIANCES

- Referrals received from Connecticut Oncology Group, Department of Radiation Oncology, Nurse Navigators, the Surgical Alliance and others
- Cancer Center Social Worker collaborates with the inpatient Social Workers who care for oncology, palliative, hospice patients

GENIUS

- Doreen Gagnon, LCSW, OSW-C, Oncology Social Worker and Distress Management Pathway Coordinator
 - -In 2014, participated in third Cognitive Behavioral Therapy training program
 - Attended annual conference of the Association of Oncology Social Work (AOSW). Doreen is the CT state representative to the AOSW

- -Continued to serve as Vice-President of the CT Social Work Oncology Group
- Wendy Peterson, APRN Psychiatric
 Nurse Practitioner
- Dennis McCann, PhD Hospital Chaplain
- M.S.W. Intern UCONN School of Social
- Work
 Lily Pet Therapy Dog
- Eny Tet merapy bog

TECHNOLOGY & TECHNIQUES

- Supportive Counseling and Cognitive Behavioral Therapy
- Referrals to community agencies
- Coordination of transportation assistance
- Location of low-income housing and transitional housing for patients
- Assistance with disability and FMLA applications
- Assistance with insurance and financial matters, such as applying for insurance

policies, benefits

• Weekly distress management case rounds

- Support Groups Moderated: - Leukemia, Lymphoma & Multiple Myeloma
- -Lung Cancer (with Lung Nurse Navigator)
- Receipt of funds from local and national organizations to provide financial support to patients in need due to such circumstances as outstanding medical bills, housing costs
 - -CancerCare
 - -Leukemia & Lymphoma Society
 - -CT Sports Foundation (\$13,615)
 - -Joe Andruzzi Foundation (\$12,750)
 - -Breast Cancer Emergency Aid Foundation, Inc. (\$2,466)
 - -Ron Foley Pancreatic Cancer Foundation (\$1,250)
- -Clinton Rotary Relief Fund

STAR PROGRAM AND THE DEPARTMENT OF PHYSICAL REHABILITATION

Pursuant of our never ending commitment to innovation, in 2014, a STAR was born at Middlesex Hospital when the Center for Oncology Rehabilitation Excellence officially became a STAR (Survivorship Training and Rehabilitation) Program.

STAR is a national initiative focused on the importance of helping cancer survivors to recover both physically and emotionally from their diagnosis and treatment. Earning STAR certification means that Middlesex now has an even stronger infrastructure for delivering rehab care to survivors.

In 2014, more than 40 members of the Middlesex Hospital team-including administrators, physical and occupational therapists, speech therapists, nurses, Integrative Medicine practitioners, and health





educators-took part in an extensive training program. Through a number of modules, these providers have:

- studied the research that shows how beneficial rehab can be for cancer survivors,
- reviewed the symptoms that can be treated through rehab, and
- learned about the latest methods for delivering rehabilitation care.

Ultimately, as Physical Therapist and STAR Program co-chair Michelle Mayer described it, "STAR certification is a ribbon around our CORE program." The content of the program aligns fully with the goals of the Middlesex Hospital Cancer Center and Department of Physical Rehabilitation—to ensure that all patients have access to critical survivorship services such as rehab.

Physical Rehabilitation Volumes by Program:

Program	# of Patients	% Change	# of Visits	% Change
Total Physical Rehab	5,393	Up 10%	48,212	Up 14%
Oncology	56	Up 87 %	361	Up 67%
Lymphedema	92	Up 14%	675	Down 19%
Breast Cancer Pre-Op	16	Down 118%	-	_
Bowel, Bladder & Pelvic Pain Program	147	Up 8 1%	689	Up 79%
Persistent Pain Program	25	Up 525%	224	Up 379%
Pulmonary Rehab Program	39	Down 78%	891	Down 39%

ACCOMPLISHMENTS

- Acquisition of ProPT practice in March 2014
- Provision of training in Bowel, Bladder and Pelvic Pain Program evaluation and treatment to Physical Therapists and Occupational Therapists at Middlesex Hospital and in the Homecare Department.

GENIUS

- The Department of Physical Rehabilitation comprises teams of physical therapists, occupational therapists, and speech language pathologists
- In 2014, Michelle Aafedt, OT, CLT was hired to manage the Lymphedema Management Program
 - Physical Rehabilitation is now a National Lymphedema Network certified clinic. We have five Lymphedema Certified clinicians:
 - Michelle Aafedt, OT
 - Beth Anderson, PT
 - Sabrina Claudio, OT
 - Elizabeth Jones, OT
 - Michelle Mayer, PT, DPT

TECHNOLOGY

- A wide variety of therapies-some utilizing equipment and others not-to improve functional impairments related to cancer diagnosis and treatment are offered through a number of specialized programs:
 - -Lymphedema Management
 - -Bowel, Bladder & Pelvic Pain Program
 - -Pulmonary Rehabilitation
 - -Persistent Pain Management

- Prevention Day (see pg. 25)
- STAR Program Launch (see above)

PATIENT RESOURCE LIBRARY (PRL)

The Middlesex Hospital Cancer Center's Patient Resource Library is founded on the idea that, at the true intersection of talent and technology, authoritative, reliable, and timely information is provided to patients and staff for informed decision making.

In 2014, as a part of the PRL's ongoing effort to fulfill this charter, the library collection was updated with 85 new items.

Titles added this year included:

- Pilates for Breast Cancer Survivors
- The Ultimate Anti-Cancer Cookbook
- A Short Guide to a Long Life
- The Myeloma Survival Guide
- The Ultimate Guide to Ovarian Cancer
- The Cancer Survivor's Companion
- Music for Healing Mind, Body and Spirit

Areas of the collection that were used most extensively included:

- our resources on the use of Integrative Medicine practices in preparation for surgery
- our materials about stress reduction, and
- our information on how to improve sleep.

Each year, the PRL monitors resource usage to inform their decisions about what new items to invest in. Although the statistics for 2014 do reflect the reduction in staffing, they capture a snapshot of how we are able to serve our patient and hospital communities.

In 2014:

Total Number of Visits: 3,640
Questions Answered: 711
Items Circulated: 475
New Registrations: 86

ALLIANCE

- The Patient Resource Librarian works closely with Cancer Center staff to support events, perform literature searches, and identify articles of interest for clinicians
- The Patient Resource Librarian conducted patient needs assessment with three Cancer Center departments

GENIUS

- Janis Leird, MLS Patient Resource Librarian
 - Staffing changes at the Tremaine Library (Middlesex Hospital) resulted in reduction of on-site staff time at the Cancer Centers Patient Resource Library
- Volunteers
 - The Patient Resource Librarian trained a volunteer to keep library statistics, maintain the appearance of the PRL, label new books, and assist library users
 - System for email and phone communication between this volunteer and the librarian established to guarantee best possible experience for patrons

TECHNOLOGY

• The Patient Resource Library maintains an online presence, with links to the library catalog and reliable cancer-related websites, as well as research resources for staff.

COMMUNITY

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• 2014 marked the library's eighth year of participation with Light One Little Candle, a Hartford-based foundation that supports the distribution of children's books to families facing a cancer diagnosis. The program allowed the librarian to house, organize, and share donated, new children's books with nearly 100 families

Data & Registry

While the Middlesex Hospital Cancer Registry is built upon the genius of its team and the technology it uses when abstracting cancer cases, the Registry is also an essential component of each building block of each department, as the data provided by this department is vital to strategic planning and care evaluation.



CANCER REGISTRY

DATA IS POWER-knowing our populations lets the Cancer Center team bring innovation to life more effectively each and every day.

The Middlesex Hospital Cancer Registry is responsible for abstracting and reporting all cancer-related diagnoses and treatments made and delivered within our health system. The compiled data are submitted to the State of Connecticut on a quarterly basis and to the National Cancer Database (NCDB) annually.

The Cancer Registry is led by a Certified Tumor Registrar, who also manages the submission of data to the Cancer Center's accrediting bodies and provides reports to inform the annual studies of quality.

Data Summary

The collection and processing of registry data is done by calendar year. In 2013, the last full year for which data are available, the Middlesex Hospital Cancer Center Registry abstracted, or collected data on, 780 "analytic" cases, or those that were diagnosed and/or managed at Middlesex during the patient's first course of treatment.

The Cancer Registry tracks each case for the entire life of a patient, collecting followup data. In 2013, the follow-up rate was at 97%, well above the mandated 90%.

Top Sites

Consistent with previous years, the Middlesex Hospital Cancer Center's five most



commonly diagnosed and/or treated sites remained lung, prostate, breast, colon and bladder. Reports on out-migration for these sites were provided as well, to inform strategic planning activities.

Provision of Data

The Middlesex Hospital Cancer Registry brings innovation to life through its provision of data for all of the Cancer Center's quality improvement and quality assurance activities. In 2014, this included providing such information for studies related to breast, bladder, prostate, colon, lung, endometrial, and skin cancers. Additionally, reports were run to aid in identifying patients who were eligible for a referral to the Survivorship Program.

The Tumor Registry also provided data to the Comprehensive Breast Center for the evaluation of program audits on core needle biopsies, sentinel lymph node biopsies, breast reconstruction procedures, and breast conservation surgery.

The Clinical Trials department also utilizes registry data when evaluating potential studies for Middlesex Hospital. In 2014, these included trials for patients with Multiple Myeloma and pancreatic cancer, as well as all those with a cancer of AJCC Stage III or IV.

ACCREDITATION

 Cancer Registry Supervisor Kathleen Gould-Mitchell has coordinated all accreditation preparation activities related to the Survey Application Record, through which all data for the Commission on Cancer reaccreditation process are submitted. Kathleen's efforts are essential to our preparedness for the 2015 survey

GENIUS

 Kathleen Gould-Mitchell, RHIA, CTR – Supervisor Cancer Registry & Cancer Registrar

- Connie Roberge Per Diem Case Conference Coordinator
- Kate Powers Per Diem
- In 2014, Kate prepared for the Certified Tumor Registrar exam, which she will sit for in 2015

TECHNOLOGY

- Retention of Records
 - -One of the Tumor Registry's programmatic goals for 2014 was to digitize all paper case records, which date back to 1932. Case data was input and all records were scanned to allow for

improved access to files, a higher degree of security for medical records, and more efficient use of file space

 Registry volunteers and staff have accomplished this for all but five years, and the process will be completed in 2015

- Volunteers
 - -The Tumor Registry staff is supported by a dedicated team of volunteers, who work on weekly and even daily bases to perform case finding, record retention, and related tasks

MIDDLESEX HOSPITAL 2013 CANCER REGISTRY SITE TABLE

	TOTAL	CLASS:		SEX:	r	STAGE:	:				7	7
SITE GROUP	CASES	Analytic	NonAn	M	F	0	055			IV	N/A	UNK
All Sites	931	781	150	417	514	97	255	126	101	113	62	27
Oral Cavity/ Pharynx	0	0	0	- 1	-	0	- 1	0	-	0	0	0
Lip Tongue	2	2	0	1	1	0	1	0	1	0	0	0
Salivary Glands, Major	1	4	0	1	0	0	0	0	1	0	0	0
Oropharynx	3	2	1	3	0	0	0	1	1	0	0	0
Nasopharynx	1	1	0	1	0	0	0	0	1	0	0	0
Pharynx & III-Defined	1	0	1	1	0	0	0	0	0	0	0	0
Digestive												
Esophagus	6	5	1	5	1	0	2	0	1	2	0	0
Stomach Small Intestine	18 3	11 3	7	10	8	0	2	2	0	3	0	4
Colon	62	56	0	37	25	0	0 19	1 11	10	0	0	1 5
Rectum & Rectosigmoid	16	14	2	12	4	1	2	2	6	1	0	2
Anus, Anal Canal, Anorectum	5	4	1	1	4	0	2	0	0	0	1	1
Liver	6	4	2	3	3	0	0	0	0	1	3	0
Gallbladder	4	2	2	1	3	0	0	1	1	0	0	0
Bile Ducts Pancreas	2 26	1 22	1 4	0	2 15	0	0	0	0	0 13	1 0	0
Other Digestive	1	1	0	0	1	0	0	0	0	0	1	0
Respiratory System	•				•	•			•	•	•	
Larynx	2	2	0	2	0	0	2	0	0	0	0	0
Lung/Bronchus-Small Cell	13	13	0	3	10	0	2	0	2	9	0	0
Lung/Bronchus-Non Sm Cell	108	98	10	55	53	3	21	9	24	40	1	0
Pleura	1	1	0	1	0	0	0	0	0	0	0	1
Hematopoetic												
Leukemia	25	16	9	12	13	0	0	1	3	0	12	0
Myeloma	9	7	2	5	4	0	0	0	0	0	7	0
Other Hematopoietic	13	9	4	3	10	0	0	0	0	0	9	0
Soft Tissue	7	5	2	3	4	0	1	1	0	1	0	2
Skin										8		
Melanoma Of Skin	42	27 5	15	28	14 5	13	8	2	3	1	0	0
Other Skin Ca	6	5	1	1	5	0	3	0	0	0	1	1
Breast/ Female Genital	100	100			100					-	-	
Breast Cervix In Situ Ca	199	192 0	7	0	199 3	44 0	88	41 0	14 0	3	0	2
Cervix Uteri	3	1	2	0	3	0	0	0	0	0	0	1
Corpus Uteri	31	31	0	0	31	0	24	1	2	3	0	1
Uterus Nos	2	2	0	0	2	0	1	0	1	0	0	0
Ovary	16	14	2	0	16	0	2	3	2	6	0	1
Vagina	3	1	2	0	3	0	0	0	0	1	0	0
Vulva	8	1	7	0	8	0	0	0	1	0	0	0
Male Genital					-				-	-		
Prostate Testis	91 7	52 7	39 0	91 7	0	0	6 5	34 1	6 1	6 0	0	0
Penis	1	1	0	1	0	0	1	0	0	0	0	0
Other Male Genital	1	0	1	1	0	0	0	0	0	0	0	0
Urinary												
Bladder	69	66	3	56	13	33	25	1	2	4	0	1
Kidney And Renal Pelvis	17	15	2	12	5	0	11	2	1	1	0	0
Ureter	2	2	0	1	1	0	1	0	0	0	0	1
Other Urinary	1	1	0	1	0	1	0	0	0	0	0	0
CNS												
Brain	4	3	1	3	1	0	0	0	0	0	3	0
Other Nervous System	5	5	0	0	5	0	0	0	0	0	5	0
Thyroid Endocrine: Thyroid	17	17	0	3	14	0	14	0	0	1	0	2
Lymphoma												
Hodgkin's Disease	7	7	0	3	4	0	3	1	2	1	0	0
Non-Hodgkin's Lymphoma	38	31	7	25	13	0	5	9	10	5	2	0
Unknown Or III-Defined	17	16	1	8	9	0	0	0	0	0	16	0

Community

COMMUNITY OUTREACH AND EDUCATION

In 2014, the Middlesex Hospital Cancer Center hosted or participated in a total of 54 outreach and education events, reaching approximately 4,000 community members and collaborating with a number of partners in and around Middletown. The summaries below highlight just a few of our events from the year; Cancer Center team members also attended numerous health fairs-hosted by the Community Health Center and local businesses-and tabled at fundraising events such as the Westbrook Elks Club Beach Jam for Breast Cancer and After the Storm's annual Art Bra.

COMMUNITY OUTREACH, GRANT PROGRAMMING AND VOLUNTEER SUPPORT HIGHLIGHT TWO OF OUR ESSENTIAL BUILDING BLOCKS: COMMUNITY AND GENIUS-OUR PEOPLE. The following event and

program summaries, as well as our spotlight on our Employee of the Year, demonstrate that, just as **C**ytosine and **G**uanine are essential to DNA, outreach and education are inherent to our mission and inseparable from our outcomes.



MEN'S HEALTH & WELLNESS EVENT

Description: An event to provide primary healthcare services to uninsured and medically indigent men in the greater-Middletown area. Hosted at the Church of the Holy Trinity, participants access information on cancer prevention, addiction services, and more. Clinical services provided include prostate and testicular cancer screenings, podiatry, dental cleanings by the Community Health Center, blood pressure screening, blood glucose and cholesterol testing, and more. **Outcome:** 55 men attended the event, the largest turnout in its four-year history. Although no prostate cancers or STDs were identified, additional follow-up services were provided by Dorothy Carvalho, RN, OCN, CURN, who coordinates the event. Multiple referrals were made for additional testing and to primary care physicians.

LUNCH & LEARN ON WOMEN'S HEALTH ISSUES (MIDDLEOAK CORPORATION)

Description: To address the community need for additional education about aging and women's health, Dr. Angela Kueck of the Surgical Alliance and Dr. Timothy Siegrist of Middlesex Urology Group gave a lunchtime presentation to employees of the MiddleOak Corporation. Topics of focus included the importance of Pap testing and other gynecologic cancer screenings, as well as the benefits of bladder exercises to minimize age-related concerns. Our GYN and Breast Nurse Navigators were also present to provide literature on related women's health topics.
 Outcome: 55 Middleoak employees attended the event, and the company requested a similar session on men's health and male-specific cancer screenings.





SURVIVORS DAY

Description: On the first Sunday in June, cancer survivors and their caregivers from the Middlesex Hospital Cancer Center gathered together at the Riverhouse at Goodspeed Station in Haddam to celebrate "Survivorship in Every Color." Cancer survivor and humorist Conor Cunneen entertained the crowd with a rousing keynote address, which followed moving comments by Dr. Miklos Fogarasi (Connecticut Oncology Group) and Dr. Molly Brewer (Surgical Alliance). Prostate cancer survivor Richard Manwaring and Terry and Lynn Reilly were presented with awards in recognition of their dedication and service to the Cancer Center.

Outcome: More than 300 people-cancer survivors, their friends, and their families-attended the celebration.



"BREATHING, BALANCING & BEING IN THE MOMENT"-A CANCER SURVIVOR'S RETREAT

Description: In its mission to provide care of the whole person, the Center for Survivorship and Integrative Medicine hosted a two-day spiritual retreat for cancer survivors and their partners. The retreat, which focused on meditation and other methods for being well in survivorship, was led by John Carbone, MD, an expert in mindfulness-based stress reduction, and Donna Papetti, creator of the Warrior Workout and MinBo. **Outcome:** 30 people and three Cancer Center team members came together at the Mercy Center at Madison to participate in the event's workshops, discussions, and exercises.

FALL PROSTATE GALA

Description: An evening of education and celebration at the Wadsworth Mansion in Middletown, CT. Dr. Richard Frink, of Middlesex Urology Group, delivered the keynote address while guests enjoyed a gourmet meal. Dinner was followed by dessert, as well as dancing to the musical stylings of Dr. Stephen Lipman, the Singin' Dentist, and his band.

Outcome: Approximately 60 people—30 survivors and their guests—attended this annual event, reconnecting with caregivers, gaining additional information about their diagnosis, and celebrating survivorship.





PREVENTION DAY

Description: On September 23, 2014, the Cancer Center hosted its annual Prevention Day, an event focused on wellness and cancer prevention. Held this year at the Riverhouse at Goodspeed Station, guests were able to visit more than ten educational vendors, sample Integrative Medicine modalities, and attend any of five lectures delivered by local experts. Dr. David Pearlstone of the Middlesex Hospital Surgical Alliance spoke about skin cancer prevention and sun safety, while Dr. Sarah Canavan, of Middlesex GI Associates, spoke on the importance of colon cancer screening. Sue Dunn, PT, MBA, Physical Therapist at Middlesex spoke on "Walking to Wellness" and Mary Layda, RD, CDO talked to the audience about the role of food in thwarting cancer. Drs. Melissa Houser and Laura Kubica, Family Practice Residents, capped off the evening with their talk on "10 Ways to Feel Better Fast." **Outcome:** 145 community members attended the event.

SHINE A LIGHT VIGIL

Description: Each year, members of the community and the Cancer Center team gather together to honor those fighting and lost to lung cancer, as well as their dedicated caregivers. In 2014, both physicians and survivors spoke about the burden posed by this disease and the marked advances being made in both treatment and early detection. In addition, local lung cancer survivor Patricia Ghezzi was honored as the winner of Lilly Oncology's *Oncology on Canvas* photography competition.

Outcome: Approximately 75 community members gathered together for this evening of inspiration and remembrance.



25



PROJECT PINK

Description: The 4th Annual Project Pink—a makeover and fashion show to help breast cancer survivors feel as beautiful on the outside as they are on the inside—took place in October at the Water's Edge Resort in Westbrook, CT. Ten courageous survivors took part in the event; they prepared by shopping at Tanger Outlets with the help of stylist Debbie Wright and her team. Hair and makeup were generously provided by Madison Avenue Salon in Old Saybrook. Middlesex Hospital clinicians escorted the ladies to the runway during the fashion show, which was preceded by an in-spirational documentary, filmed and produced by students at Wesleyan University, about our models. **Outcome:** More than 180 community members turned out to support the models as they debuted their new looks.

GRANT PROGRAMMING

Massage Therapy Foundation

In 2014, the Cancer Center began conducting "The Effect of Massage Therapy on Cancer Related Fatigue in Breast Cancer Survivors: A Pilot Study," which is being funded through a grant from the Massage Therapy Foundation. This randomizedcontrolled trial is seeking to quantitatively measure the impact of a four week massage therapy program on chronic Cancer-Related Fatigue.

Principal Investigator Paulette Swanson, PT, DPT, MS, cert. MDT and Research Coordinator Katharine Conroy, BSPH are seeking to enroll 100 patients in this study. As of the end of Calendar Year 2014, 32 patients have been consented. Results are expected to be available mid-to-late 2015.

Breast Cancer Alliance

The Breast Cancer Alliance, a foundation based in Greenwich, CT, awarded the Middlesex Hospital Comprehensive Breast Center a grant to support "Access to Preventive Care: A Multifaceted Approach." Through this program, which focused on providing education and breast cancer screening services to women with mental

Massage Therapy Foundation:

VISION: The practice of massage therapy is evidence-informed and accessible to everyone.

MISSION: The Massage Therapy Foundation advances the knowledge and practice of massage therapy by supporting scientific research, education, and community service.

illness or developmental disability, twenty screening mammograms are being provided through the CT Breast and Cervical Cancer Early Detection Program. The Cancer Center is also scheduling educational workshops with multiple community-based service providers to deliver customized education on breast cancer prevention and screening to this population.



Community Foundation of Middlesex County

Through the Community Foundation of Middlesex County, the Barbara Weeks Hart and George H. Hart Memorial Fund granted support to the Middlesex Hospital Cancer Center's Arts in the Atrium Program. This generous award made possible the implementation of Watercolor Wednesdays, through which Arts in the Atrium participants received additional education in watercolor painting techniques and were supported in submitting artwork to Lilly Oncology's Oncology on Canvas program.

MASSAGE THERAPY

This program also provided opportunities for additional evaluation of Arts in the Atrium. There is preliminary research indicating that art therapy can be effective in reducing certain psychosocial and emotional symptoms among cancer patients, and the Center for Survivorship and Integrative Medicine is seeking to better understand the impact of Arts in the Atrium.





PUBLIC RELATIONS

The Public Relations Department secured extensive positive publicity for the Cancer Center during Fiscal Year 2014, directed to both internal and external audiences.

Middlesex Hospital's weekly employee newsletter, Stat!, provided ongoing information throughout the year about Cancer Center special events, staff accomplishments, accreditations, and awards, to Hospital employees, physicians, and volunteers. Ongoing media coverage was secured in a variety of local online and print news outlets, including Patch.com, the Middletown Press, the Hartford Courant, and other local online and print media outlets.

In addition, significant television coverage was obtained through guest appearances by Cancer Center staff relating to the annual goPINK fundraising event and the annual Honoring Veterans Lung Cancer screening event.

Special event publicity, in the form of both promotional flyers and press releases, was produced for the various events sponsored by the Cancer Center throughout the year. These included the annual Breast Health Road Show, Survivors Day, Prevention Day, the Men's Health Event, the Colon/Nutrition Event, and the Shine a Light on Lung Cancer Vigil. Press releases about these special events, along with those focusing on accreditations, awards, staff appointments, and new services were also produced and posted on the Hospital's website and its Facebook page.

Breast Health Road Show

The Middlesex Hospital Comprehensive Breast Center is bringing breast health information to you!

- Get the latest information you need about breast health

- Test your breast health I.Q. on the "Wheel of Knowledge" Ask questions of our breast health experts
- Early Detection Program
- Talk with representatives from the Community Health Center's Win prizes! The Cancer Center "Road Show" will be at the following locations:

October 11

10 a.m. - 2 p.m. Paul's and Sandy's Too 93 East High Street East Hampton 11 a.m. - 3 p.m. Tanger Outlets 314 Flat Rock Place

6 p.m. – 8 p.m. Jackson Chevrolet Ladies Night 660 South Main Street Middletown

10 a.m. – 4 p.m. Lyman Orchards 32 Reeds Gap Road Middlefield November 1 11:30 a.m. Jackson Chevrolet

Pink Van Crushing Event 660 South Main Street Middletown

Shine a Light on Lung Cancer Middletown Thursday, November 13th, 2014 6 p.m. - 8 p.m.

ex Hospital Cancer Center Atrium Middletown, CT

MIDDLESEX HOSPITA CANCER CENTER

Survivorship in Every Calaz

Sunday, June 1, 2014 10 a.m. - 1:30 p.m. The Riverhouse at Goodspeed Station 55 Bridge Road, Haddam

SAVE THE DATE

Nutrition and Colon Health

Free event includes brunch for a survivor and two guests maximum, as seating is limited.

> To register, please call 860-358-2062 by May 24.

Also: Physician speaker, survivor speaker, award presentation

Entertainment provided by Conor Cuneen, cancer survivor and inspirational speaker

> The Smarter Choice for Care **MIDDLESEX HOSPITAL** CANCER CENTER



CANCER CENTER VOLUNTEERS

THANK YOU

The Cancer Center team is fortunate to be supported by a robust and active group of volunteers, who give time on a daily, weekly, and monthly basis to assist with a wide variety of tasks around the Cancer Center. As essential members of our "Genius" building block, they spend time in Radiation Oncology, the Patient Resource Library, the Cancer Center Main Office, and the Tumor Registry.

Since the Cancer Center's volunteer program was founded in January of 1992, a total of 58,886 hours have been donated to our program by more than 150 people. In 2014 alone, 28 volunteers gave 5,227 hours of service. Approximately 1,500 of these hours were worked in the Tumor Registry.

The entire Cancer Center staff is grateful for both the passion and compassion shown to our program and for the volunteers continued efforts on our behalf.

EMPLOYEE OF THE YEAR:

KATHARINE CONROY, BSPH HEALTH EDUCATION & GRANTS COORDINATOR

Contributed by Gean Brown, MSN, RN, OCN

A member of the Cancer Center staff since June 2012, Katharine works as our Health Education and Grants Coordinator. Her title doesn't begin to describe the wonderful work she does at the Cancer Center, and it did not go unnoticed. Katharine was voted Employee of the Year for 2014. Her fellow employees wrote that Katharine is a resource for nearly everyone, and she willingly offers to help or be a resource for the staff. She is a true team player and an inspiration to everyone. Another team member wrote that Katharine clearly exemplifies our core values and her work ethic is extraordinary.

Katharine is a dedicated member of the Cancer Center team and is a true ambassador for the Cancer Center as a whole. She has collaborated on many projects in the community and has been nationally recognized for two poster presentations she worked on. Katharine is a congenial team player and is very deserving of this award.



The Smarter Choice for Care

MIDDLESEX HOSPITAL CANCER CENTER

Middlesex Hospital Cancer Center 536 Saybrook Road Middletown, CT 06457

www.MHCancerCenter.org