



# Adena Oncology 2014 Annual Report



Cancer Center

A Department of Adena Regional  
Medical Center



*A wire sculpture by Linda Leviton graces the wall at the Adena Cancer Center. Visitors helped create the work of art by adding colorful ribbons, each honoring a person with cancer.*

# Adena Cancer Committee Chairman's Letter

The Cancer Committee of Adena Health System is pleased to present its 22nd Annual Report, which includes cancer treatment data and updates from 2014. In this report, you will find information about the many services and initiatives at the Adena Cancer Center. We are proud that in 2014, our world-class center was recognized and accredited by the American College of Surgeon's Commission on Cancer (CoC).



While the accolades mean a lot, nothing matters more to us at Adena Cancer Center than our patients. We strive to provide care with a personal touch to each and every patient. We're able to do this, thanks to an amazing Oncology team, including surgeons, pathologists, pulmonologists, radiologists, gastroenterologists, medical and radiation oncologists, as well as patient navigators, nurses, pharmacists, genetic counselors, social workers, and many more professionals who help coordinate care for our patients.



*Dr. Jeffrey VanDeusen*

A key component of the success of our team is the multidisciplinary tumor boards that meet up to four times per week to discuss new treatment updates, review patient information, and craft individualized patient care plans. As an active participant in the Columbus NCI Community Oncology Research Program (NCORP), Adena Cancer Center can offer many of our patients the opportunity to participate in clinical trials that provide new therapies and treatment options.

We know that treatment is just one part of a patient's cancer journey. That's why, in addition to our state-of-the art infusion and radiation center, we also offer many ancillary services, including social work, outpatient pharmacy, physical therapy, and hospice and palliative care. These create an added layer of support for our patients and their families. Many of these services are made possible by generous contributions from donors through the Adena Health Foundation, community partners, and volunteers; as well as the American Cancer Society, Southern Ohio Survivors, and many more year-round donations.

I hope that you find the enclosed report helpful and informative.

Sincerely,

*Jeffrey VanDeusen*

Jeffrey VanDeusen, MD, PhD  
Cancer Committee Chairman, 2014

*"We know that treatment is just one part of a patient's cancer journey."*



# The Adena Advantage

Since planting its roots in 1895, Adena Health System has been providing quality care to patients in Chillicothe and its surrounding communities. Continuing that century-old tradition, Adena Cancer Center opened its doors in January 2012, offering state-of-the-art technology, with an unparalleled level of personal care and attention. While there are many impressive numbers in this report — procedures performed, years of experience, doses dispensed, and screenings offered — there is no number more important than No. 1. Each patient is our top priority. We work to ensure they have the care and attention of every member of our team, and that each treatment plan is as unique as that patient.

With a singular focus on providing coordinated, convenient care, Adena Cancer Center offers:

- > **One stop:** Comprehensive services, from screening and diagnosis through treatment and a unique rehabilitation program.
- > **One team:** Our tumor boards bring together a team of experts from various fields to develop a customized care plan for each patient.
- > **One contact:** A patient navigator guides the patient through every step of the scheduling and care planning process.
- > **One day:** Same-day scheduling is available for multiple appointments and tests. We aim to schedule appointments within 72 hours of a patient's phone call.

Adena Cancer Center provides advanced care and treatment, including chemotherapy medications, radiation to shrink and destroy tumors, and surgical options to remove cancer. Adena also is using the latest biological agents, which help the patient's natural immune system fight cancer. In addition, ongoing clinical trials offer access to the newest innovative cancer therapies and special rehab and survivorship programs take care of patients' ongoing needs.

This world-class care is being provided close to home for our patients living in south central and southern Ohio. Parking and proximity are not a problem at Adena Cancer Center. Even if a patient needs to seek treatment elsewhere, Adena Cancer Center is the best place for that first point of contact. Our board-certified oncologists will make sure each patient has a smooth transition — and they personally select their referring partners so patients know they're in good hands.

Adena Cancer Center truly exemplifies Adena's mission  
**TO CARE.  
 TO HEAL.  
 TO EDUCATE.**  
 All in your own backyard.

## 3 CAMPAIGNS FOR CANCER AWARENESS

- 1 To bring more attention to the lifesaving potential of screenings, Adena Cancer Center launched a **yearlong direct mail campaign** to provide prevention information and encourage regular screenings. Bimonthly postcards were linked to free downloadable information on the Adena website, [adena.org](http://adena.org); and offered contact information for scheduling a screening, as well as a giveaway offer for making the appointment.
- 2 **Adena Cancer Center Community Focus Series, a monthly radio segment on 1490 WBEX** helped build community awareness and provide prevention education. The series addressed breast, skin, blood, and lung cancers; genetic testing and counseling; rehabilitation; and survivorship as well as segments that introduced Adena's oncologists.
- 3 **Triumph**, a 12-page magazine from Adena Cancer Center, shared prevention tips, screening recommendations, and advances in treatment in an understandable and approachable format.



## A RETROSPECTIVE

Dr. Ralph Roach reflects on 30-plus years in Chillicothe

Ask colleagues of **Ralph Roach, MD**, what strikes them most about the longtime Adena oncologist and they'll say he was a great teacher. The irony is, he says he was the one always learning.

**"I've had so many wonderful patients and staff members. They taught me so much,"** says Dr. Roach, who retired just over a year ago from a career focused on advancing cancer care — and later, palliative and hospice care — at Adena Health System.

While completing his medical training in the late 1970s, Dr. Roach came to Chillicothe once a week as a moonlighter in the emergency room, even delivering a baby during one memorable Saturday night shift.

By 1982, Dr. Roach completed his fellowship training in hematology/oncology and took the reins of the very limited cancer program at what was then Medical Center Hospital. "It was basically a clinic then. I came one day a week. Then twice and then three times. Eventually I moved to Chillicothe full time," he says.

During his 33-year tenure, he helped grow Adena's cancer program from several rooms on the hospital's third floor to the new freestanding state-of-the-art

Adena Cancer Center. He ensured that technology and treatments stayed up to speed, too.

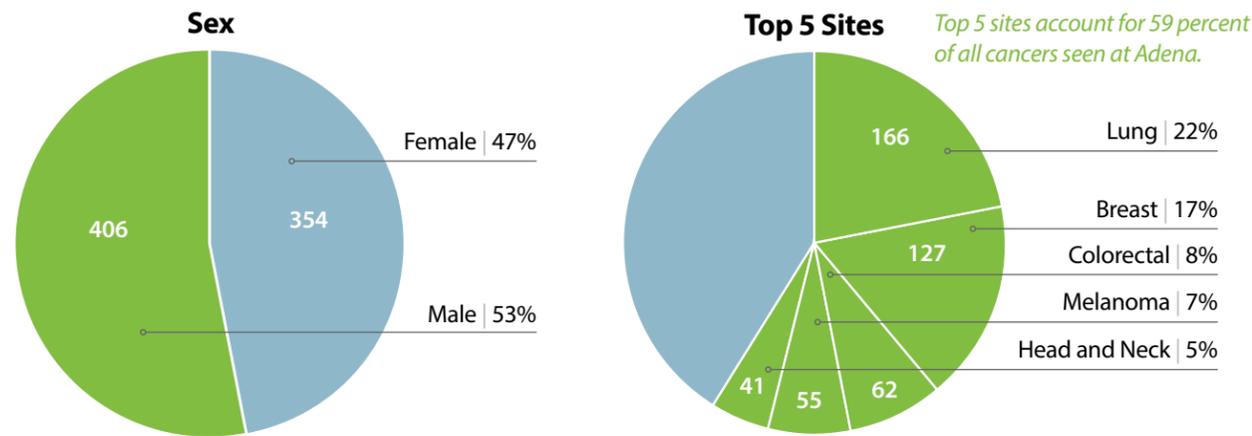
**"One of the big shifts in cancer care has been personalized oncology. Now we can analyze cancer cells for changes in the gene structure and use drugs that actually recognize and kill those cancer cells,"** he says, noting that radiation treatments have also become much more precise. In fact, the hospital has gone from a clunky cobalt unit (which was considered advanced in 1982) to the sleek Trilogy Linear Accelerator, which precisely pinpoints tumors with radiation while sparing healthy tissue.

While it was hard to hang up his white coat, Dr. Roach knows he has quite a bit more teaching — and learning — to do. "And right now, much of that is centered on my 2-year-old granddaughter," he muses.

# Cancer Care by the Numbers at Adena Cancer Center

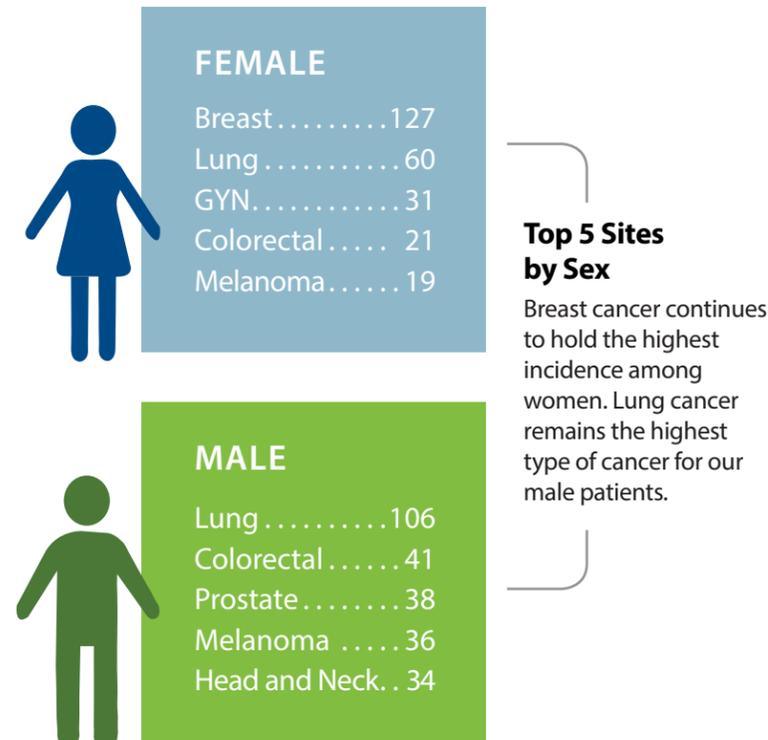
## Adena Cancer Center Information for 2014 760 Total Analytic Cases

All of the analytic statistics are based on cases that are either diagnosed at Adena Health System or receive their first treatment at Adena. These are called analytic cases.



**All Analytic Cases for 2014**  
Adena Medical Center saw a 27 percent increase in the number of analytic cases for 2014.

Lung	166
Breast	127
Colorectal	62
Melanoma	55
Head and Neck	41
Prostate	38
Bladder	38
GYN	35
Lymphoma	27
Kidney	22
Pancreas	19
Esophagus	14
Other	116



PROSTATE  
38 (5.00%)

TESTIS  
2 (0.26%)

BREAST MALE  
1 (0.13%)

**TOTAL MALES**  
406 (53.42%)

## Occurrence of Cancer by Site and Sex 2014

BRAIN AND NERVOUS SYSTEM	
5 (0.66%)	2 (0.26%)
LIP, ORAL CAVITY, PHARYNX, LARYNX	
34 (4.47%)	7 (0.92%)
ESOPHAGUS	
11 (1.45%)	3 (0.39%)
LUNG	
106 (13.95%)	60 (7.89%)
STOMACH	
6 (0.79%)	2 (0.26%)
PANCREAS	
8 (1.05%)	11 (1.45%)
COLON, RECTUM	
41 (5.40%)	21 (2.76%)
KIDNEY	
16 (2.11%)	6 (0.79%)
URINARY BLADDER	
32 (4.21%)	6 (0.79%)
OTHER DIGESTIVE ORGANS	
7 (0.92%)	5 (0.66%)
MELANOMA SKIN	
36 (4.74%)	19 (2.50%)
NON-HODGKIN'S LYMPHOMA	
10 (1.32%)	12 (1.58%)
LEUKEMIA	
19 (2.50%)	11 (1.45%)
ALL OTHER SITES	
34 (4.47%)	31 (4.08%)

BREAST FEMALE  
127 (16.71%)

OVARY  
5 (0.66%)

CORPUS UTERI  
23 (3.03%)

CERVIX  
3 (0.39%)

**TOTAL FEMALES**  
354 (46.58%)

All results based on 2014 data taken from the Adena Cancer Registry on 11/17/15 and reported by Tammy Ninnemann, CTR, Precyse.

# A Focus on Cancer Screenings in 2014

The Commission on Cancer's standard 4.2 requires that cancer programs present at least one cancer screening program aimed at reducing the number of patients with late-stage disease. In 2014, Adena's Cancer Committee focused on lung screening and mammograms.

## Lung Cancer Screenings a Success

Adena Cancer Center was recognized by the Lung Cancer Alliance as a "Screening Center of Excellence." Lung cancer screening is a simple, painless, low-dose CT chest scan. With early screening and detection, those in the screening population, who are without symptoms, have a lung cancer survival rate of up to 80 percent.

"We have a high rate of lung cancer in southern Ohio. There is no doubt that early detection saves lives," says Adena Cancer Center Director Jeffrey VanDeusen, MD, PhD. "Adena is doing the right thing for the community by providing this free screening, as well as smoking cessation counseling."

### In 2014:

- > **593 patients** were screened for free with low-dose CT
- > **8 of those patients** were positive for lung cancers, and either the physicians at Adena Cancer Center or at other facilities followed up with them
- > **1 of those patients** was positive for breast cancer



## 'A Promise to Keep' Program Provides Free Mammograms

Compared to state averages, our region of south central Ohio has fewer women getting recommended mammograms. (See county-specific statistics in the chart below.) Adena Health System is a recipient of a grant from the Susan G. Komen Foundation to provide mammograms at no cost to people living in a nine-county area.

The program, "A Promise to Keep," is coordinated by the Adena Department of Community Health Advancement and the Ross County Health Department. The program is intended to provide people living in our region with quality care and lifesaving screenings.

### In 2014:

- > **3 free mammogram screening events** were offered
- > **10 patients** were provided with free screenings
- > **0 patients** had positive findings

# FIGHTING THROUGH CANCER ON THE LADDER OF LIFE

October 21, 2015  
By TYLER BUCHANAN, *Vinton County Courier* Editor

**Linda Hopkins** remembers the exact moment she was ready to aggressively fight her breast cancer.

She was in the hallway of Adena Cancer Center in Chillicothe, sitting among a line of patients.

It had been a whirlwind few weeks. The news first came the day her husband, Ronnie, retired from Glatfelter. That news is never welcome, but to come on a day meant for celebrating and awaiting a relaxing life? What kind of luck was that?

Luck, though, is a funny thing. In a way, it was luck that brought her to Adena. Everything started when Hopkins called ahead to schedule her yearly mammogram. She was too early, they told her; the insurance won't pay for it unless you wait the full calendar year since your last one.

Hopkins, it should be noted, is a mother of two and a grandmother of four. She started getting that knowing premonition that mothers and grandmothers instinctively feel. The mammogram couldn't wait, even if she would have to pay for it herself.

It's a good thing she didn't. The report led to further testing, which found she was in early stage 2 of breast cancer. The doctors told her the cancer might have been much further along had she waited six more months.

Hopkins describes it as being on the ladder of life, climbing upward through each experience. Then just when you've made it real high, your granddaughter is in your arms, your husband is retired, you've got it made ... they kick out the ladder from underneath you.

So there she sat in the hallway of Adena. **She thought of her granddaughter, who was 4 years old at the time. The same question kept popping up: Why? Why me?** The early chemotherapy sessions were excruciating. Hopkins said being through chemo is like being through war. The situation is as much mental as it is physical, and many face the moment where they can no longer handle it.

She sat forward and looked to her left, then to her right. Some were passed out. Others were vomiting.

**Suddenly, the epiphany: Snap out of it! You're going to be OK!** You're a lot better off than some of those people there.

So fight!

"And by Golly, I did. I think that was the turnaround there," she said.

Hopkins traveled from Ratcliffburg on the west portion of Vinton County to Chillicothe for treatment. She credits her husband for helping around the house and supporting her through her illness.

"He did the mowing, he did the cooking when I wasn't up to it ... not as good as I could mow, but that's OK; I appreciate that," she joked.

December is an important milestone for her: five years of being cancer-free. She has had checkups every six months, but the last of these is in December. Then she returns to the yearly screenings like everyone else.

Life goes on for one of Vinton County's most involved women. She's been a Harrison Township. EMT for nearly four decades, serves on the Herbert Wescoat Memorial Library Board of Trustees and the county's Emergency Management Agency Executive Committee, and attends Drug Task Force meetings.

Then there are her children, Shawna and Stacy, and the grandkids. Many know Destenei Hopkins from serving as Little Miss Gobblerette during the 2014 Wild Turkey Festival.

Hopkins' story is full of telltale lessons: be attentive to your body, have regular screenings whether you are a man or woman, and utilize support systems from the community and one's family.

The Vinton County Health Department not only advises residents of both genders on how to manage breast health but offers free screenings and clinics on occasion. "I feel better physically than I ever have in my life," Linda Hopkins said. **"I have a lot of energy. I want to do this and I want to do that. I think it's because I beat cancer. I want to live every day to the fullest."**

Her advice to those battling cancer?

"Meet it head-on and fight like hell."



## Rates of Recommended Screenings by County (compared to Ohio average)

	Ohio (state average)	Highland	Ross	Pike	Jackson	Vinton	Fayette	Pickaway	Hocking	Adams	Scioto	Gallia
MAMMOGRAM	79.1%	74.7%	74.4%	74.8%	71.8%	71.6%	74.7%	74.0%	71.6%	74.5%	75.0%	71.7%

## MEDICAL ONCOLOGY

# Cancer Care Under One Roof

The standard of care set by Adena Health System has resulted in a world-class cancer center right here in Chillicothe.

As a Commission on Cancer-accredited cancer program, patients can expect:

- > Outstanding, comprehensive care, including a range of state-of-the-art services and equipment
- > Highly trained cancer specialists
- > A multispecialty team approach to coordinate the best treatment options
- > Ongoing monitoring and evidence-based care
- > Information about ongoing clinical trials and new treatment options
- > Access to cancer-related information, education, and support
- > A cancer registry that collects data on type and stage of cancers and treatment results, and offers lifelong patient follow-up
- > Quality care that is close to home

### Adena Cancer Center Oncology Staff

Ganapathy S. Krishnan, MD, Medical Oncologist

Zion Oshikanlu, MD, Medical Oncologist

Jeyanthi Ramanarayanan, MD, Medical Oncologist

Jeffrey VanDeusen, MD, PhD, Medical Oncologist

Deb Bihl, MSN, AOCN, CNP

Doug Smith, MA, MS, CNS, CNP

## Comprehensive Cancer Care

Although we treat nearly all cancer types at Adena Cancer Center, we have tumor boards made up of a broad range of clinicians for cancers of the **breast, lung, colon and rectum**, and **head and neck**. We also provide expert care for **hematologic cancers** (cancers of the blood or liquid cancers) such as leukemia and lymphoma, as well as:

- > Anal
- > Bladder
- > Bone
- > Brain
- > Cervical
- > Esophageal
- > Kidney
- > Liver
- > Lymphoma
- > Male breast
- > Melanoma
- > Myeloma
- > Oral
- > Ovarian
- > Pancreatic
- > Penile
- > Prostate
- > Sarcoma
- > Skin
- > Stomach
- > Testicular
- > Uterine

## NURSING

# Leading-Edge Care With Compassion and Competency

While our oncologists perform lifesaving procedures, Adena Cancer Center patients will attest to the fact that our nurses play an equal role in their treatment by providing personal, professional care. All of our nurses go through specialized training on safe handling and administration of chemotherapy, and they're chemotherapy-/biotherapy-certified through the Oncology Nursing Society (ONS), with certification renewed every two years. Certification helps assure the public that a nurse has completed all criteria and establishes a minimum competency standard.

- > **32% of our nurses** have their certification in oncology
- > **150+ combined years** of oncology experience on the Adena Cancer Center nursing staff
- > **300+ hours** of continuing education for our oncology nurses in 2014



## American Cancer Society and Adena Health System

The strong partnership between Adena Health System and the American Cancer Society (ACS) continues to support cancer patients and survivors through programs, information, and resources, including:

- > Clinical Trials Matching Service
- > Personal Health Manager Kits
- > Referral to community resources
- > Tobacco cessation resources
- > ACS Wig Salon Program
- > Financial support
- > Education and support

### In 2014:

- > **284 individuals** were served through referral to ACS, including:
  - **232** newly diagnosed patients
  - **88** patients who were uninsured or on Medicaid

### Patient Programs:

- > **84 patients** attended Look Good Feel Better®
- > **232 Personal Health Manager Kits** were distributed
- > **20 wigs** were distributed
- > **7 patients and/or families** received help with lodging

In 2014

**93-95%** Adena Cancer Center's patient satisfaction score

**9 out of 10 patients**

said they would "highly recommend" Adena Cancer Center

**25% GROWTH** in cases that are either diagnosed at Adena Health System or receive their first treatment at Adena (analytic cases), thanks to the addition of medical oncologists and radiation oncologists to our staff and increased efficiencies that resulted from our across-the-board Model Service Line efforts with improved access and patient volume.

## SPACE FOR CARING

### Adena Cancer Center offers:

- > **9,000 square feet** for its Radiation Oncology clinic, which features two linear accelerators and one CT simulator. The clinic treats a broad variety of cancers with the most advanced protocols, including IGRT, IMRT, high-dose brachytherapy, MammoSite®, and more.
- > **16 treatment spaces for chemotherapy**, each with wireless Internet, TV, and DVD — plus seating for your support team and beautiful views through the floor-to-ceiling windows.
- > **7,300 square feet** of clinical space, which includes 14 exam rooms and four consultation rooms.
- > **5,000 square feet** dedicated to making sure patients and their families are comfortable, including a café, an education area, enhancement boutique, healing alcoves, chapel, and a resource library — plus an outdoor Healing Garden.



## RADIATION ONCOLOGY

# An Array of Treatment Options

Pinpoint. Targeted. Precise. There are many words to describe radiation therapy, one of the most common treatments for cancer. The goal of radiation treatment, which uses special equipment that emits high doses of radiation, is to damage as many cancer cells as possible while doing as little harm as possible to healthy tissue nearby.

At Adena Cancer Center, two linear accelerators and one CT simulator allow doctors to precisely pinpoint tumors while sparing surrounding healthy tissue. This allows patients to receive higher radiation doses with far fewer side effects, dramatically shortening their treatment time and increasing their chances for survival.

The Radiation Oncology Department at Adena offers the following services to our patients using Varian iX and Trilogy linear accelerators:

- > External beam radiation therapy
- > Intensity-modulated radiation therapy
- > Image-guided radiation therapy
- > Volumetric mediated arc therapy
- > Electron therapy
- > High-dose rate brachytherapy
- > Stereotactic body radiation therapy to the lung, liver, adrenal gland, pancreas, and vertebral column
- > Hyperfractionated radiotherapy
- > Hypofractionated radiotherapy
- > Accelerated fractionation radiotherapy

We also use techniques that are validated to decrease number of treatments and improve overall quality of life with quality clinical outcomes, including:

- > Hypofractionated intact breast radiotherapy
- > Palliative radiotherapy in one to five treatments
- > Stereotactic body radiation therapy to primary tumors and oligometastases

### Adena Cancer Center Radiation Oncology Staff

David Adam Jones, MD, Radiation Oncologist  
Greg Thompson, MD, Radiation Oncologist  
William A. Wilson, MD, Radiation Oncologist  
Bryan Murray, MS, DABR, Ohio Medical Physics Consulting  
Brooke Adams, MS, Ohio Medical Physics Consulting

# 100%

A radiation oncologist is present at every single Adena multidisciplinary tumor board to discuss not only radiation treatment plans, but overall patient management.

## A Commitment to Quality

- > Quality assurance is performed on a daily, monthly, and annual basis
- > Chart rounds with peer review, physics review, and multidisciplinary input to improve quality measures occur on a weekly basis
- > Medial physics, dosimetry, radiation therapy, and physicians are present at each meeting of the Tumor Board
- > Intensity-modulated treatments are not delivered at our center without documented quality assurance performed prior to radiation therapy delivery



### In 2014, we provided:

- > **360** new patient consultations
- > **319** computed tomography simulations
- > **70** stereotactic treatments
- > **70** high-dose rate brachytherapy treatments

### Top 5 Sites Treated During 2014

1. Lung cancer
2. Breast cancer
3. Metastases
4. Head and neck cancer
5. Gastrointestinal cancer

## INTERVENTIONAL ONCOLOGY

# Surgical Solutions for Cancer

The landscape of medicine is constantly changing and for the past 30 years, interventional radiologists have been responsible for much of the medical innovation and development of the minimally invasive procedures that are now commonplace. Today, many conditions that once required surgery can be treated nonsurgically by interventional radiologists, who use tiny catheters and miniature instruments so small they can be run through a patient's arteries to treat the site of illness internally, saving the patient from open invasive surgery. With far lower risks than open surgery, these techniques are a major advance in medicine.

Some of the more recent advances in interventional radiology for cancer include:

- > Nonsurgical ablation of tumors using heat or extreme cold to kill cancer without harming the surrounding tissue
- > Embolization therapy, a procedure that injects a substance into the artery to stop hemorrhaging or to block the blood supply to a tumor

### In 2014, the interventional radiologists at Adena Cancer Center provided:

- > **359** CT-guided biopsies
- > **214** breast biopsies
- > **15** needle-guided localization procedures
- > **13** catheter-based ablations
- > **6** Xofigo® treatments
- > **2** SIR-Spheres® treatments

Interventional radiologists use imaging such as CT scans to understand, visualize, and diagnose the full scope of the disease's pathology and to map out the procedure tailored to the individual patient. Then during the procedure, they use imaging to guide the catheter to the site of the problem.

Some of the interventional procedures performed at Adena Cancer Center are:

- > Radiofrequency, cryo, and microwave tumor ablation
- > Radioembolization and chemoembolization of hepatic tumors
- > Biopsies with image guidance of any part of the body
- > Fiducial marker placement under imaging
- > Biliary interventions for pancreatic cancer and cholangiocarcinomas
- > Nephroureteral interventions

Interventional radiology is well-integrated in the multidisciplinary approach of cancer services at Adena and participates in weekly conferences and tumor boards to discuss patient management.

### Adena Cancer Center Interventional Radiology Staff

Ricardo Barboza, MD, Radiologist  
Jayesh Hari, MD, Radiologist  
David Hoenninger, MD, Radiologist  
David Magee, MD, Radiologist  
William Mitchell, MD, Radiologist  
Matthew Peterson, MD, Radiologist  
Moni Stein, MD, FSIR, Radiologist  
Charles Wiltrott, MD, Radiologist

## CHAIN STITCH CHAMPIONS FOR CANCER

The Southern Ohio Survivors (SOS), a volunteer group that supports area cancer survivors and their families, provides handmade crocheted hats and lap blankets to patients to keep them warm during therapy.

But they're not made by a group of grandmas. The majority of the pieces are made by a group that may surprise you: inmates from Chillicothe Correctional Institution.

More than 70 inmates there belong to a group known as "The Chain Stitch Champions," which was started in 2012. **Since the program began, inmates have crocheted more than 1,400 hats and 300 blankets.**



## PATIENT NAVIGATORS

# Helping Our Patients Navigate the Cancer Journey

The cancer journey from diagnosis, through treatment, and back to “normal” life for a patient is often filled with hairpin turns. Along with the emotional ups and downs, there’s new medical jargon to learn, the scheduling of many appointments, financial details, and sometimes even end-of-life decisions.

*Having a person to assist in this new, and often frightening, experience is a source of comfort amidst the confusion. That’s what cancer patient navigation is all about.*

Adena Cancer Center’s patient navigators offer patients personalized care through every step of their cancer journey. From identifying and eliminating barriers during the early stages of diagnosis and treatment — including lack of transportation, financial difficulties, illiteracy, or no social or family support — to short- and long-term survivorship issues, such as following up with **all** physicians involved in a patient’s care and appropriate surveillance testing.

Adena’s patient navigators take every facet of care into account: physical, emotional, psychosocial, spiritual, and financial. Plus they make sure each patient’s treatment is in alignment with their life goals — and they don’t do it alone. One key role of a navigator is to coordinate patient care across all disciplines by collaborating with physicians, treatment nurses, social workers, dietitians, radiation therapists, technicians, and financial counselors.

Additional services patient navigators provide include:

- > Streamlining appointments to allow for more timely treatment
- > Overseeing the educational, emotional, and social needs of patients and families
- > Helping patients take a more active role in their own care
- > Providing one-on-one education to help patients understand diagnosis and treatment options
- > Linking patients, families, and caregivers to community resources to address specific needs during their treatment
- > Leading and facilitating support groups, community education, and cancer prevention activities

### Adena Cancer Center Patient Navigation Team

Lindsay Kemper, RN, Breast Navigator  
Tonya McKee, RN, BSN, OCN, Head and Neck Navigator  
Tammy McManus, RN, BSN, OCN, Lung Navigator  
Elizabeth Whitt, RN, BSN, Colon/GI Navigator

**PATIENT NAVIGATION** is a process where a patient is given individualized support across the continuum of care. This begins with community outreach to raise awareness and perform cancer screening, throughout the diagnosis and treatment process.

— Academy of Oncology Nurse & Patient Navigators

## WHEN CANCER CARE HITS CLOSE TO HOME

In a unique, terrible, and profound way, **Elizabeth Whitt, RN, BSN**, patient navigator with Adena Cancer Center, understands what it means to have a life upended by the two simple words, “It’s cancer.”

**She remembers seeing mouths moving but not hearing a word. She knows the fear. She recalls mixing up medication dosages and staring down dire life expectancies.**

Her 42-year-old husband, Mark, was diagnosed with terminal stage 4 colon cancer just days after Christmas in 2014.

Her knee-jerk response was to resign. “I didn’t think I could take care of another cancer patient,” she says. “But the more I thought about it, the more I got an impression there was too much value to my experience. I couldn’t waste that.”

Today, she gets it when patients make simple goals. “Mark was in pain constantly. All he wanted to do was see our 6-year-old daughter play tee ball,” she says. The community put together a preseason game just for Mark in April. He passed away May 1.

Still grieving and still practicing nursing, Whitt is awed by her patients. “They are so brave. Their bodies are betraying them, but they have this emotional strength. They know every single day is special.”

Whitt and her fellow patient navigators at Adena know this, too. They embrace the privilege of guiding cancer patients through their care. “We remove roadblocks, and we remind them there is only so much cancer can do,” she says. **“It can make you weak, tired, and sick. But it can’t change your attitude, heart, and your passion.”**

*“[My patients] are so brave. Their bodies are betraying them, but they have this emotional strength. They know every single day is special!”*



## GENETIC TESTING AND COUNSELING

# Breaking the Code for Cancer

Our genetic instructions are the blueprint for life. These instructions determine physical characteristics such as eye color, hair color, height, and susceptibility to certain diseases like cancer. When individuals inherit damaged, or mutated, genetic codes from a parent, over time these mutated cells can form a benign tumor or a malignant cancer.

In 2014, the first full year of our program, Adena Cancer Center received **69 patient referrals** for genetic counseling. Out of this population:

- > **22 patients** were tested
- > **15 patients** tested negative
- > **7 patients** tested positive for a gene mutation, or test results showed a variant of uncertain significance (VUS)\*

\*A VUS result means a gene is damaged, but researchers are unsure of its role for increasing risk for a specific cancer.

The spelling mistakes in these genetic instructions can be risk factors for a hereditary cancer syndrome, which can include cancer of the breast, ovaries, uterus, colon, and pancreas. The purpose of gene testing is to advise patients and their families when to get earlier cancer screenings, such as mammograms, breast MRIs, and colonoscopies. Earlier screenings can detect cancer in its earliest and most treatable stages, leading to better patient outcomes for long-term survival.

In late 2013, the Adena Cancer Center developed a genetic counseling program specifically for its cancer patients, contracting with The Ohio State University/James Cancer Hospital and Solove Research Institute to provide genetic testing and counseling services.

Once eligibility criteria from national standards are met, patients complete a one-hour telemedicine encounter at the Adena Cancer Center, during which they chat via computer with our licensed genetic counselor in Columbus, Ohio.

Genetic testing is completed at Adena through a simple blood test. Results usually take four weeks, after which patients speak with the genetic counselor about the test results, as well as risk stratification for patients and their families.

### Adena Cancer Center Genetic Testing and Counseling Staff

Kate Shane-Carson, MS, Licensed Genetic Counselor  
Doug Smith, MA, MS, CNS, CNP, Oncology Nurse Practitioner

## CANCER REHAB

# Helping Patients STAR in Their Own Recovery

Rehabilitation is usually associated with those who have suffered a stroke or severe injury. Rarely do we associate rehab with cancer. Now, Adena Health System is pioneering cancer rehab in southern Ohio with the innovative STAR Program®.

Survivorship Training and Rehab (STAR) is a first-of-its-kind collaboration between the Adena Rehabilitation team and the Adena Cancer Center. Adena is the only STAR-certified health system in southern Ohio, and it is open to all cancer survivors — regardless of where they received treatment. Some patients are even encouraged to start therapy before treatment so they are better prepared and can recover more quickly.

Each training and rehabilitation program is tailored to meet a survivor's needs following medical treatment. Rehab focuses on fatigue but also deals with depression and issues such as range of motion, mobility, swallowing, and strength and balance issues following chemotherapy and radiation. The four- to six-week program involves cardio and strength training with a rehabilitation therapist, as well as exercises the patient can do at home.

**65 to 90 percent of cancer patients** could benefit from rehabilitation once their medical treatment has ended, studies show.

**50 clinicians** spanning all departments — from oncology to home health to inpatient rehabilitation — have been certified at Adena through the STAR Program® training process.

## PASSION IN ACTION

An occupational therapist by training, Rehab Operations Manager **Laura Adams, OTR/L, CLT**, now sits behind a desk. But she doesn't sit idle.

For Adena Health System, Adams helps make the STAR Program® go. The robust cancer rehabilitation program is evidence of how far her field has come.

"Back when I was in school, we were taught, 'Cancer patients have already been through so much. Just let them go home and rest,'" she says. "Today we know that very few patients walk away from cancer treatment without some kind of impairment that rehab can't address."

In fact, when "rehabilitation" and "cancer" started being used in the same sentence, Adams thought, "It's about time."

"I am passionate about oncology care. Rehabilitation is the very grain of what I do," Adams says. **"It's amazing hearing cancer patients say, 'I feel better and stronger. I can't believe how this has made a difference for me.'"**



## PHARMACY

# 5 Adena Cancer Center Pharmacy Facts

1. The Adena Cancer Center Pharmacy provides all cytotoxic and immunobiological products required by our patients as well as any adjuvant and supportive therapies that may be prescribed.
2. Our in-house retail pharmacy fills prescriptions for oral chemotherapy drugs and supportive medications in a fraction of the time other pharmacies require.
3. The pharmacy staff's experience with these specialized medicines ensures that there is no guesswork when filling prescriptions.
4. The Adena Cancer Center Pharmacy serves as a clinical pharmacy teaching site for Ohio State University, Ohio Northern University, University of Findlay, and University of Charleston.
5. Our oncology pharmacists also:
  - > Distribute patient education materials regarding medication side effects, proper use, and care
  - > Maintain patient profiles for all chemotherapy patients
  - > Provide clinical monitoring and intervention
  - > Provide pharmacokinetic consultation

### Adena Cancer Center Pharmacy Staff

Mike Pugh, RPh, BCOP, Lead Oncology Pharmacist  
Maria Papouras-Volakis, PharmD, MS, Oncology Pharmacist  
Brenna Ebert, CPhT, Pharmacy Technician  
Nikki Elkins, CPhT, Pharmacy Technician  
Sarah Robinette, CPhT, Pharmacy Technician

### In 2014, the pharmacy prepared and dispensed:

- > **6,863 doses** of chemotherapy
- > **20,009 doses** of adjuvant and supportive medications

## CLINICAL TRIALS

# Finding Better Ways to Treat and Cure Cancer

Our physicians proactively seek clinical trials that offer groundbreaking treatment options and value for patients, and answer important questions that can help improve overall cancer treatments.

Adena Cancer Center continues to offer both treatment and cancer control studies. The therapies being tested include chemotherapy drugs and biological agents, as well as medications to reduce side effects of other treatment.

The Columbus NCI Community Oncology Research Program (NCORP) office supplies our studies, which are screened by the Columbus NCORP investigators for approval.

### Adena Cancer Center Clinical Trials Staff

Linda Kight, RN, BSN, OCN, Trials Nurse

# A HUB OF CANCER CARE

In 32 years of cancer care at Adena Regional Medical Center, **Tammy McManus, RN, BSN, OCN**, has worn many hats. And now she's a hub.

In her role as lung cancer patient navigator, McManus is a go-to resource for her patients for just about anything. "It's so overwhelming when a patient gets a cancer diagnosis. **There are so many tests, treatments, and specialists. Patients turn to me to help their care go smoothly**," she says.

Many of her patients have stage 3 or 4 lung cancer, and McManus is the

one who eases them into palliative care for symptom relief or hospice for end-of-life care.

"It's hard. I do get attached. The hardest part is knowing I'm probably going to lose them. Not many of my lung cancer patients survive beyond six months to a year," she says. **"The good part is, while I have them, I make their life the best I can."**

## PALLIATIVE CARE AND HOSPICE

# Comfort When There Is No Cure

Despite state-of-the-art technology and training, cancer treatment isn't always successful. In those cases, palliative care allows a patient to transition from aggressive treatment toward comfort care. The primary goals for palliative care patients are control of symptoms, pain management, and establishing their goals of care — as well as making plans for discharge.

For those patients with a terminal diagnosis of six months or less, Adena Cancer Center Hospice provides a full range of services. We take a team approach to patient care, with social work and spiritual care working side by side with nurses and physicians, including primary care providers.

### In 2014:

- > **5-bed care unit** was opened for patients receiving palliative care. The beds are also available for hospice patients. When not in use, they are open for general hospital use.
- > **2 new team members** were added — a nurse practitioner and a physician. The addition of the second nurse practitioner has allowed consults to be done in a more timely manner, in addition to preventing provider burnout.
- > **1 new associate medical director** was brought on board to replace the retiring associate medical director.

## SOCIAL SERVICES

# 6 Essential Resources

When someone is diagnosed with cancer, the focus is on their physical well-being. But other parts of a patient's life are also affected by cancer — his or her emotional health, self-image, work, finances, and relationships.

At Adena Cancer Center, a licensed social worker helps patients and their families by serving as a knowledgeable and objective resource for these services:

1. Helping patients adjust to and cope with a cancer diagnosis.
2. Helping empower patients to make informed decisions about their care.
3. Explaining insurance coverage and following up on insurance issues.
4. Helping find assistance for the rising cost of medications.
5. Referring patients to support groups that can help them cope with their diagnosis and treatment.
6. Linking cancer patients and their families to community resources, including working with the American Cancer Society to arrange transportation to chemotherapy, radiation, and follow-up appointments.

### In 2014, the Adena Health Foundation Cancer Fund assisted patients with:

- > **\$2,374.11** in prescription vouchers
- > **\$1,667** in gas vouchers



# Adena Health System

**Mark Shuter**  
President, CEO

**John Fortney, MD**  
Chief Medical Officer

## 2014 Cancer Committee

**Jeffrey VanDeusen, MD, PhD**

Cancer Committee Chairman

**Zion Oshikanlu, MD**

Cancer Liaison Physician

**Stacie Daugherty, CTR**

Cancer Conference Coordinator

**Lana Uhrig, RN, PhD**

Cancer Program Administrator

**Bryan Borland, DO**

Diagnostic Radiologist

**David Adam Jones, MD**

Radiation Oncologist

**Ganapathy S. Krishnan, MD**

Medical Oncologist

**Richard Naturale, MD**

Pathologist

**Jeyanthi Ramanarayanan, MD**

Medical Oncologist

**Ralph Roach, MD**

Palliative Care, Hospice Director

**W. Bill Sever, DO**

Surgeon

**Carl Szczesniak, MD**

Pathologist

**William A. Wilson, MD**

Radiation Oncologist

**Linda Kight, RN, BSN, OCN**

Clinical Research Representative

**Jana Eldridge, RN**

Patient Navigator, Colon/GI, and Cancer Registry Quality Coordinator

**Lindsay Kemper, RN**

Patient Navigator, Breast, and Cancer Registry Quality Coordinator

**Tonya McKee, RN, BSN, OCN**

Patient Navigator, Head and Neck

**Tammy McManus, RN, BSN, OCN**

Patient Navigator, Lung

**Deb Bihl, MSN, AOCN, CNP**

Medical Oncology and Community Outreach Coordinator

**Becky Emerine, BSSW, LSW**

Psychosocial Service Coordinator

**Brenna Eldridge, RN, BSN, OCN**

Quality Improvement Coordinator

**Kate Shane-Carson, MS, LGC**

Genetic Counselor

**Ray Seitz, RN**

Oncology Nurse

**Carolyn Hice**

Executive Assistant

**Doug Smith, MA, MS, CNS, CNP**

Medical Oncology

**Mike Pugh, RPh, BCOP**

Pharmacy

**Cathy Costillow, RD, LD**

Dietitian

**Karen Jenkins, MA, CCC-SLP**

Rehab

**Rev. Paul Ray**

Pastoral Services

**Sharon Wills, RN**

Hospice

**Lynne Ayers**

American Cancer Society

**Heather Hampel, MS, LGC, OSU**

Genetic Counselor

