2018 Cancer Program Outcomes Report

Central Florida Health
Cancer Program Accreditation by the Commission on Cancer

Central Florida Health’s Cancer Program is accredited by the Commission on Cancer (CoC) as an Integrated Network Cancer Program with commendation, Silver Level, which is comprised of The Villages® Regional Hospital and Leesburg Regional Medical Center.

CoC accreditation demonstrates to payers, providers, the government, and the public that systems are in place to ensure cancer patients receive high-quality, coordinated care, and that supportive services and resources addressing the full continuum of care are available in our community. Central Florida Health is committed to providing high quality of care for our cancer patients with continuous quality improvement.

Central Florida Health is one of approximately 1500 CoC-accredited cancer programs in the U.S. and Puerto Rico, representing 30 percent of all health care facilities. CoC-accredited facilities diagnose and/or treat more than 70 percent of all newly diagnosed cancer patients. The Cancer Care Committee establishes specific goals and provides oversight to the cancer program.

Central Florida Health has again received the CEO Cancer Gold Standard award which recognizes organizations that ensure the culture, policies and programs support employees in practicing good health habits, participating in appropriate cancer screenings and have access to quality cancer care including clinical trials.
Community Education and Screening

As part of our commitment to improving the health of the communities we serve, our staff participates in community health fairs and events where programs are held to educate the community about the importance of cancer prevention and early detection.

A substantial proportion of cancers could be prevented, including all cancers caused by tobacco use and other unhealthy behaviors. According to a recent study by American Cancer Society epidemiologists, at least 42% of newly diagnosed cancers in the US – about 729,000 cases in 2018 – are potentially avoidable, including 19% that are caused by smoking and 18% that are caused by a combination of excess body weight, physical inactivity, excess alcohol consumption, and poor nutrition.

Certain cancers caused by infectious agents, such as human papilloma-virus (HPV), hepatitis B virus (HBV), hepatitis C virus (HCV), and Helicobacter pylori (H. pylori), could be prevented through behavioral changes, vaccination, or treatment of the infection. Many of the more than 5 million skin cancer cases that are diagnosed annually could be prevented by protecting skin from excessive sun exposure and not using indoor tanning devices.

Screening can help prevent colorectal and cervical cancers by allowing for the detection and removal of precancerous lesions. Screening also offers the opportunity to detect some cancers early, when treatment is more likely to be successful. Screening is known to help reduce mortality for cancers of the breast, colon, rectum, cervix, and lung (among long-term current or former heavy smokers). In addition, a heightened awareness of changes in certain parts of the body, such as the breast, skin, mouth, eyes, or genitalia, may also result in the early detection of cancer.

Skin Cancer Prevention and Screening Program

Central Florida Health is located in sunny Florida, and skin cancers are quite common in the elderly population that we serve. The Cancer Care Committee focused on skin cancer education and screening in the community to emphasize the importance of prevention and early detection. The American Cancer Society also promotes early detection of skin cancer in adults through regular skin self-exams, and an examination for skin cancer should be part of periodic health exams. Sunglasses help protect your eyes and sensitive skin around them. If you have skin cancer, finding it early is the best way to make sure it can be treated with success.

A Skin Cancer Screening is being planned for Friday, November 9, 2018 at the 4th Annual Hearts for Our Hospital Bicycle Challenge Big Bike Weekend Event that will be held in The Villages, which is a prominent event for bicyclists that come from all over the country to ride in various tours.
TO HELP PREVENT SKIN CANCER:
Limit the amount of time you spend in direct sun, especially when the sun’s rays are most intense, generally from 10 a.m. to 4 p.m.

• Wear protective clothing when out in the sun, including long sleeves; sunglasses; and a hat that shades your face, neck, and ears.
• Wear sunscreen with broad spectrum protection and an SPF of 30 or higher on all skin that isn’t covered.
• Protect your skin even on cool or cloudy days.

Central Florida Health hosted a Skin Cancer Education and Screening Program with Alliant Dermatology & Skin Cancer Center at The Villages® Regional Hospital East Campus in 2017. Fifty-three individuals were screened for skin cancer using the American Dermatology Association Intervention & Guidelines. Several benign abnormalities were noted; additionally appropriate referrals were made to local dermatologists for further evaluation of suspicious lesions and possible treatment where indicated.
In the 21st century, health experts including the U.S. Surgeon General recognized that smoking causes health problems, such as cancer and heart problems. Smokers can increase health care costs for themselves and are more prone to illness. A smoking cessation program continues to be available through the Florida Area Health Education Center (AHEC) to offer IQuit with AHEC. This proven program educates participants on the health effects related to tobacco use, but more importantly, teaches participants how beneficial quitting tobacco is and what to expect when quitting. A highly-trained Tobacco Cessation Specialist or trained facilitator guides participants as they identify triggers and withdrawal symptoms and brainstorm ways to cope with them. Additionally, Central Florida Health employees enrolled in the organization’s health insurance plan are offered nicotine replacement at no charge.
Obesity In Adults and Children

Central Florida Health regularly participates in health education initiatives focused on overall wellness, including weight loss, nutrition and exercise among the largest employers in Lake and Sumter Counties. Several events focused on healthy weight, screening of body mass index and blood pressure and education on healthy living and nutritional information.

CFH’s Healthy You/Healthy Us campaign encourages team members and Leesburg residents to meet and walk around the “State of the Heart” fitness track located close to the hospital. The Wellness Program also distributes a monthly newsletter covering health and fitness, offers lunch and learns on healthy snacks as well as nutritional recipes.
Cancer Program Monitoring of Compliance with Evidence-Based Guidelines

The Cancer Care Committee completes an in-depth analysis to assess and verify that cancer program patients are evaluated and treated according to evidence-based guidelines. This year, the committee evaluated Stages III and IV Lung Cancers that were treated at Leesburg Regional Medical Center and The Villages® Regional Hospital in 2017 comparing actual treatment plans to the state-of-the-art National Comprehensive Cancer Network (NCCN) Treatment Guidelines. The NCCN is a not-for-profit alliance of 27 of the world’s leading cancer centers devoted to patient care, research and education dedicated to improving the quality, effectiveness and efficiency of cancer care so that patients can live better lives.

Thirty-four patients were identified with a primary Stage III or IV Adenocarcinoma lung cancer at TVRH and LRMC between January 1 and December 31, 2017. Twenty-five of the 34 patients were treated according to the NCCN. Four of the patients declined treatment. Three of the patients expired before completing treatment. Two of the patients were referred to Hospice.

Patients who present with Stages III and IV Adenocarcinoma require a complete staging workup, including pathologic tissue review incorporating immunohistochemical staining and molecular diagnostic studies; pulmonary function testing; bronchoscopy, Lymph node evaluation, PET/CT scan. All patients were worked up appropriately and were staged clinically and pathologically (if applicable) according to the American Joint Committee on Cancer (AJCC) staging system.

These types of assessments are important for cancer patients to ensure they are diagnosed adequately and receive appropriate treatment for best survival.
The Cancer Care Committee, a multidisciplinary team consisting of physicians and healthcare professionals, meets quarterly to evaluate and improve the cancer activities at Leesburg Regional Medical Center and The Villages® Regional Hospital. Weekly Cancer Conferences provide a forum to formalize the disease stage of patients discussed using nationally recognized, evidenced-based treatment guidelines, when appropriate, and continuing medical education. A special clinical education program is held each year on a site-specific topic to ensure that members of the cancer care team have current knowledge of cancer prevention, early detection, diagnosis, stage of disease, treatment guidelines and prognostic factors, treatment and follow-up care.
2018 Cancer Program Improvements

- **Chemotherapy Ordering Process:** An established procedure and communication of ordering chemotherapy for inpatients was improved between hospital departments and medical oncology practices. As a result, an appropriate supply of medication(s) will be readily available and maintained by the Pharmacy in a timely manner for patients who are scheduled for inpatient chemotherapy administration. Patients will be appropriately placed on the LRMC Oncology Unit for a safe environment of chemotherapy administration and handling. The process has been tested and positive communication and process noted.

- **Credentialed Oncology Hospitalist:** Florida Cancer Specialists (a group of medical oncologists) collaborated with Central Florida Health to place a fulltime credentialed medical oncology hospitalist who provides services at Leesburg Regional Medical Center and The Villages® Regional Hospital. This position and services will improve coordination of care for inpatient oncology patients.

- **Coloring Program / Art Therapy initiated:** A local award-winning artist created six drawings that focus on local wildlife – a bird, butterfly, fish, frog, owl and sand hill cranes. These drawings, as well as a five coloring pencils and a pencil sharpener, all branded with Central Florida Health’s logo, are Xerox copied and provided to inpatients. Coloring Program / Art Therapy have an impact on reducing a cancer patient’s stress and worry. Coloring can be a relaxing activity that allows cancer patients to explore their creative sides. Coloring activates the right side of the brain; on the contrary, stress and worry stimulate the left side. Coloring allows the left side to “quiet” down, alleviating anxiety, which is common amongst cancer patients. The right brain can relax and give patients a break from difficult thoughts about procedures, their diagnosis, pain and the like.

- **Support Provided for Patient Decision-Making:** The availability of Patient Resources to assist patients with decision-making was greatly improved. Oncology staffs were educated regarding Patient Navigation by the American Cancer Society (ACS). Patient Navigation/Resource Forms for the ACS are readily available on Oncology Units. Additionally, oncology staffs were educated regarding NCCN Patient Guidelines available online or on www.amazon.com, which guide patients throughout their cancer journey with site-specific diagnostic and treatment guidelines. The Nursing Staffs became more involved in the Psychosocial Screening process for referrals to appropriate resources identified in the screening.

- **New GE Discovery Hybrid operating room has been added to Radiology with cone beam CT acquisition and it is a 3D Fluoroscopy guided system. The unit can perform angiograms and specialized exams such as chemo embolization, etc. Pharmacy and Radiology work together for chemo embolization procedures, safe handling of chemotherapy and patient safety. Patients receive pamphlets regarding the procedures.

- **Advanced Directive Process:** An emphasis has been placed on Advanced Directives in the Community and in the hospitals. Community Education Programs emphasized the importance and as well as the process of obtaining and maintaining an Advanced Directive. The Registration staff was educated to locate an Advanced Directive in a previous admission using the new electronic medical record software for patients being admitted to the hospital. Communication between the Nursing Staff and Spiritual Care has been enhanced and Spiritual Care is now consulted for patients without a documented Advanced Directive in their chart. A screensaver was created to educate staff regarding the importance of obtaining an Advanced Directive. Contacts for large managed care offices that have nurse care coordinators were obtained and provided to appropriate staffs for assistance in obtaining an Advanced Directive.

- **Purchase and installation of an Idylla platform—real-time PCR based molecular diagnostics system designed to offer fast and easy access to clinical molecular diagnostic information. The Idylla platform covers the entire process from sample to result in a time frame of 35 to 150 minutes with less than 2 minutes hands-on time. The fully integrated system enables Pathology to perform a broad range of applications in oncology (e.g. BRAF, KRAS, NRAS, ALK, ROS-1 and EGFR). This diagnostic information helps medical oncologists select best treatment options for cancer patients.

For more information about the Central Florida Health Cancer Program, contact us at 352-751-8877.