

# Lake Regional Cancer Services

2018 ANNUAL REPORT



**LAKE** REGIONAL<sup>®</sup>  
HEALTH SYSTEM





Michael Wang, M.D.

## Message from the Cancer Committee Chair

At Lake Regional Health System, it is our honor to care for people with cancer. We strive to provide the best care to every patient, and we are proud of the advances we have made this past year to deliver better patient outcomes and experiences.

Each type of cancer is different. Someone with breast cancer will need different treatments and specialists than someone with colorectal cancer. In 2018, we invested in new providers and technology to provide more comprehensive care to patients with various cancer diagnoses. For example, we added 3-D mammography and a da Vinci X robotic surgery system so we can do more for our patients right here. We also welcomed a new oncologist and urologist to a team that already included specialists ranging from gastroenterology to pulmonology.

Our cancer care begins with prevention and early detection and continues through treatment and support for survivors. This report shares the results of our treatment practices compared to national standards. These standards, developed by the American College of Surgeons Commission on Cancer, challenge cancer programs nationwide to enhance the care they provide by addressing patients' needs and measuring quality against established benchmarks.

I'm proud to share these results with our community. And, I'm proud of our team of doctors, nurses, support staff and volunteers who all work together to put the patient first.

Sincerely,

Michael Wang, M.D.  
Cancer Committee Chair

## Nationally Accredited Care

Lake Regional Health System is proud to be a nationally accredited facility by the American College of Surgeons Commission on Cancer. In August 2017, our facility earned a three-year re-accreditation with commendation, affirming the high level of comprehensive cancer care available at the lake.

Cancer is a complex group of diseases, and treatment at Lake Regional Health System is a team effort. Patients benefit from having a team of providers that includes surgeons; medical and radiation oncologists; diagnostic radiologists; and pathologists; as well as specialists in cardiovascular-thoracic surgery, gastroenterology, pulmonology, urology and women's health.

The Commission on Cancer Accreditation Program provides the framework for our center to continually improve its quality of patient care, which includes prevention, early diagnosis, cancer staging, treatment, rehabilitation and life-long follow-up for recurrent disease, as well as end-of-life care. When patients receive care at a Commission on Cancer facility, they also have access to patient-centered services, including support from a social worker and a survivorship care plan aimed at improving quality of life.

Like all Commission on Cancer-accredited facilities, Lake Regional Health System maintains a cancer registry and contributes data to the National Cancer Data Base, a joint program of the Commission on Cancer and American Cancer Society. This nationwide oncology outcomes database is the largest clinical disease registry in the world, and you'll see our contributions on page 2.

I believe our patients benefit from our voluntary participation in this program, and I am pleased to share our results in this report.

Sincerely,

Steven Haas, M.D.  
Cancer Physician Liaison



Steven Haas, M.D.

# Cancer Registry

Lake Regional's Cancer Registry tracks data on all cancer patients diagnosed and treated at the facility, and completes annual follow-up on each patient. This data is reported monthly, in accordance with state law, and also

annually to the National Cancer Data Base. This information is used to determine treatment effectiveness, to measure treatment effects on quality of life, to look for cancer trends within certain populations and more.

Chart 1

2017 Major Cancer Sites Analytic Cases					
	Breast	Lung	Skin	Prostate	Colorectal
United States	15%	13%	5%	10%	8%
Missouri	14%	16%	5%	9%	8%
LRHS	19%	18%	10%	10%	10%

Chart 2

2017 Major Cancer Sites – Stage at Diagnosis					
Stage	Breast	Lung	Skin	Prostate	Colorectal
0	11%	0%	41%	0%	6%
I	44%	17%	9%	24%	25%
II	33%	9%	9%	52%	34%
III	11%	19%	3%	6%	19%
IV	1%	48%	9%	12%	9%
Unknown	0%	7%	29%	6%	7%
Total	100%	100%	100%	100%	100%

Lake Regional Health System is accredited by the American College of Surgeons' Commission on Cancer. Achieving and maintaining this accreditation requires strict adherence to standards for prevention, early diagnosis, pretreatment evaluation, staging, best treatment, rehabilitation, psychosocial support and lifetime follow-up for all patients cared for at Lake Regional Health System.

The Top 5 sites of new cancer cases diagnosed in 2017 were breast, lung, skin, prostate and colorectal, as shown in [Chart 1](#), which compares our statistics to the American Cancer Society's estimated new cases for the United States and Missouri.

[Chart 2](#) shows the American Joint Committee on Cancer staging of patients at time of diagnosis. Treatment options are based on the stage of disease at time of diagnosis.

The total number of new cancer cases diagnosed in 2017 by primary site and gender is illustrated in [Chart 3](#).

Chart 3

2017 Cancer Sites by Gender			
Site	Male	Female	Total
Breast	1	63	64
Lung	37	21	58
Skin	17	17	34
Prostate	33	0	33
Colorectal	20	12	32
Oral Cavity/Pharynx	12	4	16
Other Sites	11	3	14
Urinary bladder	14	0	14
Gynecological	0	11	11
Lymphoma	8	3	11
Leukemia	7	3	10
Pancreas	1	7	8
Larynx	5	2	7
Myeloma	3	3	6
Stomach	3	1	4
Kidney	1	2	3
Anus/Anal Canal	1	1	2
Brain	0	2	2
Esophagus	0	2	2
Total	174	157	331



# Cancer Care

## Growing to Meet Your Needs

During 2018, we expanded Lake Regional's cancer care services by investing in technology and recruiting additional physicians and surgeons to enhance our health system's capabilities.

### Advances in Urology Services

▶ In August 2018, Eric McQueary, D.O., joined Lake Regional Urology. His focus includes surgical treatments of prostate, bladder and kidney cancers, surgeries previously not available at the lake.

▶ In October 2018, Lake Regional Health System installed the da Vinci X robotic surgery system, which helps surgeons perform minimally invasive procedures with greater precision. The equipment is most commonly

used for surgeries to treat prostate and kidney cancers. Potential benefits include fewer complications and shorter hospital stays.

### Advances in Breast Cancer Services

▶ Maggi Coplin, M.D., joined Lake Regional Cancer Center in September 2018. Her training includes fellowships in hematology oncology and integrative medicine, and much of her career has been focused on helping women with breast cancer.

▶ Also in September 2018, Lake Regional Imaging Center began offering 3-D mammograms for improved breast cancer screening. 3-D mammography is considered the most effective test available for early detection of breast cancer because it provides clearer images from several angles, making smaller cancers easier to see.



Maggi Coplin, M.D.

Lake Regional Cancer Center provides an array of services for the treatment of most types of cancer and hematology diagnoses, including:

- physician consultation and follow-up
- infusion therapies, including chemotherapy, biotherapy, immune therapy and hormonal therapy
- radiation therapy, including intensity modulated radiation therapy (IMRT), and stereotactic body radiation therapy (SBRT)
- cancer screening and prevention
- cancer resource navigation
- nutrition services
- patient assistance program
- palliative care
- cancer registry and lifetime follow-up
- education and support



Eric McQueary, D.O., and the da Vinci X robotic surgery system



# Cancer Support

At Lake Regional Health System, we're with you in every way in the battle against cancer. As a result, we offer a wide range of services that help our patients to feel comfortable, cared for and respected during cancer treatment.

And, we have special programs that can help people in our community find cancer early or return to an active life after treatment.

Following are a few of the programs we offer.

## Palliative Care

Palliative care services are available for patients who have been diagnosed with advanced-stage cancer. Caring and compassionate, our palliative care staff works to support patients and their families as they cope with the physical, emotional, social and spiritual effects related to their disease process. The palliative care staff



Nichole Stephens, LBSW

communicates with health care ensures that every treatment plan is tailored to enhance quality of life and meet each patient's goals and wishes throughout the disease process — helping every patient live life to its fullest.

## Cancer Resource Navigation

The resource navigator strives to ensure each patient and family receives the needed resources and assistance to effectively cope with the effects of cancer. Assistance with financial needs is a large part of the navigator role because this can be a major stress for patients. By researching options for assistance, networking and

advocacy, and by providing a thorough psychosocial assessment, the resource navigator is there to support patients from diagnosis to survivorship.

## Nutrition Services

Proper nutrition plays an important role in the care and healing of individuals diagnosed with cancer. To help patients meet nutritional needs and goals, expert dietitians support patients throughout their cancer treatment course and recovery.

## Survivorship

Survivorship is an area of cancer care that focuses on patients who have a history of cancer treatment. Survivorship starts at diagnosis and extends for the remainder of the patient's life. Its main goal is to reduce the risk of cancer reoccurrence and ensure long-term monitoring of health conditions that may occur as a result of having cancer or cancer treatment.

## Support Groups

- **Cancer Support Group for Men**  
11:15 a.m. the third Wednesday of each month

This support group is for men with a cancer diagnosis who currently are undergoing treatment or are in recovery. This is a lunch-and-share meeting — cafeteria vouchers are provided to participants.

- **HOPE for Women**  
11:30 a.m. the last Wednesday of each month

This support group is for women with a cancer diagnosis who currently are undergoing treatment or are in recovery. This is a lunch-and-share meeting — cafeteria vouchers are provided to participants.

- **Look Good ... Feel Better**  
9:30 a.m. the last Wednesday of each month

This free workshop is provided by the American Cancer Society for all women who are currently undergoing cancer treatment. Women learn beauty techniques for skin care, makeup application and how to cope with hair loss. Participants also receive a complimentary bag of makeup. Reservations are required, preferably 24 hours in advance.

- **Lymphedema 101**  
11:30 a.m. second Tuesday of every other month

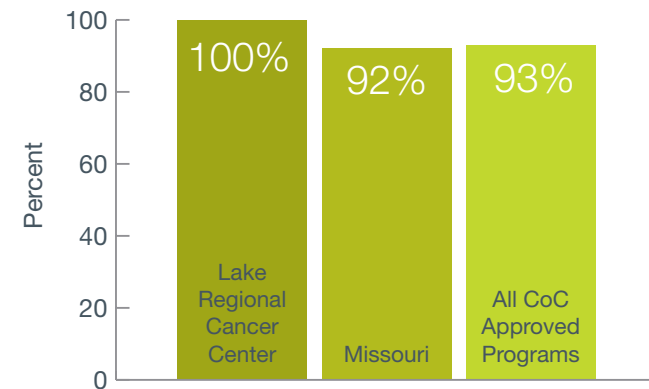
This is a one-hour course for patients at risk for developing lymphedema related to surgery or cancer treatment. Reservations are required.

# Treatment Performance (2016 data)

## Top-Quality Care

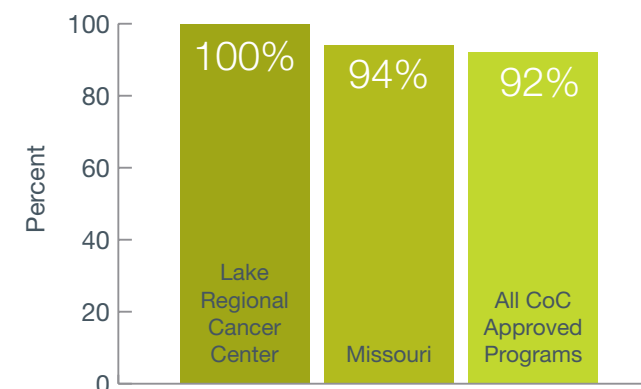
The following charts indicate treatment performance for cancers diagnosed 2013-2016.

### Lung Cancer

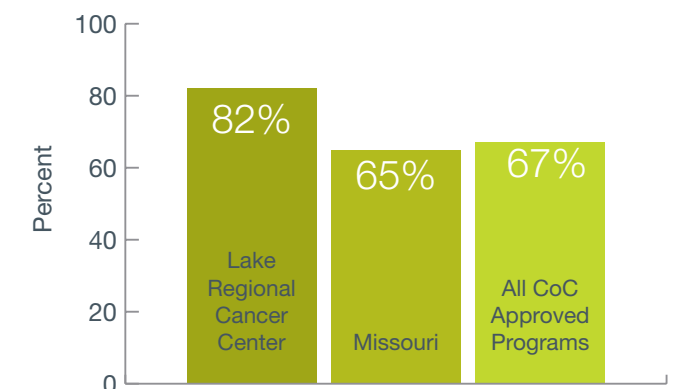


Surgery is not the first course of treatment for cN2, M0 lung cases.

### Breast Cancer

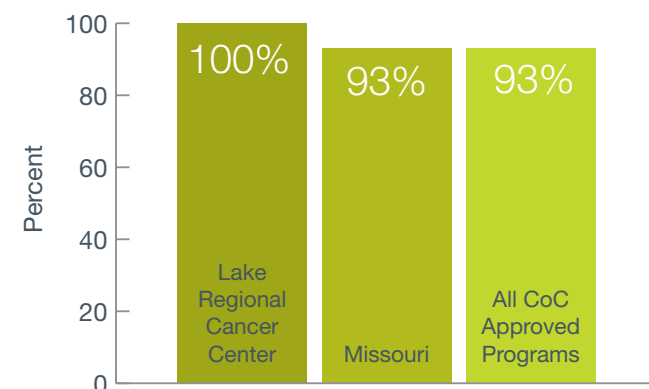


Radiation is administered within 1 year of diagnosis for women under the age of 70 receiving breast conservation surgery for breast cancer.

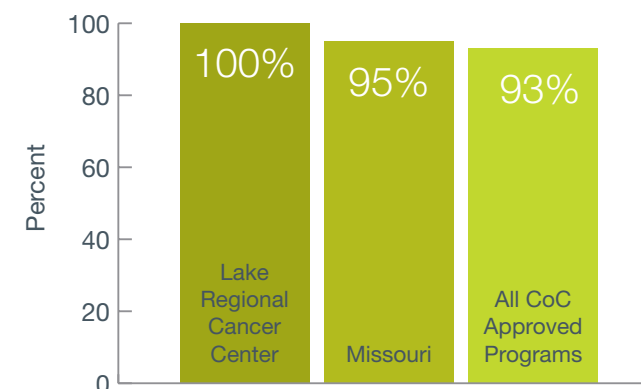


Breast conservation surgery rate for women with AJCC clinical stage 0, I or II breast cancer

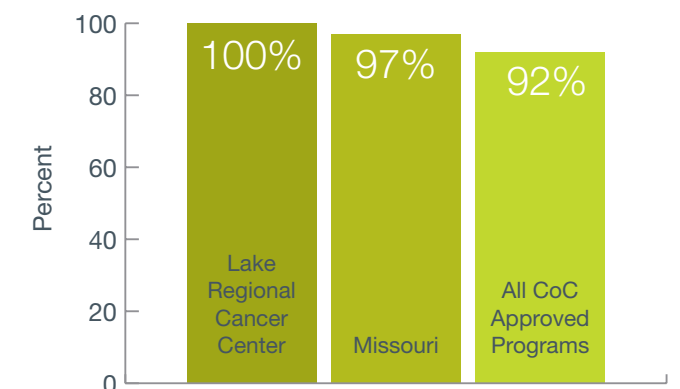
### Colon Cancer



At least 12 regional lymph nodes are removed and pathologically examined for resected colon cancer.



Combination chemotherapy is recommended or administered within 4 months of diagnosis for women under 70 with AJCC T1 cNO or stage IB-III hormone receptor negative breast cancer.



Tamoxifen or third-generation aromatase inhibitor is recommended or administered within one year of diagnosis for women with AJCC t1c or stage IB-III hormone receptor positive breast cancer.



# Community Outreach

## Quality Study

### Advance Directives

Advance care planning is the ongoing processes of discussing values and goals of care; determining and/or executing treatment directives; and appointing someone to speak when a patient cannot speak for themselves.

During the period June 1, 2017, to Dec. 31, 2018, a total of 99 Medicare consults were performed in the Cancer Center. Among these, 45.5 percent of patients (45) reported having a documented advance directive at the time of consultation. This result slightly exceeds the benchmarked average, 41 percent.

An advance directives workbook, "Caring Conversations," is given to all Cancer Center patients who present without an advance directive. A notary is available on site.

Although this study indicates an above-average result, more work

can be done to ensure patients consider their wishes early, before age 65, and before critical illnesses develop.

## Compliance with Evidence-based Guidelines

Each year, a physician member of the cancer committee performs a study to assess if patients within the program are evaluated and treated according to evidence-based National Comprehensive Cancer Network guidelines.

A review of all 2016 and 2017 Analytic Non-Small Cell Lung Cancer Stage I cancer cases was

completed to ensure the NCCN guidelines were followed. There were 22 Stage I NSCLC cases identified.

Summary Item	Performance	Goal
Staging accuracy	100%	90%
Treatment according to recommended NCCN guidelines	91%	90%

## Cancer Conference

Eighteen multidisciplinary cancer conferences were held during 2018. A total of 121 patient cases were presented.

During 2018, the Lake Regional Cancer Center team participated in 10 community outreach events held throughout the lake region, reaching 1,148 community members. This included a Women's Health Fair, held Sept. 29, to kick off Breast Cancer Awareness Month. The event offered several free screenings; information on various health topics and 3-D mammograms; and the opportunity to talk with providers specializing in cancer treatment and women's health.

In addition, the following were offered at Lake Regional Health System.

## Colorectal Cancer Screening

During Colorectal Cancer Awareness Month in March, Lake Regional offered free colorectal cancer screening kits to lake-area residents. Kits were mailed to 135 community members who requested the service.

## Commit to Quit Support Group

Offered most Saturdays at Lake Regional Hospital, this informal group provides support for individuals who have made the decision to quit smoking.

## Employee/Volunteer Lab Screenings

A total of 331 employee and volunteer labs were drawn. In addition to other wellness indicators, these screenings can be used to detect prostate cancer or leukemia.

## Low-dose CT Lung Cancer Screening

During the period Jan. 1, 2018, through Sept. 30, 2018, a total of 262 patients participated in the LDCT program. Of the 262 lung screenings performed: 126 results were negative, 90 results were benign in appearance, 26 results were probably benign, and 20 results were suspicious for cancer.

## Mammography

In 2018, there were 3,938 mammograms performed (screening and diagnostic) at Lake Regional Imaging Center. Of these, 24 studies resulted in findings of cancer.

## Melanoma Screening

A total of 107 community members participated in the annual Skin Cancer Screening held May 4, 2018, at Lake Regional Cancer Center. Nine participants were referred for further evaluation of questionable lesions.



Mark Bryer, M.D., Radiation Oncology

# HOPE Program

Lake Regional Cancer Center is very fortunate to receive community donations each year. The HOPE Program uses these donations for services related to cancer treatment.

Lake Regional wishes to extend a sincere thank you to those who

have contributed. Every donation makes these services possible for patients who could not otherwise afford them.

In 2018, the HOPE program provided \$9,305 toward patient needs. Patients received assistance for mammograms, fuel cards,

medication co-pays, massages, nutritional supplements, hair cut vouchers, exercise programs and more.

To donate, contact Terri Hall, Fund Development director, at 573-348-8153.



Totes for Ta-Ta's committee members present a \$6,696.93 donation to Lake Regional's HOPE Program. Pictured: Lake Regional's Terri Hall, director of Fund Development, and Marcy Maxwell, director of Cancer Service Line, with Totes committee members Michelle Thomson, Julia Hammond, Michelle Cook, Rose Vanderbeck and Shelly Flippo.

### Thank you! The following businesses, organizations and individuals donated \$500 or more in 2018.

- Baxter's Lakeside Grille
- Bella Donna's Salon
- Camdenton R-II Varsity Volleyball Team
- Co-Mo Electric Cooperative, Inc.
- Haunted Castle House B&B
- Hy-Vee
- Lake Media
- Shirl Melton
- Mid-County Fire and Protection District
- Dr. Trent Russell
- Roger Schlatter
- Shawnee Bluff Winery
- Brian Stanley
- Totes for Ta-Ta's

# Cancer Committee

### Physician Members

**Michael Wang, M.D.**  
Chair  
Hematology/Oncology

**Mark Bryer, M.D.**  
Vice-Chair/Quality of Cancer Registry  
Coordinator  
Radiation Oncology

**Steven Haas, M.D.**  
Physician Cancer Liaison  
Pathology

**John Patton, D.O.**  
General Surgery

**Harjyot Sohal, M.D.**  
Pulmonology

**Michael Vierra, M.D.**  
Diagnostic Radiology

### Members

**Carlene Anderson, CTR**  
Cancer Conference Coordinator  
Cancer Registry

**Jennifer Bethurem**  
Public Relations

**Cheryl Creasy, R.N.**  
Quality Improvement Coordinator  
Quality Management

**Kasi DiBello, R.D., L.D.**  
Nutrition Services

**Mike Dow, PharmD**  
Ancillary Services

**Valerie Franke**  
Cancer Center Volunteer

**Angel Frisbie, R.N., HPCN**  
Palliative Care

**Dane Henry, FACHE**  
Administration/CEO

**Courtney Hulett, P.T.**  
Rehabilitation Therapy

**Melissa Hunter, R.N., MSN**  
Administration/SVP Clinical Services

**Brandi Kincaid, MSN, NP-C, AOCNP**  
Community Outreach Coordinator  
Inpatient Liaison

**Nikki Leake**  
American Cancer Society

**Marcy Maxwell, R.N.**  
Cancer Service Line

**Kevin McRoberts, FACHE**  
Administration/SVP Operations

**Jennifer Newman, R.N., BSN, cPt**  
Cardiac Service Line

**Lynsay North, R.N.**  
Clinical Research Coordinator  
Cancer Center Nursing

**Patrick O'Neil, D.O.**  
Administration/SVP Medical Affairs

**Cecilia Pobst, R.N.**  
Cancer Center Nursing

**Deidra Sickmeier, R.T.(R)(T)**  
Radiation Therapy

**Nichole Stephens, LBSW**  
Psychosocial Services Coordinator  
Cancer Resource Navigation

**Angela Ullrich, R.N., BSN**  
Cancer Center Nursing

### Certified Staff

**Carlene Anderson, CTR**  
**Stacy Anstine, R.T.(R), CMD**  
**Angel Frisbie, R.N., HPCN**  
**Brandi Kincaid, MSN, NP-C, AOCNP**





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### **Contact Us**

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