



Cancer Committee Report **2016**



southern
new hampshire
health

2016 Cancer Committee Report to the Community

Cancer Committee

The Cancer Committee at Southern New Hampshire Health is dedicated to providing comprehensive cancer care. Committee members meet quarterly and represent diverse medical and surgical disciplines, including: oncology, surgery, pathology, radiology, nursing, physical and occupational therapy, nutrition, and more. Community education, quality and safety, and community partnerships also have an important place at the table.

Our Affiliation with Massachusetts General Hospital

Our affiliation with Massachusetts General Hospital (MGH) assures our patients quick access to highly skilled specialists, the newest clinical trials, and shared test and treatment options. Learn more about our [MGH affiliation](#).

[Listen](#) to Donna tell her story about breast cancer treatment at Southern New Hampshire Medical Center and how the affiliation with MGH made it possible for her to receive the best possible care close to home in New Hampshire.

New Website Resources

In an effort to provide our patients with easier access to resources, we created a new Cancer Resource Webpage

<https://www.snhhealth.org/our-services/cancer-care/living-with-cancer/living-with-cancer-support-groups>

The committee also identified a need to streamline our breast cancer patient education materials given to patients across

the continuum of care. As a result, a more concise flyer was developed and is now also available online:

https://www.snhhealth.org/getattachment/ef9ba7c7-37b2-4cab-8980-1aa9fdbf2dc7/SNHH_BreastCancerResources_Flyer.pdf.aspx?lang=en-US

Psychosocial Distress Screening

All patients with cancer are screened for distress a minimum of one time at a pivotal medical visit using a self-administered tool developed by the cancer center. Psychosocial distress is monitored throughout the patient's course of treatment in order to achieve the best overall outcome. In an effort to address distress across the continuum of care, an additional distress tool is also administered to patients at their survivorship visit.

There is a level of expectation of typical distress associated with a new cancer diagnosis. However, patients who score higher on the scale are assessed for suicidality and referred to the appropriate resource when necessary. All other patients typically will meet with the social worker to address their needs on an ongoing basis. Common resource examples are copay assistance agencies, organizations that provide grants for daily living expenses, transportation, insurance, family resources, counseling, caregiver stress, advance directives and simply how to manage life with cancer.

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Improve Access for Head and Neck Cancer Patients Referral to Speech Services:

In 2016, a multi-disciplinary team met to discuss strategies to ensure that each Head/Neck Oncology patient's team of providers were effectively communicating to optimize care. Head and Neck Cancer patients are cared for via a multi-disciplinary approach by Medical Oncologists, Radiation Oncologists, Registered Dietitians and Speech Pathologists. The integrated communication by these Specialists ensures that the patient has the right treatment at the right time and that care is coordinated throughout the course of the care plan.

More about speech services:

<https://www.snhhealth.org/our-services/speech-therapy>

A Path to Comfort through Reiki

In 2016 we offered 3,250 complimentary Reiki services to our patients. Reiki is an ancient healing art that uses a very gentle touch on select "energy centers" of your body, generally your head, shoulders, back and feet. Many people find that the practice gives them a feeling of comfort, calm, and relaxation. This may help to enhance the body's own self-healing ability and promote wellness. Reiki practitioners at Southern New Hampshire Medical Center have all been trained by a certified Reiki master. Treatments are added to the patient's medical records.

Advanced Directives

An Advance directive is a directive allowing a person to give directions about future medical

care or to designate another person to make medical decisions if he or she should lose the capacity to make health care decisions. "Advance directives" includes living wills and durable powers of attorney for health care. Through a coordinated effort of Foundation Oncology and Medical Center staff, we saw a 3 fold improvement from the previous year in the number of Oncology/Hematology patients who have an Advanced Directive on file. Currently 22.4% of patients seen 4th quarter of 2016 have an Advanced Directive on file, (up from 7.4% first quarter of 2015). We will continue these efforts, will monitor progress quarterly, and make adjustments as appropriate with the goal of allowing patients the opportunity to make their end of life wishes known.

Clinical Trials

The Health System offers patients access to the very latest in clinical trials, while giving physicians and researchers the opportunity to study the effectiveness of possible new treatment options.

In 2016, the Foundation Hematology /Oncology practice and the Cancer Center enrolled patients in four clinical trials. Twelve patients participated in active clinical trials specifically for breast cancer research.

Quality Initiatives

Digital breast tomosynthesis (DBT) was implemented in 2013, with now >95% of the screening mammograms performed with DBT. At SNHMC, the use of DBT has reduced the screening mammogram callback rate and increased the cancer detection rate, consistent with superior performance

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compared with 2D mammography as described in the literature.

Lymphedema Services

We are recognized as a National Lymphedema Network (NLN)-affiliated site, recognized for our exceptional level of care. Our goal is to lower fluid volume or swelling, and to teach patients how to manage their condition. In 2016 we expanded our Lymphedema services which included two new therapist and a third location. These adjustments have decreased the waiting list from lymphoma patients. More about this service: <https://www.snhhealth.org/our-services/cancer-care/living-with-cancer>

Barriers to Care

A presentation was made to Cancer Committee to help identify potential barriers to care, such as access, transportation, high deductible insurances, and lack of preventative health awareness.

After discussion, transportation was chosen as an area for improvement. It was noted that the American Cancer Society's Road to Recovery program lacks drivers in the area, and local hospitals have limited their transportation assistance. Alternatives include Medicaid coverage for patients who qualify and nurse practitioners visiting some patients in their home. More work is underway to address the transportation needs of our community.

Lung Cancer Screening Program

In 2015, Southern New Hampshire Medical Center achieved designation as a Lung Cancer

Screening Center by the American College of Radiology (ACR).

In 2016, Southern New Hampshire Medical Center performed 182 lung cancer screenings. Sixty-one percent of these were current cigarette smokers. 165 were negative with annual screenings recommended provided criteria continue to be met. 20 were recommended for 3 month follow up and 17 had suspicious findings where additional imaging or Bx is recommended. Our confirmed positive findings: 3 Adenocarcinoma, 1 Bronchogenic Carcinoma and 1 Multiple metastatic disease found.

For more information on the Lung Cancer Screening Program, talk to your doctor or visit <http://www.snhhs.org/?id=1157&sid=1> or http://myintranet.snhmc.org/Document-Library/Providers/SNHHS_RackCard_LungCancerScreening_3-15.aspx

To quit smoking, visit QuitWorks-NH (<http://quitworksnh.org/welcome-to-quitworks-nh/>) or call the NH Tobacco Quit line at 1-800-QUIT-NOW (1-800-784-8669.)

Quality Study

A Bladder Site Study was conducted by Dr. Stanizzi this year. Here were the results:

- 80% of cases were superficial cancer
- Smoking was the most common cause
- Bladder cancer staged as Ta and T1 have the best prognosis
- Most patient's present initially with hematuria

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Community Outreach

Our community outreach and education programs continue to receive high marks from its participants. In 2016, we offered two educational presentations; *Opportunistic Salpingectomy and Skin Signs of Systematic Disease*. Every Monday in October we participated in 'Pink Mondays' to raise awareness among staff and patients about breast cancer. deNicola was also represented at the annual *Women Inspiring Women* event where our staff helped educate attendees about signs of breast cancer.

In addition, our annual Skin Cancer Screenings helped to identify individuals who otherwise would not have been diagnosed or treated for their cancers. A total of 53 individuals were screened at 3 different locations, with 18 requiring follow-up care.

To learn more about our community education classes and screenings, visit www.snhhs.org/classes.

Quality Improvement Projects:

- Implemented new **Chemotherapy Hypersensitivity Orders** for adverse reactions during or post chemo infusions.
- The inpatient oncology unit created a **Comfort Measure Brochure** to help patients and their families ease the transition into this next level of care.
- A need for **enhanced Speech Services** was identified and a workflow was created to improve referrals and services for patients with head and neck issues.
- Based on feedback from our **Patient/Family Advisor** to the Cancer Committee, a team met to **formalize and improve availability**

of information related to Breast Cancer including:

- *The New Generation Breast Cancer Book* by Elisa Port, MD. This reference handbook is available at care and treatment locations for breast cancer patients.
- Breast Cancer Resource Brochure with online resources, list of local accessory boutiques and suppliers, Support Groups, Transportation Services, local Yoga Programs, as well as resources for spouses and children.
- Initiated strategies **to improve breast, cervical and colon cancer screening processes** in the outpatient provider offices by booking mammogram appointments at annual wellness appointments, calling to book patients that are overdue and we enhanced provider education on cervical and colon cancer screening guidelines.

Collaboration with the Radiation Center of Greater Nashua

Our collaboration with the Radiation Center ensures timely access to skilled providers in the field of Radiation Oncology, state of the art Elekta linear accelerators with on-board CT imaging and a GE large bore multi-slice CT simulator. The Radiation Center of Greater Nashua provides local access to care with easy, on-site free parking affording minimal travel time and more time for you to enjoy your day!

The Radiation Center, an ACR accredited facility, has served the Nashua community and surrounding towns since 1992. To learn more about the Radiation Center of Greater Nashua: www.radiationcenternashua.org

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Social Media Postings

Southern New Hampshire Health
Published by Audra Burns [?] · November 1, 2016 ·

Just because #BreastCancerAwareness month is over doesn't mean you can forget about your annual mammogram....book online now www.snhhs.org/mammo



Mammography - Southern New Hampshire Health System

We recommend that women 40 years and older receive annual mammograms. Finding breast cancer early reduces your risk of dying from the disease by...

SNHHS.ORG

342 people reached

Boost Post

Like Comment Share

Rachel Hodgdon Lessard, Joann Moses Provost and 2 others

Write a comment...

Southern New Hampshire Health with Ann Auger and 2 others.
Published by Audra Burns [?] · October 24, 2016 ·

We've had a great time celebrating #PinkMondays to help raise awareness of the importance of mammograms. Have you booked yours yet? <http://www.snhhs.org/mammo>



1,014 people reached


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Ann Mayo Peters, Brenda McKinley and 29 others

Southern New Hampshire Health
Published by Audra Burns [?] · November 17, 2016 ·

Nov 17th is the American Cancer Society Great American Smokeout. Lynn Cummings RRT Pulmonary Specialist shares why it is so important to quit today....



1,390 people reached

Boost Post

243 Views

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Michael DeLeo, Jan Zawatski Larmouth and 19 others

Write a comment...

Stacey Carla Hilston Awesome job!
Unlike · Reply · Message · 1 · November 17, 2016 at 12:30pm

Marcy Brassard Brackett Great job!
Unlike · Reply · Message · 1 · November 17, 2016 at 5:27pm

Southern New Hampshire Health shared Alvirne High School CTE's photo.
Published by Audra Burns [?] · October 24, 2016 ·

Marybeth Broussard, Radiology Surgical Coordinator, recently visited Alvirne High School CTE Health Science Career Fair to explain to students what a typical day is like in her profession as well as the education and experience needed to be successful. Want to learn more? Join us Nov. 10th for our own Healthcare Career Fair. Email: Julie.king2@snhhs.org



Alvirne High School CTE
October 23, 2016 ·

Alvirne High School Health Science Program juniors and seniors recently participated in a Health Science Career Breakfast where Healthcare professionals spoke t...

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Alvirne High School CTE, Patricia Wright Etchings and 3 others

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Southern New Hampshire Health
Published by Audra Burns [?] · October 17, 2016 · 🌐

The staff at deNicola Breast Health Center are proud to wear pink to support their patients. Have you scheduled your mammogram? Appointments available before work, during lunch, after work and even Saturdays - book online today! <http://www.snhhs.org/mammo> #PinkMondays

852 people reached

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Elaine Fahey McGonagle, Susannah LaDouceur and 16 others · Top Comments

Southern New Hampshire Health shared Massachusetts General Hospital Cancer Center's post.
Published by Lauren A Becker [?] · August 18, 2016 · 🌐

The National Accreditation Program for Breast Centers has awarded our Breast Cancer Program with a full 3-year accreditation. It is the third consecutive time we've earned this distinction.

Massachusetts General Hospital Cancer Center
August 18, 2016 · 🌐

Congratulations to our colleagues at Southern New Hampshire Health for being awarded as a nationally accredited program for Breast Center for the third time! To...

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326 people reached

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Debbie Bourque, Steve Cady and 16 others · Top Comments

Southern New Hampshire Health shared Massachusetts General Hospital Cancer Center's post.
Published by Jackie Clancy [?] · September 30, 2016 · 🌐

We're proud to have Nicolette on our team! Our affiliation with Mass General brings some of the best care in the country to Southern New Hampshire Medical Center. Thank you Nicolette and the entire breast cancer team for the outstanding care you provide to patients in southern NH.

Massachusetts General Hospital Cancer Center
September 30, 2016 · 🌐

Nurse practitioner Nicolette McDonnell has become the indispensable go-to person for breast cancer patients at Southern New Hampshire Health, a clinical affilia...

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Nicolette McDonnell, NP
Nicolette McDonnell, NP, has become the go-to person for breast cancer patients at her medical center.
THEONEHUNDRED.ORG

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Jule Frechette Marini, Linda Blackadar Nici and 10 others · Top Comments

Southern New Hampshire Health shared Massachusetts General Hospital Cancer Center's post.
Published by Lauren A Becker [?] · July 29, 2016 · 🌐

Our patients benefit every day from the outstanding work produced by Mass General Hospital's Center for Cancer Research. We are a proud clinical affiliate of Massachusetts General Hospital Cancer Center.

Massachusetts General Hospital Cancer Center
July 28, 2016 · 🌐

The Mass General Hospital Center for Cancer Research is bringing cutting-edge basic science together with innovative clinical care to meet the complex challenges of cancer. Learn more about the Center here: <http://bit.ly/1yI0yO>

About The Center for Cancer Research - Massachusetts General Hospital, Boston, MA
The mission of the Massachusetts General Hospital Center for Cancer Research (CCR) is to understand cancer at the molecular, cellular, tissue,...
MASSGENERAL.ORG

296 people reached


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Southern New Hampshire Health
Published by Lauren A Becker [?] · May 10, 2016 ·

Routine skin screenings can help detect skin cancer in its earliest and most treatable form. Sign up for a free skin cancer screening on May 16.



Skin Cancer Screening
Screenings are free, but by appointment only. Register online today to reserve your spot!
SNHHS.ORG

134 people reached Boost Post

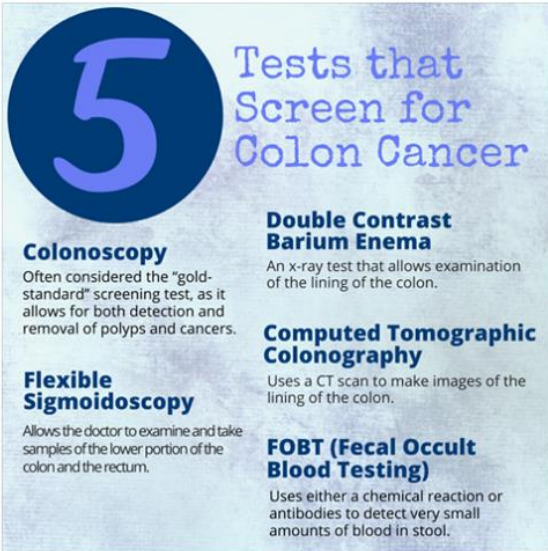
Like Comment Share

Julie Hodgson Sampson

Write a comment... GIF

Southern New Hampshire Health
Published by Lauren A Becker [?] · March 31, 2016 ·

Did you know there are 5 tests that screen for colon cancer? Colonoscopy is the gold standard, but not the only option - talk with your PCP about your options.



5 Tests that Screen for Colon Cancer

- Colonoscopy**
Often considered the "gold-standard" screening test, as it allows for both detection and removal of polyps and cancers.
- Double Contrast Barium Enema**
An x-ray test that allows examination of the lining of the colon.
- Computed Tomographic Colonography**
Uses a CT scan to make images of the lining of the colon.
- Flexible Sigmoidoscopy**
Allows the doctor to examine and take samples of the lower portion of the colon and the rectum.
- FOBT (Fecal Occult Blood Testing)**
Uses either a chemical reaction or antibodies to detect very small amounts of blood in stool.

638 people reached Boost Post

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Barbara Muskovitz Worcester, Julie Hodgson Sampson and Andrew Popelka Jr.

Southern New Hampshire Health in Nashua, New Hampshire.
Published by Lauren A Becker [?] · June 29, 2016 ·

Massachusetts General Hospital Cancer Center works on the frontline of cancer research. As the only clinical affiliate of Massachusetts General Hospital in Southern NH our patients benefit from this ground-breaking innovation and outstanding expertise every day.



Biden pushes cancer researchers to achieve "moonshot"
The vice president is bringing together hundreds of scientists, health care providers, patients and their families for a summit in Washington
WWW.CBSNEWS.COM

556 people reached Boost Post

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Tricia Jette-Gonthier, Pat Cox and 4 others

Southern New Hampshire Health
Published by Lauren A Becker [?] · March 24, 2016 ·

Dr. Flannery and Dr. Friel are fellowship trained and board certified in colorectal surgery and are available to help you. <http://bit.ly/1XQaRIZ>



Meet our Colorectal Surgeons

Dr. John Friel

Dr. John V. Flannery, Jr.

Colon & Rectal Surgery
of New England

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Heather Barlow, Donna Grand-Monty and 5 others