



Report from the Chair and Cancer Liaison

Upper Chesapeake Health (UCH) Oncology Services is continuing to build on its commitment to provide unparalleled care and support to individuals and their families living with cancer. Our services, from prevention programs and screenings to treatment, focus on the quality of life of each individual we serve. The year 2010 was an exciting year of development and planning for a multidisciplinary and personalized approach to cancer treatment in our community.

In 2009, UCH focused on using the American College of Surgeons Commission on Cancer Quality (CoC) Reporting Tools to promote quality care for breast and colon cancer. These quality reporting tools are designed to promote quality at the community level as well as give providers comparative data with both state and national patterns of care in order to assess and adhere to national standards for cancer treatment. Both of the UCH hospitals undergo a rigorous review every three years. Maintaining CoC approval is a voluntary commitment that ensures access to the full scope of services required to diagnose, treat, rehabilitate and support individuals with cancer and their families. CoC standards ensure comprehensive care, a team approach to coordination of care, and ongoing monitoring and improvements in cancer care.

As a result of establishing and monitoring our oncology care quality goals in 2009, UCH improved the clarity of the patient pathology report structure, enhanced communication among medical disciplines, and streamlined the specimen collection and documentation process to increase accuracy. In 2010 both Upper Chesapeake Medical Center (UCMC) and Harford Memorial Hospital (HMH) exceeded established benchmarks for all six quality indicators emphasized by the CoC.

Multidisciplinary treatment planning is a process that facilitates communication between cancer specialists. This process offers a forum for shared learning and exchange of ideas. The outcome of the discussion is a comprehensive plan of care that is tailored to the individuals' overall health, tumor characteristics and stage of disease. Diagnostic radiologists and pathologists present their findings to the assembled surgeons and medical oncologists for review and discussion. The presentation takes place after the results of the biopsy are known and before any definitive surgery has taken place. The plan of care that is approved is based on National Comprehensive Cancer Network (NCCN) guidelines and individuals' preferences for care. The UCH affiliation with the University of Maryland Medical System (UMMS) has provided for the inclusion of specialists from the UMMS in these multidisciplinary discussions.

In 2010 we began to conduct multidisciplinary case conferences in conjunction with the University of Maryland. We currently teleconference with the multidisciplinary group for cancers of the lung, esophagus and breast with plans to add lymphoma in 2011.

Providing psychological support and navigational services for individuals living with cancer continues to be a huge benefit offered by the Cancer LifeNet Program at UCH. The Cancer LifeNet Nurse Navigators delivered much-needed guidance, education and support to 1,794 cancer patients in 2010. Our oncology social workers provided 395 counseling sessions to children and adults and more than 480 new individuals participated in our free monthly support groups.

All of our Cancer LifeNet Services are made possible due to the generous support from The Upper Chesapeake Health Foundation and the Chesapeake Cancer Alliance (CCA) in conjunction with private donors in our community. With this support, we are truly "neighbors helping neighbors."

Also in 2010, UCH sponsored two educational symposiums for healthcare professionals. Featuring speakers from the University of Maryland Marlene and Stewart Greenebaum Cancer Center, University of Maryland School of Medicine, Johns Hopkins University School of Medicine and Georgetown University, the symposiums covered the clinical management of GU malignancies and of Breast Cancer.

The partnership with the University of Maryland Marlene and Stewart Greenebaum Cancer Center continues to play a major role in our future planning for a fully integrated and comprehensive cancer center on the campus of UCMC. Our goal has and will continue to be to provide unparalleled cancer care that improves treatment options and promotes survivorship.



Sankari Sivasailam, MD
Chair, Cancer Committee



Scott Steinmetz, MD
Cancer Liaison, General Surgery



OUR SERVICES

Medical and Radiation Oncology

Our medical oncologists provide diagnosis, evaluation and treatment for various types of cancer. Their treatment modalities include conventional chemotherapy, monoclonal antibody therapy and targeted therapies.

The provision of medical oncology care at Upper Chesapeake Health (UCH) has benefited tremendously from the availability of multidisciplinary conferences in which physician experts in cancer treatments can review diagnostic findings together and can combine that expertise to formulate therapeutic plans that best serve our patients.

UCH has an on-site Infusion Center for individuals who require frequent intravenous infusions of medications, hydration and transfusions of blood products. Our nursing team is present throughout the entire treatment process, providing venous access and medication delivery. The Infusion Center specializes in PICC line insertions and central line catheter care, chemotherapy administration, hydration and intravenous therapies, IV antibiotic therapy, IV anti-emetic care, pain management, transfusions of blood products and therapeutic phlebotomy.

For radiation therapy, UCH patients are referred to Riverside Oncology or to Chesapeake Radiation Oncology.

Surgical Oncology

Our fully trained and board certified surgeons in the UCH Department of Surgery provide the full spectrum of surgical treatment and follow-up care for individuals diagnosed with cancer. As members of the cancer team, our surgeons participate in diagnostic workup and treatment planning

at our multidisciplinary case conferences. In the case of most solid tumors, the surgeon often initiates the care plan by obtaining a tissue biopsy for diagnosis.

To optimize the chance of cancer cure, the surgeon may then remove the cancer, perform reconstruction to improve cosmesis or function, or palliative surgery to decrease cancer-related complications. If needed, the surgeon will coordinate continued care with other specialists and observe for possible tumor recurrence.

The Department of Surgery continues to bring the latest surgical techniques to Upper Chesapeake Health. Routine procedures include sentinel lymph node biopsy for both breast cancer and melanoma, and stereotactic procedures as well as surgical laparoscopy for minimally invasive approaches to diagnosis and treatment. Significant strides were made in the quality of surgical oncology care with the improvement of the specimen documentation, the pathology reporting process and the staging of cancer.

Quality Cancer Care

Through our partnership with the University of Maryland Marlene and Stewart Greenebaum Cancer Center, the Upper Chesapeake Health Tumor Board is conferring with the University of Maryland Medical Center Tumor Board. This allows individuals to receive an instant second opinion from experts at the University of Maryland Medical System. Tumor board members consist of various cancer specialists who review and discuss a individual's medical condition and different treatment options. Representatives from the following disciplines at both institutions who regularly attend these meetings include: surgery, medical oncology, pulmonology, pathology, radiology, and radiation oncology.



In 2010, under the direction of the Cancer Liaison and the Cancer Committee, a cooperative effort between the Departments of Surgery and Pathology was launched to ensure maximum harvesting of lymph nodes to surpass the “gold standard” for colon cancer specimens. This process allows a more accurate staging of colon cancer.

STANDARDS OF CARE

The Oncology Programs at Harford Memorial Hospital (HMH) and Upper Chesapeake Medical Center (UCMC) are accredited by the American College of Surgeons Commission on Cancer (CoC). Both hospitals have met the standards of care set by the CoC for prevention, early detection, diagnostic services and treatments, rehabilitative care, palliative care, navigator services and supportive care services.

Cancer programs earning recognition from the CoC offer high-quality cancer care. Only one in four hospitals that treat individuals with cancer receives this special accreditation. As CoC-accredited hospitals, HMH and UCMC are committed to providing access to medical specialists involved in the diagnosis and treatment of cancer. The hospitals also offer various cancer-related programs that cover prevention, early diagnosis, pre-treatment evaluation, staging, optimal treatment, rehabilitation, surveillance for recurrent disease, psychosocial support and end of life care.

At UCH, prevention activities include programs that educate the public about cancer risks and the importance of early detection. Cancer screening programs and educational lectures are held throughout the year free to the community, including access to smoking cessation courses and oral, head and neck, prostate and skin cancer screenings. The cancer screenings offered by UCH follow evidenced-based guidelines established by the American Cancer Society.

Diagnostic Services and Treatment

UCH uses a multimodality approach to diagnosing and treating cancer, combining diagnostic interventions, surgery, chemotherapy, radiation therapy, hormonal therapies, biological therapies, complementary medicine and rehabilitation services. As a result of UCH’s partnership with the University of Maryland Marlene and Stewart Greenebaum Cancer Center, additional services are available to Harford and Cecil County residents living with cancer.

Navigator Services and Supportive Care

The UCH Cancer LifeNet Program offers nurse navigator, volunteer navigator and supportive care services to individuals living with cancer and their families. Cancer LifeNet continues to expand its network of education and support, including a highly successful Survivor Day luncheon. The Cancer LifeNet Program continues its dedication to enhancing individuals’ quality of life by ensuring their physical, psychosocial, spiritual and everyday needs are met throughout the continuum of care.

Palliative Care

Palliative care ideally begins at the time of diagnosis of a life-threatening illness and consists of symptom and pain management. This healthcare specialty cares for the individual’s quality of life—anywhere and anytime along the illness continuum. Referrals to palliative care are recommended whenever an individual is in acute or chronic distress or pain. When the Upper Chesapeake Palliative Care Team receives a referral, they evaluate an individual’s history, life stressors, values and perceptions. The team then develops a plan that helps provide relief in keeping with the individual’s beliefs. The Palliative Care Team typically includes a nurse, doctor, chaplain, social worker, dietitian and other therapists who are all active in coordinating the care of the individual and the needs of the family while in the hospital setting. This multidisciplinary approach with a focus on compassion is what makes palliative care extremely beneficial to the individual and family.

In 2010, UCH opened the first residential hospice house in Harford County, The Senator Bob Hooper House. The facility offers a homelike setting for individuals who require end of life care. The residence facility features private rooms, a community kitchen, dining room, family room and overnight accommodations for family members.





SUPPORT IS A KEY ELEMENT TO THE PLAN OF CARE

The Oncology Program at Upper Chesapeake Health (UCH) takes a multidisciplinary approach to caring for individuals living with cancer. "There are emotional side effects to a cancer diagnosis and, fortunately, we have a great support group in Cancer LifeNet," explains Dr. Sankari Sivasailam, Co-Director of Upper Chesapeake's Breast Center.

For individuals diagnosed with cancer, the clinical treatment of their disease is only part of the overall treatment of their illness; the mind and the spirit must heal, as well. "Being given the diagnosis of cancer is like being hit between the eyes with a 2x4," explains Jane Knapp, LCSW-C, RN, a Cancer LifeNet support group facilitator. "Out in your community, you may be the only person [with this diagnosis] and people are afraid to talk to you. They want to say the right thing but they don't know what that is" adds Knapp. "There are so many issues to deal with when you are given that diagnosis and, in the support groups, you can sit with other people who have considered those issues and experienced them. It's just a tremendous feeling of support to a person."

John Anthony, a prostate cancer survivor and support group member explains, "Through these monthly meetings, I gained confidence about various treatments and realized that I had many friends with which to share my frustrations and fears. They were helpful to my healing process, both cognitively and emotionally, and they continue to play an important part in my life as a cancer survivor."

The help you receive in these support groups doesn't end when your treatment ends. "The support group is helpful to me as long as I am a cancer survivor which is forever," says Anthony. Once involved in support groups, many individuals realize that the benefits are not only what they can get from the group, but what they can offer to others.

Ken Holcomb, a longtime member of the group, started attending even before he had surgery for his prostate cancer. He, like many others, got much needed information about what he was facing and what his options were, but ended up getting much more. "There is someone there from every treatment choice; you can get all your questions answered," Holcomb says. "Everyone shares his or her respective journeys; we can all help each other and give back." Holcomb did something most men in the group don't do. He brought a date! When he first met his future wife, he told her all about his cancer right away and asked her to accompany him to a support group meeting. "I was so impressed that he asked me to go," explains Mary Jo Holcomb, "and I felt comfortable right away. I was the only woman [attending] for a long time."

Over the years, female attendance at the Cancer LifeNet prostate cancer support group has increased and women have become an important part of the group. "The disease impacts both parties," explains Ken, "and sometimes women attend even without their husbands." Mary Jo says "Intimacy issues are talked about openly and those issues affect all of us. There is a lot of honesty and laughter. After years of being together, we have become a family."





CANCER LIFENET PROGRAM: FACING CANCER TOGETHER

The Upper Chesapeake Health Cancer LifeNet Program helps individuals living with cancer find the services they need to balance work, family and cancer treatment. Cancer LifeNet skilled professionals have an in-depth knowledge of cancer treatment and the emotional and financial resources available in the community. Nurse Navigator and supportive care services are provided free through the Cancer LifeNet Program for all individuals in Harford and Cecil Counties with a cancer diagnosis, regardless of where they receive treatment.

Through individual and group counseling programs, our oncology social workers help individuals and their loved ones find the inner strength to cope with the psychological impact of cancer. They aid survivors in understanding the maze of insurance issues, social security benefits, prescription coverage and available financial assistance programs. They also facilitate support groups, offering a chance for individuals to share ideas, strategize and develop friendships with others struggling to meet the challenges of cancer treatment.

The Cancer LifeNet nurse navigators are experienced registered nurses who help survivors navigate the healthcare system, and provide education on how to manage the side effects of cancer treatment, what to expect, what is normal and when to call the doctor. They understand the disease process and physician network so they can help individuals living with cancer make educated decisions that are right for them.

Specifically, nurse navigators can provide support for and answers on:

- Symptom management
- Healthcare referrals
- Changing healthcare needs as individuals transfer from surgeon to medical oncologist to radiation oncologist
- Palliative and end of life care

Overall, the Cancer LifeNet Program provides:

- Education on disease process and symptom management
- Community resource referrals
- Genetic counseling referrals
- Complementary medicine referrals
- Health promotion for cancer survivors
- Individual and group counseling
- Classes and support groups
- Seminars and workshops
- Resource and lending libraries
- Community and workplace presentations

The Cancer LifeNet Program provides a safe harbor for individuals who are managing cancer. Our oncology social workers and nurse and volunteer navigators work side by side with persons living with cancer and their families during each phase of treatment and recovery. For more information, call the Cancer LifeNet Helpline at 866-393-4355 or visit uchcancer.org.



Maryland Oncology & Hematology Associates: Pictured left to right: Ashkan Bahrani, MD; Myo Min, MD; Philip Nivatpumin, MD; Sankari Sivasailam, MD; Venkata Parsa, MD.



2010 CANCER LIFENET PROGRAM HIGHLIGHTS

Support Care Services Program

- Provided 1,794 patient supportive care sessions
- 130 parent and children participating in CLIMB™ program (a support program for children who have a loved one with cancer)
- Extended CLIMB program at Southampton Middle School for interested families
- Participated in numerous community outreach and education events

Navigator Program

New patient volumes by site

- 109 - Breast
- 81 - Lung
- 50 - Colorectal
- 24 - Head & Neck
- 19 - Prostate
- 120 - Other (blood-related, cervical, ovarian, bladder)

2010 Events

- Sponsored 4th Annual Survivors' Day luncheon with 225 attendees
- Cancer Awareness Fall Health Fair - collaborated with Harford Community College to provide free cancer health screenings, health information exhibits and lectures
- Cancer awareness presentations at local area churches and local government groups
- Awareness presentation to Bel Air and Aberdeen Rotary Clubs and the Havre de Grace Lions Club
- Relay for Life - Patterson Mill, Fallston and Havre de Grace High Schools
- The Red Devils Heart & Sole Stroll
- Biking for Breast Cancer
- Komen Race for the Cure



Cancer LifeNet provides supportive counseling services.



UPPER CHESAPEAKE HEALTH FOUNDATION

The Upper Chesapeake Health Foundation supports the mission of Upper Chesapeake Health through developing relationships with local citizens and organizations who wish to take part in the expansion and improvement of healthcare services provided in Harford County. Through the work of the Upper Chesapeake Health Foundation, the community supports their hospital through philanthropic gifts, planned giving, participation in fundraising events and volunteerism.

In particular, the Upper Chesapeake Health Foundation sponsored their annual Golf and Tennis Tournament, which raised \$116,730 and their biennial Starnight Gala, which raised \$237,460. The annual Golf and Tennis Tournament is attended by over 175 community members. During the dinner and awards presentation, Morgan Walter, a cancer survivor and an individual who was supported by the Cancer LifeNet's navigation and support services, spoke about the importance of this critical program to those who were not only battling the disease but also for help in remission and during survivorship.

The biennial Starnight Gala hosted over 750 guests in support of the Cancer LifeNet program where guests enjoyed an evening filled with friendships, both old and new, dancing and hope for Harford County residents who are faced with cancer.

The Upper Chesapeake Health Foundation has a great partner in the Chesapeake Cancer Alliance (CCA) of Harford County. CCA, formed in July 2003 when a group of friends interested in improving the quality of life for individuals with cancer in their own community, committed to raise funds to provide supportive services. Today, those services include prevention,

education, treatment, research and counseling programs now offered through Upper Chesapeake Cancer LifeNet, the Upper Chesapeake Health Breast Center and other developing UCH programs to treat cancer. The CCA supports these programs through individual and group fundraising projects, business and corporate sponsorships, memorials and donations from the community. CCA volunteers now number over 180 active members. To learn more about CCA membership, visit their website at chesapeakecanceralliance.org or call the Upper Chesapeake Health Foundation at 443-643-3460.

Some Recent Chesapeake Cancer Alliance Events Include:

- Decorator Show House
- Fashion Events
- Annual Gift Wrap at Harford Mall
- Christmas Tour of Homes
- Christmas Festival of Trees
- Dream Kitchen Tour
- Charity Golf Events
- Basket Bingo
- Antique Appraisal Day
- Tribute Dinner
- Bus Trips
- Garden Marts
- Silent Auctions
- Raffles
- Bridge Tournaments
- Phantom Tea
- CCA Cookbook

Starnight – proceeds benefit Cancer LifeNet (left to right): Lyle E. Sheldon, CEO/President of Upper Chesapeake Health; Roger Schneider, MD, Chair, Upper Chesapeake Health Board of Directors; Richard P. Streett, Jr., VMD, Chair of Upper Chesapeake Health Foundation Board of Directors pose at Star Night, a biennial fundraiser benefiting Cancer LifeNet.



2010 Cancer Committee Members

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Sankari Sivasailam, MD

Cancer Liaison, Surgery

Scott Steinmetz, MD

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Fred Gebhardt, MD

Radiology

Brian Monroe, MD

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Ashkan Bahrani, MD

Radiation Oncology

Vinita Patanaphan, MD
David Horvick, MD

Gynecology

Shari Sopher, MD

Urology

Robert Hoofnagle, MD

Palliative Care

Angela Poppi-Riese, MD

General Surgery

Elie Fraiji, MD
M. Jaber, MD
Frederick Walker, MD

Pulmonology

Khalid Puthawala, MD

Thoracic Surgery

Kunda Biswas, MD

Non-Physician Members

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Community Outreach

Vickie Bands, RN

Oncology Registry

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Pharmacy

Jeff Gorschboth, RPh

Performance Improvement

Nancy Howard, RN

Cancer LifeNet

Patsy Astarita, MSW
Michelle Byers, MSW
Leslie Clark, RN
Sue Evans, RN
Jane Knapp
Andrea Waldt

Nutrition

Louise Rennie, RD, LDN

Oncology Nursing

Mary Flaherty, RN, OCN
Lisa Jennings, RN

Spiritual Care

Nick McDonald, MDiv, BCC