

2017 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](#).

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.

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. In 2017 we saw 12 new Head/Neck patients.

More about speech services:

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

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Fast Breast MRI for Intermediate Risk Women and Women with Dense Breasts

Screening breast MRI is a highly sensitive, cost-effective technique for screening women at high-risk for developing breast cancer. As we anticipate breast density legislation in New Hampshire and consider the implications of mandatory breast density reporting to patients and physicians, we compared adjunct screening techniques for women with dense breasts and for those women at intermediate risk for developing breast cancer.

Current research and initial reports in clinical practice support the use of an abbreviated breast MRI protocol (Fast Breast MRI) that decreases scan time with a similarly high level of cancer detection. Fast Breast MRI is designed to detect invasive breast cancer, not the full spectrum of diseases that can be diagnosed using a full breast MRI protocol.

Women now benefit from improved access to MRI at a lower cost and SNHHS is the first health system in the state to offer this service.

A Path to Comfort through Reiki

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. In 2017 a process improvement plan was put in place to help increase the number of patients with advance directives in their medical records. Some of these improvements included staff education, AD added to our Distress Screening Tool and connecting patients with social workers to complete paperwork. We also hosted two community events where a panel of experts (including medical, legal & spiritual) educated residents about what an AD is, why it’s important and how to fill out paperwork. We had a total of 25 people attend these free presentations. 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.

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In 2017, the Foundation Hematology /Oncology practice and the Cancer Center had patients enrolled in four clinical trials. Eleven patients participated in active clinical trials specifically for breast cancer research.

Imaging Timeliness of Care: Time Between Screening Mammogram and Diagnostic Mammogram

The deNicola Breast Center is a proud member of the National Quality Measures for Breast Centers (NQMBC), a quality initiative of the National Consortium of Breast Centers. The Breast Center inputs and tracks quality measures to ensure and improve high quality care for our patients. The deNicola Breast Center understands the importance of scheduling appointments when a patient is called back for additional images from their screening mammograms. We are proud of improving our quality measure for time between screening mammograms and diagnostic mammograms due to the strong tracking team and flexibility of scheduling to prioritize based on the patient's need.

Lung Cancer Screening Program

Southern New Hampshire Medical Center is designated as a Lung Cancer Screening Center by the American College of Radiology (ACR).

In 2017, we performed 225 lung cancer screenings. Fifty-six percent (127 patients) of these were current cigarette smokers. 193 were negative with annual screenings recommended provided criteria continue to be met. 18 were recommended for 3 month

follow-up studies and 14 has suspicious findings where additional imaging or biopsy is recommended. Our confirmed positives findings: 1 Multiple metastatic disease, 1 small cell carcinoma, 1 non-small cell carcinoma, 1 Aspergilloma were found. Since we started the program in April 2015, we have performed 496 lung cancer screenings.

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/DocumentLibrary/Providers/SNHHS_RackCard_LungCancerScreening_3-15.aspx

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

Community Outreach

Our community outreach and education programs continue to receive high marks from its participants. Every Monday in October we participated in 'Pink Mondays' to raise awareness among staff and patients about breast cancer and we are active sponsors of the American Cancer Society's local events. deNicola Breast Health Center was represented at the annual *Women Inspiring Women* event where members of our surgical team helped educated attendees about signs of breast cancer.

We offered a Lung Cancer Screening Presentation to our 55+ community and partnered with the Nashua Senior Center to educate the seniors about colorectal screenings. We were also featured on

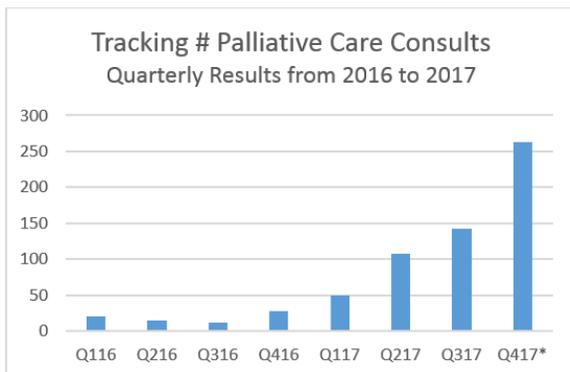
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WMUR/ABC Channel 9 to talk about breast health and promote our deNicola 30th Anniversary Celebration - Watch here: <http://www.wmur.com/article/cook-s-cornercarrot-cake-smoothie-bowl/13107114>

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 Project: Improving Palliative Care Consults

Palliative care treats symptoms and relieves suffering for anyone with a serious illness. In 2017, the Cancer Committee made efforts to identify patients and families with palliative care needs early on and facilitated timely referral to improve their quality of life. Rack cards were placed in outpatient office settings and here are the results from 2016-2017:



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 ASTRO (American Society for Radiatio Oncology) accredited facility, has served the Nashua community and surrounding towns since 1992. The Radiation Center is the first radiation therapy facility in New England to achieve this accreditation, recognizing safety and quality of care. To learn more about the Radiation Center of Greater Nashua:

www.radiationcenternashua.org

Social Media

In 2017 we shared thirty-two cancer related posts on our Facebook account. We continue to utilize this platform to reach our community with educational information, screening opportunities, hospital happenings and sharing the latest cancer news. Here are the top posts with the most engagements:

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Southern New Hampshire Health
Published by Audra Burns [?] · October 2, 2017 ·

On Mondays we wear pink! October is Breast Cancer Awareness Month and every Monday in October we are encouraging Southern New Hampshire Health employees to wear pink to help raise awareness of breast cancer and to share the importance of early detection. Click to learn more about mammography at the deNicola Breast Health Center. <http://www.snhhealth.org/denicola> #SNHCancerCare



2,243 people reached Boost Post

Like Comment Share

Ellie Ferrier, Paul Miller and 44 others · Most Relevant

4 Shares

Write a comment...

Southern New Hampshire Health
Published by Drew Walker [?] · October 18, 2017 ·

Nicolette McDonnell, RN-BC, WHNP-BC of Foundation MGH Breast Surgery discusses risk factors for developing breast cancer, screening options and risk reduction strategies in this informative presentation. <http://bit.ly/2yoKPHI> #WellnessWednesday #SNHCancerCare



2,030 people reached Boost Post

Like Comment Share

Rachel Hodgdon Lessard, Dave McDonnell and 14 others

10 Shares

Southern New Hampshire Health
Published by Drew Walker [?] · July 12, 2017 ·

Click to learn more about our mammography services through the deNicola Breast Health Center. <http://bit.ly/2uQOrQs> #WellnessWednesday #SNHCancerCare



#WellnessWednesday

We recommend that women **40 years and older** receive **annual mammograms**.

Finding breast cancer early reduces your risk of dying from the disease by **25-30% or more**.



1,299 people reached Boost Post

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Paul Miller, Kathleen Jack and 9 others

6 Shares

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Southern New Hampshire Health
Published by Drew Walker (P) · October 23, 2017 ·

Nicolette and Pauline from the deNicola Breast Health Center are sharing what motivates them on a Monday in our latest episode of Motivational Mondays! #SNHCancerCare



Motivation Monday - deNicola 30th Anniversary Celebration! - Southern New Hampshire Health HQ
Today's special edition of Motivation Monday talks about our upcoming Women's Health Celebration. Join us as we celebrate 30 years of the deNicola Breast...
SNHHQ.ORG

2,270 people reached Boost Post

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Diana Deharo Castine, Jennipher Mansur and 31 others · Most Relevant

8 Shares

Southern New Hampshire Health
Published by Drew Walker (P) · November 29, 2017 ·

November is Lung Cancer Awareness Month 2017. While there is no way to prevent lung cancer, you can reduce your risk. Follow these steps, and click on the link for more detailed information on how to reduce your risk from the Mayo Clinic. Like and share with your friends to spread awareness for this important month! <http://mayoclinic.com/2AjdHlk> #WellnessWednesday #SNHCancerCare

#WellnessWednesday

Reduce your risk of lung cancer:

- Don't smoke
- Stop smoking
- Avoid secondhand smoke
- Test your home for radon
- Avoid carcinogens at work
- Eat a diet full of fruits and vegetables
- Exercise most days of the week

 southern new hampshire health Source: Mayo Clinic

495 people reached Boost Post

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Tahani Alturkistani and Audra Burns

3 Shares