Cancer Care Outcomes Report

Shady Grove Adventist and Washington Adventist Hospitals

Statistical data from 2011
Dear Colleague,

This is a momentous time for cancer care at Shady Grove Adventist Hospital. Soon, we will proudly open the Shady Grove Adventist Aquilino Cancer Center—Montgomery County’s first freestanding outpatient cancer center—on the Shady Grove Adventist campus.

The quality of Shady Grove Adventist Hospital’s cancer program is recognized at the highest level through accreditation with commendation by the Commission on Cancer (CoC) of the American College of Surgeons (ACoS). We’ve earned this prestigious distinction by offering multidisciplinary care teams, evidence-based treatment planning, state-of-the-art technology, patient education, access to clinical trials and comprehensive navigation services and support to our patients.

Joseph Haggerty, M.D.
Chairman, Cancer Committee
Hematology/Oncology

This patient-centered care is delivered at Shady Grove Adventist Hospital by a coordinated team of leading oncologists, surgeons, oncology nurses, technicians and a cancer care navigation team that includes nurses, a dietitian and a social worker. Together, we are able to provide a seamless continuum of care from diagnosis and treatment to recovery and support.

The Shady Grove Adventist Aquilino Cancer Center is set to open this summer. Its proximity to and coordination with Shady Grove Adventist Hospital’s inpatient oncology services will allow for a multidisciplinary approach to communicate with colleagues as we address the complexity of care that cancer treatment requires and help us continue to deliver quality cancer care to patients and families well into the future.

Joseph Haggerty, M.D.
Chairman, Cancer Committee
Hematology/Oncology

2012 Cancer Committee—Shady Grove Adventist Hospital*

Joseph Haggerty, MD
Chairman
Medical Oncology/Hematology

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Cancer Liaison Physician
Radiation Oncology

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Cancer Registry Data Quality Coordinator
Cancer Registry Program Manager

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Oncology Social Worker

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Palliative Care Representative Lead Oncology Navigator

Vijay Varma, MD
Nuclear Medicine

DongMei Wang, MD
Medical Oncology/Hematology

* Includes both required and ad hoc members
Dear Colleague,

At Washington Adventist Hospital in Takoma Park, our cancer program has a strong foundation built on clinical quality and a compassionate, skilled team of exceptional physicians, nurses and support staff. Our comprehensive cancer program is accredited at the highest level for community hospitals with commendation from the Commission on Cancer (CoC) of the American College of Surgeons (ACoS). This means the quality of cancer care services offered at Washington Adventist Hospital are in line with some of our nation’s top cancer treatment centers. Washington Adventist Hospital was recently acknowledged by the Standards Advisory Group for Excellence (SAGE) for a process that was developed to evaluate and document the treatment plans for prostate cancer patients.

One of the most important attributes of our cancer care program is the coordination and communication between the physicians, support teams and our patients. At WAH a multidisciplinary team made up of physician specialists, oncology-trained navigators and other health-care providers meets regularly to discuss current cancer cases to ensure that patients receive the best, most advanced care possible.

Our Cancer Care Navigation Team helps eliminate barriers patients may encounter while undergoing necessary treatments by helping patients and their families through emotional support, coordinating the implementation of care plans and making the proper referrals for financial support and counseling.

The future is bright for Washington Adventist Hospital’s cancer care program, especially as we intently focus on continually delivering high-quality care, aligned with the mission and vision of Adventist HealthCare, to all in our community.

Shailendra Kumar, M.D., FACS
Urology
Cancer Committee Chairman
Washington Adventist Hospital

Shailendra Kumar, MD, FACS
Chairman
Urology

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Oncology Chaplain

Melina Talavera, BS
Cancer Outreach, Health & Wellness

* Includes both required and ad hoc members
Adventist HealthCare Cancer Care

2011 Frequency of Cancer

Adventist HealthCare saw 1,300 cancer cases in Maryland in 2011. The patients were either diagnosed at Shady Grove Adventist Hospital, Washington Adventist Hospital or received all or part of their initial treatment at an Adventist HealthCare facility. The top three diagnoses were breast cancer, cancers of the digestive system (including colorectal cancer) and prostate cancer.

Adventist HealthCare 2011 Total Cancer Cases, n = 1,300

- Breast, 308 (24%)
- Prostate, 211 (16%)
- Urinary System, 80 (6%)
- Digestive System, 211 (16%)
- Lung & Bronchus, 126 (10%)
- All Other*, 365 (28%)

Chart includes data from:
- Shady Grove Adventist Hospital
- Washington Adventist Hospital
- Shady Grove Adventist Radiation Oncology Centers in Germantown and Rockville, Md.

* All types of cancers that do not fall into the category of breast, prostate, digestive, lung and bronchus or urinary system cancer.
Community Cancer Outreach—Adventist HealthCare

**Breast Cancer Screening Program and Cancer Screening Day 2012**

Since 1993, the Breast Cancer Screening Programs at both Shady Grove Adventist Hospital and Washington Adventist Hospital have helped low income, uninsured women 40 years and older fight the battle against breast cancer in the Maryland area. The program provides free screening services to underserved women who may otherwise not have access to these services due to income and insurance limitations. This community program aims to make screening, diagnostic and treatment services accessible to all women to reduce the number of deaths related to breast cancer.

This program is funded by the Susan G. Komen Foundation, the Primary Care Coalition, the Montgomery County Health Department’s Women’s Cancer Control Program, the State of Maryland’s Breast and Cervical Cancer Diagnosis and Treatment Program and the Shady Grove Adventist Hospital Foundation.

Every year, the number of patients the program serves increases. To date in 2012, more than 1,200 patients have benefited from the program through breast health education, clinical breast exams, mammograms and treatment.

Adventist HealthCare has also supported local cancer screenings and education by providing annual cancer screening days at both Shady Grove Adventist and Washington Adventist Hospitals. Various cancer screenings are provided for breast, thyroid, colorectal, oral, prostate and skin cancers. Each year, the number of participants continues to grow and with the new space available at Shady Grove Adventist Hospital, the opportunities are endless. In 2012, Adventist HealthCare had 220 participants and performed 689 screenings.

<table>
<thead>
<tr>
<th>Site</th>
<th>Number of Screens</th>
<th>Number of Abnormal Screens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin</td>
<td>173</td>
<td>51</td>
</tr>
<tr>
<td>Prostate—PSA</td>
<td>85</td>
<td>5</td>
</tr>
<tr>
<td>Prostate—DRE</td>
<td>77</td>
<td>11</td>
</tr>
<tr>
<td>Thyroid</td>
<td>106</td>
<td>20</td>
</tr>
<tr>
<td>Oral</td>
<td>95</td>
<td>4</td>
</tr>
<tr>
<td>Breast—CBE</td>
<td>81</td>
<td>10</td>
</tr>
<tr>
<td>Colorectal—FOBT</td>
<td>172</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total Screens:</strong></td>
<td><strong>789</strong></td>
<td><strong>101</strong></td>
</tr>
</tbody>
</table>
Both Shady Grove Adventist Hospital and Washington Adventist Hospital are committed to delivering comprehensive, coordinated and integrated cancer care to patients within the communities they serve. The Cancer Care Navigation Team, which provides services to all patients with cancer, focuses on ensuring that patients have timely access to care by eliminating barriers that patients may encounter while undergoing necessary treatments. In order to meet the unique needs of each cancer patient and their family, the Cancer Care Navigation Team provides a multidisciplinary approach involving nursing, nutrition and social work support. In 2012, a Breast Nurse Navigator and Thoracic Nurse Navigator were added to the Shady Grove Adventist Hospital team to provide site-specific navigation for patients with breast and lung cancer.

In 2012, collaboration between physicians and other health-care providers, as well as the cancer care team and members of the community, identified barriers to care commonly faced by cancer patients. The cancer navigation team provides a focused approach to eliminating these barriers allowing patients to receive necessary tests and treatments and ultimately improve treatment outcomes. Barriers to care have been identified and grouped into four main categories: Financial/Daily Living, Psychosocial, Nutrition and General (see Table 1). As the Cancer Care Navigation Team provides care and support to cancer patients and their families, they track the successful elimination of barriers.

### Table 1: Barriers to Cancer Care

<table>
<thead>
<tr>
<th>Financial/Daily Living</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Transportation</td>
</tr>
<tr>
<td>• Housing</td>
</tr>
<tr>
<td>• Food/Difficulty Preparing Meals</td>
</tr>
<tr>
<td>• Under/Uninsured</td>
</tr>
<tr>
<td>• Access to Care</td>
</tr>
<tr>
<td>• Financial Distress</td>
</tr>
<tr>
<td>• Medication Assistance</td>
</tr>
<tr>
<td>• Co-Pay Assistance</td>
</tr>
<tr>
<td>• Work Issues/FMLA/SSDI</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Weight Loss</td>
</tr>
<tr>
<td>• Loss of Appetite</td>
</tr>
<tr>
<td>• Difficulty Swallowing/PEG-J Tube</td>
</tr>
<tr>
<td>• Symptom Management/General Concerns</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Psychosocial</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Overwhelmed/Distress</td>
</tr>
<tr>
<td>• Mental Health Needs/Counseling</td>
</tr>
<tr>
<td>• Difficulty Processing Information</td>
</tr>
<tr>
<td>• Lack of Support System</td>
</tr>
<tr>
<td>• Treatment Compliance Issues</td>
</tr>
<tr>
<td>• Talking with Children/Family</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cultural Barriers</td>
</tr>
<tr>
<td>• Caregiver Support/Respite</td>
</tr>
<tr>
<td>• Support/Support Groups</td>
</tr>
<tr>
<td>• Medical Supply Needs</td>
</tr>
<tr>
<td>• Understanding of Illness/Treatment</td>
</tr>
<tr>
<td>• Communication with Health-care Team</td>
</tr>
<tr>
<td>• Wants More Information</td>
</tr>
<tr>
<td>• Application Assistance</td>
</tr>
<tr>
<td>• Additional/Other Needs</td>
</tr>
</tbody>
</table>
Barriers to care are monitored and reviewed monthly by the navigation team to ensure continued focus on timeliness of care and prevention of treatment delays. The barriers to care list was developed into a Cancer Care Navigation Team Screening tool that is used to better identify patients with navigation needs at the Radiation Oncology Centers and physician offices.

**Outcomes**

In the 2nd and 3rd quarter of 2012, the Cancer Care Navigation Teams at Shady Grove Adventist Hospital and Washington Adventist Hospital removed a total of 2,397 barriers to care while assisting patients with cancer. The total barriers removed at Shady Grove Adventist Hospital were 1,378 and 1,019 barriers to care were removed at Washington Adventist Hospital. The barriers to care removed at Shady Grove Adventist Hospital are almost evenly distributed among the four designated categories (see Table 2), while the barriers removed at Washington Adventist Hospital are more in the Financial/Daily Living and Psychosocial categories. At Washington Adventist Hospital, the Financial/Daily Living category represents the largest percentage of barriers removed at 43%, while Psychosocial barriers are the second most represented category at 27% of the total barriers removed (see Table 2). The variation in the percentage of barriers removed in each category between the two hospitals is reflective of the demographics served at each location.

For more information about our cancer care services, call (240) 826-6297 for Shady Grove Adventist Hospital and (301) 891-5559 for Washington Adventist Hospital.

### Table 2: Shady Grove Adventist Hospital

*Categories of Total Barriers Removed (April-September 2012)*

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>301</td>
<td>22%</td>
</tr>
<tr>
<td>Nutrition</td>
<td>394</td>
<td>29%</td>
</tr>
<tr>
<td>Financial/Daily Living</td>
<td>318</td>
<td>23%</td>
</tr>
<tr>
<td>Psychosocial</td>
<td>365</td>
<td>26%</td>
</tr>
</tbody>
</table>

### Table 3: Washington Adventist Hospital

*Categories of Total Barriers Removed (April-September 2012)*

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>178</td>
<td>17%</td>
</tr>
<tr>
<td>Nutrition</td>
<td>133</td>
<td>13%</td>
</tr>
<tr>
<td>Financial/Daily Living</td>
<td>432</td>
<td>43%</td>
</tr>
<tr>
<td>Psychosocial</td>
<td>276</td>
<td>27%</td>
</tr>
</tbody>
</table>
Shady Grove Adventist Hospital Cancer Care Program

Shady Grove Adventist Hospital’s nationally accredited cancer program offers comprehensive services that revolve around the unique needs of cancer patients. The Shady Grove Adventist team is dedicated to providing quality cancer care, services and support through a coordinated, personalized approach, serving patients and families throughout all stages of cancer treatment and survivorship. In 2013, the Aquilino Cancer Center will open on the Shady Grove Adventist campus as the first free-standing, comprehensive cancer center in Montgomery County.

In 2011, Shady Grove Adventist Hospital saw 788 analytic cancer cases—those diagnosed at Shady Grove Adventist Hospital or who received all or part of their initial course of treatment there. Breast continues to be the number one site of analytic cases with digestive system (including colorectal) cancers second and prostate third.

Breast cancer continues to be the primary cancer diagnosis at Shady Grove Adventist Hospital. Similar to the National Cancer Data Base, the majority of breast cancer patients at Shady Grove Adventist Hospital presented between the ages of 60–69 with more than 35 percent having Stage 1 cancer at the time of diagnosis.
Cancers of the digestive system were among the top cancer types diagnosed at SGAH with colon cancer representing about 50 percent. Over 45 percent of these cases were seen in stages 2 or 3. The majority of colon cancer patients at Shady Grove Adventist Hospital presented between the ages of 50–59, which is earlier than the national trend seen in the National Cancer Data Base.

Prostate cancer was the third most common analytic cancer seen at Shady Grove Adventist Hospital. A larger number of patients were seen at Stage 1 when compared to the National Cancer Data Base. This is partially due to the highly successful prostate seed brachytherapy program, which offers men an alternative treatment option for prostate cancer. Similar to the National Cancer Data Base, the majority of the prostate cancer patients were between the ages of 60–69 at diagnosis.
Breast Accountability Measures at Shady Grove Adventist Hospital

The Shady Grove Adventist Hospital Cancer Committee ensures that patients with cancer are treated according to nationally accepted measures. One way this is accomplished is through compliance with the current American College of Surgeons (ACoS) Commission on Cancer (CoC) quality reporting tools. These accountability measures are standards of care based on evidence-based clinical trials.

The CoC requires the Cancer Committee to review the quality of patient care using CoC quality reporting tools appropriate to the patients who are treated by the program each year. The Breast Program Leadership Committee is a multidisciplinary subgroup of the Cancer Committee and has been directed to evaluate breast cancer care within and across disciplines, discuss processes that work and to evaluate how processes can be improved to promote evidence-based practice.

Shady Grove Adventist Hospital has used the CoC quality tools since 2004 to monitor the care and treatment of its breast cancer patients. The most recent data released by the CoC (data from 2010 cases) shows that Shady Grove Adventist Hospital has exceeded all local and national benchmarks for breast cancer care performance measures.

Accountability Measure:
Radiation Therapy is administered within one year (365 days) of diagnosis for women under age 70 receiving breast conserving surgery for breast cancer. [BCS/RT]

<table>
<thead>
<tr>
<th>Group</th>
<th>Performance Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shady Grove Adventist Hospital</td>
<td>100%</td>
</tr>
<tr>
<td>State of Maryland</td>
<td>87.1%</td>
</tr>
<tr>
<td>Southeast Region</td>
<td>86.1%</td>
</tr>
<tr>
<td>Other CoC Comprehensive Cancer Programs</td>
<td>86.7%</td>
</tr>
</tbody>
</table>

The most recent data released by the CoC (data from 2010 cases) shows that Shady Grove Adventist Hospital has exceeded all local and national benchmarks for breast cancer care performance measures.
Along with the CoC quality tools, Shady Grove Adventist Hospital supports the use of national guidelines and evidence-based practice in the care of all cancer patients. While other guidelines may apply, the Cancer Committee recommends consideration of the National Comprehensive Cancer Network (NCCN) guidelines in treatment planning and surveillance.

The multidisciplinary Breast Cancer Conference is held twice per month, on the fourth Tuesday and second Wednesday, from 7:30–8:30 a.m. at Shady Grove Adventist Hospital. If you have any cases you would like to present, contact the breast nurse navigator at 240-826-6297.
Washington Adventist Hospital Cancer Care Program

Washington Adventist Hospital’s nationally accredited cancer program offers a full range of cancer care services delivered by highly skilled and experienced professionals. The Washington Adventist Hospital team is committed to providing compassionate care using the latest approaches to treatment and care while also helping to ease the demands that come with a cancer diagnosis for patients and families.

Washington Adventist Hospital, 2011 Frequency of Cancer, Total Analytic Cases, n = 330

In 2011, Washington Adventist Hospital saw 330 analytic cancer cases—those diagnosed at our hospital, or who received all or part of their initial course of treatment there. Breast continues to be the number one site of analytic cases with digestive system (including colon) cancers second and prostate third.

Washington Adventist Hospital 2011 Breast Cancer, n = 73

Breast cancer continues to be the primary cancer diagnosis at Washington Adventist Hospital. When compared to the National Cancer Data Base, Washington Adventist Hospital saw a greater number of breast cancer patients present between the ages of 40–49 compared to the national cancer data base which saw a greater number of cancers between 60–69. Although the age of the patient was younger, the stage at which they presented was higher than the national cancer data base.
Cancers of the digestive system were among the top cancer types diagnosed at WAH in 2011, with colon cancer representing over 55 percent of these cancer diagnoses. Over 40 percent of these cases were seen in Stage 3. Similar to the National Cancer Data Base, the majority of digestive patients at Washington Adventist Hospital presented between the ages of 60–69.

Prostate cancer was the third most common analytic cancer seen at Washington Adventist Hospital. The majority of prostate cancer patients were seen at Stage 2 and between the ages of 70–79.
Patients with prostate cancer can be assured that at Washington Adventist Hospital they will be evaluated and treated according to evidence-based national treatment guidelines. Chan Chung, M.D., Radiation Oncologist, utilizes the National Comprehensive Cancer Network (NCCN) Clinical Practice Guidelines to identify the risk of prostate cancer recurrence for each patient and then meets with each patient to explain their personalized prostate cancer treatment plan.

In 2012, Cancer Program Leadership selected “Prostate Cancer Patients that Received Radiation Therapy in 2011” as an area for study. These patients were stratified using age, prostatic specific antigen (PSA) and gleason score, then assigned to a “recurrence risk” group according to the NCCN. Analyzing the total prostate patients receiving radiation therapy at Washington Adventist (21 patients), 71 percent of the prostate cancer patients were in the “intermediate risk” group and 29 percent were in the “high risk of recurrence” group. Each of these patients had a diagnostic evaluation by Dr. Chung and a treatment plan for their initial therapy that included one or a combination of external beam radiation, brachytherapy and/or androgen deprivation therapy.

The treatment plans developed by Dr. Chung for each of these patients were reviewed and compared to the NCCN Clinical Practice Guidelines for concordance. The results of that comparison can be seen below, with 100 percent of those patients having a plan of treatment that was concordant with the NCCN.

Additionally, the process that Washington Adventist Hospital developed to evaluate and document the treatment plans for these patients was selected by the Standards Advisory Group for Excellence (SAGE) and is included in the Commission on Cancer’s Best Practices Repository located on its website. This recognition validates that Dr. Chung’s treatment plans are comprehensive and concordant with national guidelines. As we move forward, the Cancer Committee plans to continue evaluating the treatment of cancer patients in an effort to continually monitor and enhance the quality care we deliver.

### WAH Prostate Cancer Treatment Compared to NCCN Guidelines

<table>
<thead>
<tr>
<th>Risk Group</th>
<th>Number of Cases</th>
<th>Concordance</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Risk (6 cases)</td>
<td></td>
<td>100% for the total cases (6)</td>
</tr>
<tr>
<td>Intermediate Risk (15 cases)</td>
<td></td>
<td>100% for the total cases (15)</td>
</tr>
</tbody>
</table>
About Adventist HealthCare

Adventist HealthCare is a faith-based, not-for-profit health care system based in Rockville, MD. As one of the largest employers in the state of Maryland, Adventist HealthCare offers an integrated, health-care delivery network made up of nationally accredited, acute-care and specialty hospitals, mental health services and home health agencies, serving the Washington, D.C. metropolitan area.

Facilities/Services in the Adventist HealthCare System

Washington Adventist Hospital is a 252-bed acute-care facility located in Takoma Park, Maryland. Washington Adventist Hospital is Montgomery County’s first cardiac center, performing hundreds of open-heart surgeries and thousands of heart catheterizations each year. The Hospital is the first accredited Cycle III Chest Pain Center in the DC Metro Area.

Shady Grove Adventist Hospital is a 331-bed, state-of-the-art acute-care facility that opened in 1979, located in Rockville, Md. Shady Grove offers a broad range of health services and is recognized for excellence in emergency care; high-risk obstetrical and neonatal care; cardiac and vascular interventional care; oncology care; several surgical specialties; and a number of specialized services for children. The Aquilino Cancer Center will open on the Shady Grove Adventist campus in 2013 as the first community-based, free-standing, comprehensive cancer center in Montgomery County, delivering integrated, comprehensive and coordinated cancer care.

The Shady Grove Adventist Emergency Center at Germantown opened in 2006 to provide 24-hour emergency medical care by board-certified physicians. It is an integral part of Adventist HealthCare’s comprehensive Germantown campus, which includes the Shady Grove Adventist Radiation Oncology Center at Germantown, a MobileMed Upcounty Primary Care Clinic, a Maternity Partnership Prenatal Center and a medical office building with several physician offices.

Adventist Rehabilitation Hospital of Maryland includes 77 beds for acute rehabilitation—a freestanding 53-bed hospital on the Rockville campus of Shady Grove Adventist Hospital and a 24-bed hospital located within Washington Adventist Hospital in Takoma Park—as well as two outpatient rehabilitation clinics. Adventist Rehabilitation Hospital is the first and only hospital in a five-state area to obtain accreditations from the Commission on Accreditation of Rehabilitation Facilities International for care of hospitalized patients in all four specialty areas: brain injury, spinal cord injury, stroke and amputation.

Adventist Home Care Services has provided comprehensive services and compassionate care to residents in need of home health assistance for more than 40 years. Adventist Home Care Services offers a variety of programs and services to help patients regain independence while recuperating from an illness, injury or surgical procedure. Today, Adventist Home Health’s team of skilled nurses, therapists and social workers deliver comprehensive services with compassionate care to homes throughout Montgomery, Prince George’s, Charles, Calvert, St. Mary’s, Anne Arundel and Howard counties.

Adventist Behavioral Health is one of the largest providers of behavioral health services in Maryland offering treatment for children, adolescents, adults and seniors in various settings, including hospital-based programs, residential treatment centers, school programs, residential group homes, outpatient and community-based services.

The Reginald S. Lourie Center for Infants and Young Children is a private, non-profit agency dedicated to understanding and strengthening emotionally healthy parent-child relationships through early prevention, intervention, education, research and training.

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