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Dear Colleague,

The Shady Grove Adventist Aquilino Cancer Center spent 2018 continuing our tradition of providing comprehensive and coordinated cancer care. Our freestanding center, the first of its kind in our region, offers Montgomery County patients and families with one convenient location to find all their outpatient cancer treatment needs.

From chemotherapy and radiation treatment to the latest holistic approaches, the Aquilino Cancer Center takes a comprehensive, personalized look at wellness and cancer treatment for our patients. In fact, our center was the first in our region to offer an Integrative Medicine Program, which treats the whole-person — body, mind and spirit.

The expansion of our Brain and Spine Care Program means we have greater neurological and neurosurgical capabilities, close to the people we treat. With the addition of a new cerebrovascular neurosurgeon and a state-of-the-art biplane system, patients with brain and neck tumors can confidently turn to Shady Grove.

In 2019, we’re excited to add a clinical psychologist, who will work with patients to help navigate the impact a cancer diagnosis has on mental health. We’ll also be piloting a genetics clinic and growing our Palliative Care Program. Both are designed to provide the comprehensive care our patients have come to expect from us.

The team at the Aquilino Cancer Center, including our oncologists, surgeons, nurse navigators, dieticians, technicians, social workers and integrative medicine experts, remain committed to delivering compassionate cancer care for our community.

Joseph Haggerty, MD
Cancer Committee Chairman
Adventist HealthCare Shady Grove Medical Center
Dear Colleague,

The cancer care specialists at Adventist HealthCare Washington Adventist Hospital are dedicated to high-quality, multidisciplinary care. Here, patients have access to the latest advances in diagnosis and treatment, as well as coordinated support services.

On August 25, we will be opening the doors of our new hospital, Adventist HealthCare White Oak Medical Center. The state-of-the-art facility will feature all private rooms and the latest tools, test processes and treatments to serve the White Oak community. Our Radiation Oncology Services will follow shortly after in spring 2020. Learn more about our new hospital by visiting AdventistWhiteOak.com

The oncology program at Washington Adventist Hospital covers every aspect of cancer treatment from prevention, early detection, pre-treatment evaluation, staging, multi-modality treatment, rehabilitation and post-treatment monitoring. Our team of experts, including, oncologists, radiologists, nurse navigators, dieticians and social workers provide our patients with comprehensive and compassionate care.

As we move from Takoma Park into the White Oak neighborhood, we look forward to continuing our tradition of serving our patients with the best and most comprehensive cancer care.

Kashif Firozvi, MD
Cancer Committee Chairman, Medical Oncology
Adventist HealthCare Washington Adventist Hospital
2018 Cancer Committee — Adventist HealthCare Shady Grove Medical Center

Joseph Haggerty, MD
Medical Oncology
Chairman

Donald Bridges, MD
Radiation Oncology
Cancer Liaison Physician

Gregory Dick, MD
Plastic & Reconstructive Surgery

Shirlana Gabriel, BS, CTR
Tumor Registry Consultant

Mary Greenberg, MSN, RN
Vice President, Service Lines & Business Development

Patty Guay-Berry
Registered Dietician
Certified Specialist in Oncology Nutrition

Dominique Haynes, MHA, RN, OCN, CPHQ
Cancer Program Administrator

Robert Isaacs, MD
Diagnostic Radiology

Linda Iovanni, MBA, BSN, RN, CCRP
Director, Clinical Research

Amir Kende, MD
Pathology

Natalie Kontakos, MD
Medical Director, Palliative Care

Arlene Larin, RN
Cancer Nurse Navigator

Carmen Lezama, MBA
Community Outreach Coordinator

Cheri Marinez, RN
Cancer Nurse Navigator

Shannon O’Connor, MD
Genetics

Laura Previte
Quality Advisor

Rachel Serio
American Cancer Society

Kendall Traylor, RN
Oncology Nurse Manager

Lindsey Wise, MSW, LCSW, OSW-C
Oncology Social Worker
Psychosocial Services Coordinator

Ellen Young, CTR
Cancer Conference Coordinator
2018 Cancer Committee —
Adventist HealthCare Washington Adventist Hospital

Kashif Firozvi, MD  
Chairman

Courtney Ackerman, MD  
Cancer Liaison Physician

Mabel Ankrah  
Oncology Nurse Director

Melody Bankert, LGSW  
Oncology Social Worker, Psychosocial Services Coordinator

Senda Beltaifa, MD  
Pathology

Felicia Benjamin, RN  
Director, Quality Services

Alta Berhaneselassie, MBA  
Cancer Conference Coordinator

Paul Davis, PT  
Director, Rehabilitation Medicine

Asante Dickson, MD  
Radiology

Christine Dinh, MD  
Palliative Care

Kamu Foderingham, MD  
Radiology

Tiebe Green  
Quality Improvement Coordinator, Quality Management Representative

Mary Greenberg, MSN, RN  
Vice President, Service Lines & Business Development

Carmen Lezama, MBA  
Community Outreach Coordinator

Dorcas Lwanga, RDN, LDN  
Oncology Dietitian

Brenda Millet, MSN, RN-BC  
Oncology Nurse Director

Zara Necesario  
Clinical Trials Coordinator

Cynthia Plate, MD  
Surgery

Katie Ronca, CTR  
Cancer Program Manager, Cancer Registry Quality Coordinator

Alan Schulsinger, MD  
Radiation Oncology

Sherif Selim, MD  
Surgery

Rachel Serio  
American Cancer Society

Barbara Sweeney  
Chaplain, Pastoral Care

Anne Wiltshire, RN  
Cancer Nurse Navigator

Po Zhao, MD  
Pathology
Adventist HealthCare Provides Screenings for Women in Need

For more than two decades, Adventist HealthCare’s Breast Screening Program has served low income, uninsured women in our community who are age 40 and older to help them detect and fight breast cancer. The purpose of the program is to provide free screening services to women who otherwise might go without check-ups due to income and insurance limitations. The aim is to make screening, diagnostic and treatment services accessible to all women and reduce the number of deaths related to breast cancer.

The Breast Cancer Screening Program is funded by:

- Avon Foundation
- Montgomery County Health Department’s Women’s Cancer Control Program
- Primary Care Coalition
- The State of Maryland’s Breast and Cervical Cancer Diagnosis and Treatment Program.

As of December 2018, approximately 700 patients benefited from the program through breast health education, clinical breast exams, mammograms and treatment, including:

- 375 screening mammograms
- 30 diagnostic mammograms
- 15 breast sonograms
2018 Adventist HealthCare Prevention Activities and Education

- **Colon Cancer Education:** Representatives from Adventist HealthCare went to 10 health fairs throughout the year to distribute education materials about breast and colorectal cancer to 225 individuals. During Colorectal Cancer Awareness month, diabetics, social workers and members of Adventist HealthCare’s cancer team, provided 50 individuals with information about nutrition and digestive health.

  The Public Relations/Marketing team ran a digital campaign in March and April to encourage individuals to take an online health risk assessment (HRA) that determined their risk of getting colorectal cancer. Those at high risk were encouraged to contact an Adventist HealthCare nurse navigator to schedule a screening. In total, 808 people completed the assessment and 188 with high risk were referred to the nurse navigation team.

- **Seventh Annual Latino Health Fair:** The cancer outreach team provided lung cancer educational materials to nearly 75 community members at Montgomery College’s Rockville Campus.

- **Colorectal Cancer Education and Referrals:** Adventist HealthCare partnered with the Montgomery County Cancer Crusade, which provides free colonoscopies to eligible Montgomery County residents, to send 38 referrals for free screening.

- **Look Good…Feel Better:** 13 individuals participated in this program led by specially trained cosmetologists and beauticians designed to help women undergoing cancer treatments look and feel their best.

- **Running Beyond Cancer:** Running Beyond Cancer is a 5K training program exclusively for cancer patients and survivors sponsored by Adventist HealthCare and led by coaches from the Montgomery County Road Runners Club. Twice a week, runners or walkers who want to build to running train on trails near the Aquilino Cancer Center and around Montgomery County. The program aims to help cancer survivors form social connections while building stamina and strength. The program had 19 participants in 2018, its second year.
The cancer program at Shady Grove Medical Center provides our patients with comprehensive care from our team of compassionate experts.

At the heart of our cancer program is the Shady Grove Adventist Aquilino Cancer Center, which was the first comprehensive cancer center in Montgomery County. Shady Grove’s community cancer program is accredited with commendation by the American College of Surgeons (ACoS) Commission on Cancer (CoC). Only 30 percent of all hospitals in the U.S. are accredited, and only a minority of these exceed standards to earning commendation. This distinction signifies the quality treatment for patients at Shady Grove.

Recognition for our cancer care services goes beyond our main Rockville campus, and includes our radiation oncology and imaging services, located in Germantown and Rockville.

- The Breast Center at Adventist HealthCare Shady Grove Medical Center currently holds a three-year, full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance.

- Adventist HealthCare Shady Grove Medical Center is an Accredited Community Hospital Comprehensive Cancer Program with Commendation at the Silver level, obtaining commendation in six out of seven categories.

- The Aquilino Cancer Center, along with our Radiation Oncology Centers in Rockville and Germantown, are Accredited Radiation Oncology Centers by the American College of Radiology (ACR) and the American Society for Radiation Oncology and Committee on Radiation Oncology Accreditation. Our centers are among only 15 percent of radiation oncology facilities to hold this accreditation.

• Shady Grove Medical Center’s Nuclear Medicine Services received the Gold Seal of Accreditation in computed tomography (CT), or CAT scanning, by the American College of Radiology (ACR). The accreditation is given to facilities that provide the highest level of image quality and patient safety.

Beyond our notable certifications and accreditations, our cancer center also has a wide variety of services and team members available to support patients through diagnosis, treatment and survivorship, including:

- Nurse Navigators
- Clinical Psychologist
- Social Workers
- Registered Dieticians
- Rehabilitation/ PT/OT/Speech therapy
- PET/CT
- Cancer screenings and education
- Sophisticated diagnostic tools
- Patient navigation services, which guide you through diagnosis, treatment and recovery
- Chemotherapy and other infusion therapies
- Radiation therapy, including methods that spare healthy tissue
- A retail shop that provides items to make daily life with cancer easier
- Support groups, classes and wellness programs, including the area’s only physician-led integrative medicine program
In 2017, Adventist HealthCare Shady Grove Medical Center saw 951 newly diagnosed cancer cases, including those diagnosed at Shady Grove and those who received all or part of their initial course of treatment here.

Breast continues to be the number one site of new cancer cases at Shady Grove, accounting for nearly 300 cases. Digestive and male urology were the second and third most often diagnosed and treated cancers at the hospital.
Clinical Trials Offer Hope to Cancer Patients

Adventist HealthCare clinical trials offer our patients local access to the latest research. These studies hold the promise of innovative treatments or strategies that may lead to prevention, earlier detection, better treatments or cures for numerous health conditions, including cancer.

In 2018, the cancer team enrolled 71 patients in clinical trials for cancers that included breast, colon and prostate.

Cancer Trials Launched in 2018

Adventist HealthCare’s cancer team currently offers access to clinical research trials for the following types of cancer:

- Breast
- Colon
- Leukemia
- Lung
- Lymphoma
- Myeloma
- Ovarian
- Prostate
- Renal
- Solid Tumor
- Urothelial

Last year, Adventist HealthCare offered a clinical trial into a molecular marker study, non-interventional, which enrolled both cancer and non-cancer patients.

In addition, Adventist HealthCare Shady Grove Medical Center recently began offering our caregivers monthly neuroscience clinical meetings. These meetings provide an opportunity for clinical review and discussion of neuroscience cases, management of neuroscience patients and a chance to improve patient outcomes.

Learn more about the clinical trials offered by Adventist HealthCare by visiting AdventistHealthCare.com/ClinicalTrials
Focus On: Colorectal Cancer Screening

Each year, the Cancer Committee at Shady Grove Medical Center organizes at least one prevention program. Other facilities or local agencies help coordinate these programs, targeting them to the community’s needs. For the second year in a row, the Cancer Committee focused their efforts on colorectal cancer screening.

To reach those at the highest risk of colorectal cancer, the Committee decided to partner with primary care physicians from Adventist Medical Group to identify patients age 50–75, who had not received any screening for colorectal cancer.

Strategy

The Committee decided to create the Adventist Care Navigation Team (ACNT) to focus on education around colorectal cancer screening. The team included an oncology nurse navigator, two cancer outreach coordinators, one lay navigator and an intern. The ACNT decided to partner with the Adventist Medical Group and two of its primary care physicians, Drs. Fooroogh Ostovari and Mudita Malhotra. The doctors generated a monthly list of patients who qualified for colorectal screening, age 50 and older, and referred them to the ACNT for screening guidance.

The primary purpose of the lay navigation pilot with AMG was to identify the number of patients who would get a colonoscopy when referred by their primary care provider and to understand the barriers to undergoing screening colonoscopy.
Method

After receiving the list of eligible patients each month, a member of the ACNT would call each patient to follow up on their screening status and assist them with scheduling their colonoscopy, if they had not already received one.

Result

Through the collaboration with AMG, the program saw a 47% success rate (defined as patients who had a colonoscopy or were planning to schedule one soon):

<table>
<thead>
<tr>
<th>Description</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of patients referred</td>
<td>98</td>
</tr>
<tr>
<td>Patients who got the colonoscopy</td>
<td>11</td>
</tr>
<tr>
<td>Patients who said that they would schedule their colonoscopy soon</td>
<td>35</td>
</tr>
<tr>
<td>Patient who had completed the colonoscopy when we called</td>
<td>7</td>
</tr>
<tr>
<td>Patients who did not answer or never called back</td>
<td>45</td>
</tr>
</tbody>
</table>

Recommendations

Based on the results, suggested improvements to the process, include:

- Ensuring that the patients’ full contact information, including email, is collected by AMG.
- Communicating to the patient that a lay navigator will be calling to keep track of their progress in scheduling a colonoscopy.
- Calling the patient sooner, a week or a month, after receiving the referral to make sure the need to make a screening appointment is top of mind.
Cancer Care Program —
Adventist HealthCare Washington Adventist Hospital

The cancer care specialists at Washington Adventist Hospital provide high-quality, multidisciplinary care for members of our community living with cancer. Our patients have access to the latest advances in diagnosis and treatment, as well as coordinated support services.

Washington Adventist Hospital is a community cancer program accredited with commendation by the American College of Surgeons Commission on Cancer, signifying the quality care provided to patients.

Our cancer team understands the unique demands of cancer and offers a personalized approach with coordinated care from a multidisciplinary team throughout a patient’s cancer journey. A patient’s oncology team may include:

- Cancer surgeons
- Medical oncologists
- Plastic surgeons
- Radiation oncologists
- Dieticians
- Nurse navigators
- Pathologists
- Social workers
- Spiritual care team

Adventist HealthCare offers care for all forms of cancer, including specialized care for:

- Breast cancer
- Colon cancer
- Lung cancer
- Prostate cancer
- Thyroid cancer
In 2017, Washington Adventist Hospital saw 349 newly diagnosed cancer cases, including those diagnosed at our hospital and those who received all or part of their initial course of treatment here.

Breast provided most new cancer cases at Washington Adventist Hospital, accounting for nearly 90 cases, followed by prostate and testicular, digestive and urinary cancers.
Focus On: Effect of Radiation Dose on Bone Marrow

The cancer team at Washington Adventist Hospital is committed to quality. In 2018, the cancer team designed a quality improvement project to ascertain whether there is a correlation in radiation dose to the bone marrow with drops in platelet counts, white blood cell counts, and hemoglobin (Hgb) for patients receiving post prostatectomy salvage radiation therapy.

From January 2015 through August 2018 records from nine patients who received post prostatectomy radiation for biochemical recurrence were analyzed by the radiation oncology team to see if the integral dose to the bone marrow correlated with a potential drop in hemoglobin, platelet, and white blood cell (WBC) count utilizing the correlation coefficients generated by an Excel spread sheet.

- Bone marrow contours consisted of bone contoured within 3 centimeters above and below the PTV
- The dose-volume history for bone, which includes bone marrow, was calculated by the team
- Bone marrow integral dose is a product of mean dose and volume
- Integral dose was ranked by the radiation oncology team from lowest to highest and plotted against the change in percentage of hemoglobin, white blood cell count, and platelet count.
Findings
All three parameters generated a positive correlation coefficient (i.e. the higher the bone marrow radiation dose, the greater the drop in that parameter). For Hgb it was 0.194, which is weak. For platelet count it was 0.2315, which is also considered weak. For WBC it was 0.3648, which is considered moderate. The strongest correlation was for the WBC. For every patient reviewed, there was a drop in WBC. In some cases, this drop was more than 50%.

Recommendations
When designing treatment plans for patients with prostate cancer, it has become standard practice to contour organs at risk, such as the bladder, rectum, small bowel, penile bulb, and femoral heads (to minimize fractures). The goal is not to exceed the threshold dose defined by Quantec (Quantitative Analysis of Normal Tissue Effects in the Clinic).

Given that proliferating hematopoietic stem cells are especially radiosensitive and that bone marrow is radiated, it should also be considered an organ at risk. Although the clinical consequences of hematopoietic stem cell injury because of radiation may be “subclinical” over time, and especially in a patient with exposure to other immunosuppressive agents such as chemotherapy, there may be real “clinical” consequences. Therefore, we conclude that it seems reasonable to consider the bone marrow an organ at risk and we should try to limit radiation dose to this organ following the same principles used for the bladder, rectum, small bowel, and femoral heads.
Survivorship Celebrated at Inaugural Event

Adventist HealthCare hosted 120 guests at our inaugural Cancer Survivorship Celebration on June 2, 2018, at High Point Farm in Clarksburg, Maryland.

Our cancer care teams held the event in conjunction with National Cancer Survivors Day®, which took place June 3. The special day celebrates those who have survived and are living life beyond cancer.

While Adventist HealthCare has held survivorship events for specific types of cancer before, the June event marked the first time we have invited all survivors to come together for support and socializing. Guests had plenty of activities to choose from, including a petting zoo, crafts, face painting, a bouncy house, a photo booth and yoga. The event kicked off with a warm welcome from Mary Greenberg, Vice President of Service Lines and Business Development, as well as Drs. Kashif Firozvi and Cynthia Plate.

Chaplain Vladimir Corea provided the blessing for the day. Guests also were able to reconnect with other cancer physicians, nurse navigators and team members from our cancer program as they enjoyed food and music.

*Below: Drs. Kashif Firozvi and Cynthia Plate joined Mary Greenberg to greet survivors and their families at the inaugural event.*
On Sunday, Oct. 14, 2018, Adventist HealthCare hosted its third “Paint the RIO Pink” event at the RIO Washingtonian Center in Gaithersburg, Maryland. Braving the rain and cold temperatures, more than 50 Adventist HealthCare volunteers came out to raise awareness to celebrate breast cancer awareness month.

The event featured the second annual Pink Walk around the RIO lakefront. Breast cancer survivors who received treatment at our hospitals led the walk. Adventist HealthCare team members handed out pink boas, sunglasses and umbrellas while cheering on the many community members who truly were turning the RIO pink!

After the walk, volunteers helped interested community members discover their risk for breast cancer through Adventist HealthCare’s free, online health risk assessment and passed out gift bags. Thank you to the many employees from throughout Adventist HealthCare who gave their time to make this event special and embody our Mission to extend God’s care to our community.

Below: Survivors and their families enjoyed music and dancing despite the rainy weather at our annual event to raise awareness about breast cancer.
Mission

We extend God’s care through the ministry of physical, mental and spiritual healing.