2020 CALENDAR

Featuring the 2019 Oncology Annual Report

Cape Cod Hospital and Falmouth Hospital
Regional Cancer Network
Cape Cod Hospital became the newest member of the Dana-Farber Cancer Collaborative, ensuring best-of-class cancer care on Cape Cod.

Cape Cod Healthcare Integrated Network Cancer Program received a full three-year accreditation from the American College of Surgeons’ Commission on Cancer.

The Cape Cod Hospital Medical Oncology program received certification from the Quality Oncology Practice Initiative (QOPI) from the American Society of Clinical Oncology, joining Falmouth’s Hematology Oncology Specialists of Cape Cod in being one of only five certified practices in Massachusetts.

The largest number of survivors and caregivers attended our National Cancer Survivorship Day celebration in Hyannis since its inception.

A generous grant from the American Cancer Society has allowed us to provide assistance for those in need of transportation services and nutritional support.

The Cape Wellness Collaborative has tripled referrals for those seeking integrative and complementary care services.

Oncology rehabilitation services have been expanded to both campuses.

We reached out to our community by providing professional cancer education, free oral cancer screening, cancer prevention education through events and publications, and a reading of poems and songs of courage authored by those affected by cancer at the Falmouth Public Library.

And, most exciting of all, a September 23 groundbreaking ceremony kicked off the building of a new tower at Cape Cod Hospital which will house, among other services, a new Medical and Radiation Oncology center.

But we are not finished yet. The new year will be just as exciting.

Several new medical oncologists and a nurse practitioner are joining the Cape Cod Hospital Medical Oncology practice to improve access to care. The Breast programs at both Cuda Women’s Center and Seifer Imaging Center will be surveyed for reaccreditation by the American College of Surgeons’ National Accreditation Program for Breast Centers. And, of course, we will be able to see our new cancer center begin to take shape.

Cape Cod Healthcare’s goal is to decrease our cancer burden through state-of-the-art prevention, screening, treatment and survivorship programs. Our compassionate team of professionals looks forward to caring for you and our community.

Jennifer L. Crook, MD
Peter S. Hopewood, MD, FACS

Jeffrey M. Martin, MD
The American Society of Clinical Oncology (ASCO) created the Quality Oncology Practice Initiative (QOPI) to help medical oncology programs compare the quality of the patient care they deliver against quality measures and standards established by experts in the field.

To be certified, programs must demonstrate a compliance rate of at least 75 percent on 26 clinical metrics, as well as demonstrate full compliance with 28 practice standards focusing on safe chemotherapy processes, patient education, staff training, and general program structure through document review and an on-site survey.

Cape Cod Hospital’s Medical Oncology program was surveyed in late 2018. Having met all requirements, QOPI Certification was awarded in January, 2019. To make sure certified hospitals maintain the level of performance required by certification, each must submit annual clinical quality data and participate in an on-site survey every 3 years.

Katie Michaud, Executive Director of Cancer Services for Cape Cod Healthcare sees this as a quality stamp of approval from the American Society of Clinical Oncology. “Knowing that the Medical Oncology Department has this certification, a patient can trust that we, as an organization, are providing the highest level of quality and safety.”
Cape Cod Hospital has been named a member of the Dana-Farber Cancer Care Collaborative. This membership reflects a demonstrated commitment to excellence by meeting a wide array of standards and best practices in adult medical oncology.

As part of the membership process, Dana-Farber Cancer Institute conducted an extensive review of Cape Cod Hospital’s outpatient adult medical oncology practices and procedures, including patient safety protocols, nursing and pharmacy practices, chemotherapy administration, and information systems. Cape Cod Hospital has met a wide range of rigorous standards and best practices as outlined by Dana-Farber Cancer Center.

Dana-Farber Cancer Care Collaborative helps disseminate the latest evidence-based best practices and standards to member hospitals and physician practices. Cape Cod Hospital also takes advantage of ongoing consultations and access to support services, such as on-site specialty second opinion clinics, clinical trials, tumor board conferences and physician lectures – services aimed at providing our patients the highest-quality care.

CCHC is Part of the Dana-Farber Cancer Care Collaborative

Michael K. Lauf, President and CEO, Cape Cod Healthcare
Jeffrey Wisch, MD, Dana-Farber Cancer Institute
Jennifer Crook, MD, Chief of Medical Oncology
In 2019, staff from Cape Cod Hospital oncology department created a number of Patient Journey Maps to outline the ideal plan for a future patient in the new cancer center.

Journey maps are tools used to help “tell the story” about the relationship between a patient and the healthcare system, resulting in an experience that unfolds over time between an individual and a system, service, product or organization. We are using these journey maps and the themes that surfaced in developing them to prioritize areas of focus – matching our ideal experience with our day-to-day operations and workflows.

Key opportunities identified during the journey mapping exercise have been assigned to teams who will redesign existing processes to better reflect the ideal journey.

Areas of special focus include:

• Providing better information before and after appointments
• Introducing a patient to the care team and the supportive resources available, early in the patient’s cancer care experience
• Enhancing patient and family education materials and processes throughout treatment
• Designing ways to help patients better navigate the complexities of cancer care
Fresh fruits and vegetables look, taste and smell better – and offer increased nutritional benefits. By consuming fresh-picked produce, we receive its peak nutritional value, maximizing our nutrient intake. Seasonal produce provides a greater variety of vitamins, minerals and phytonutrients to support our immune system. Get growing!

START SMALL Container gardening is ideal if space or time is limited

SUNNY LOCATION Most plants need at least 6 hours of direct sunlight a day

HEALTHY SOIL Roots penetrate loamy, soft soil more easily. Add compost for nutrients. Proper drainage ensures that water won’t collect or drain away too quickly

SPACE YOUR CROPS PROPERLY Avoid competition for sun, water and nutrition. Crowding makes plants susceptible to disease and pests and result in failure to mature

USE HIGH-QUALITY SEEDS Seed packets are less expensive than individual plants and will pay off in higher yields at harvest time

WATER PROPERLY The correct amount of water will give plants the best chance at producing well-formed, mature vegetables

TIME PLANTING AND HARVESTING Every vegetable has its own planting dates so be sure to check the seed packet

APRIL 2020

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NOTES
NON-SMALL CELL LUNG CANCER (NSCLC)
Systemic chemotherapy is administered or recommended for pre- or post-operatively resected NSCLC
91.7%
94.1%
90.0%
Surgery is not the first course of treatment
93.3%
95.0%
93.3%
At least 10 regional lymph nodes are removed and pathologically examined for resected NSCLC
49.2%
30.8%
51.5%

BREAST CANCER
Combination chemotherapy for hormone receptor negative breast cancer
93.2%
91.4%
94.4%
Adjuvant hormonal therapy for hormone receptor positive breast cancer
93.0%
95.1%
95.9%

COLON CANCER
Adjuvant chemotherapy for lymph node positive colon cancer
88.9%
89.8%
90.0%
At least 12 regional lymph nodes removed and pathologically examined for resected colon cancer
92.8%
94.4%
89.1%

Breast Conserving Surgery Rate
67.1%
80.0%
77.3%
Post-mastectomy radiation for women with 4 or more positive regional lymph nodes
88.5%
88.3%
100.0%

Commission on Cancer Quality Improvement Program Data
Cape Cod Healthcare
Regional Cancer Network

MAY 2020

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17 18 19 20 21 22 23

24/31 25 26 27 28 29 30

NOTES
Each June, Cancer Survivors Day is celebrated internationally, bringing together those affected by cancer, whether they be a patient, loved one or a medical professional.

In 2019, Cape Cod Healthcare was proud to host the 9th Annual Cancer Survivors’ Day at the Cape Codder Resort and Spa in Hyannis. The event was a success with 147 cancer survivors and 90 guests in attendance.

Cape Cod Healthcare Departments contributed 74 gift baskets which were raffled off to attending survivors. Baskets were filled with various goodies reflecting multiple themes including spa days, gardening, tea time, movie night and many more, in addition to providing gift cards to area restaurants and local businesses.

The guest speaker for the event was Sara Brassard, who shared the importance of making self-care a sacred priority. The day also provided attendees with an opportunity to see oncologists Jeffrey Martin, MD and Jennifer Crook, MD, along with Cape Cod Healthcare volunteer Alice O’Neill, who revisited their outstanding dance routines from a Dancing with the Docs fundraiser.

JUNE 2020

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NOTES
Prevention and screening are important components of any cancer program. In 2019, Cape Cod Healthcare partnered with Team Maureen to attend a two-day event held during Family Week in Provincetown.

The focus of this activity was to draw awareness to HPV-associated cancers which affect 11.6 per 100,000 residents in Massachusetts. More than 800 newly diagnosed cases of HPV-related cancers are diagnosed in the state per year.

Cape Cod Healthcare staff members from Oncology and speech pathology collaborated with the Executive Director of Team Maureen to provide both prevention education and screening. The group talked with parents about the importance of HPV vaccination for their pre-teens and discussed the rise of oropharyngeal cancers associated with HPV. Adults were also encouraged to partake in an oral exam.

More than 275 people received prevention education, and 17 chose to participate in oral cancer screening. Of those, 5 were recommended for further examination with their primary care practitioner.

Team Maureen is a non-profit organization dedicated to fighting and preventing cervical and other HPV-associated cancers through education and vaccination support.
In August 2019, a community of those touched by cancer met at the Falmouth Public Library to share their experiences through poetry. Sponsored by the Cape Cod Healthcare Cancer Committee and the Falmouth Public Library Cancer Resource Center, the event featured a poetry contest for attendees. Local poet Alice Kociemba judged the 30 entries, and prizes were awarded to the top three poems, with seven others earning Honorable Mentions. Awardees read their poetry to the gathering, which offered an open mic to others who chose to read their submissions.

The heart-felt event, hosted by Dr. Kathryn Hughes, MD, touched both the readers and their audience. First place was awarded to Martha Crowninshield O’Brien for her poem, Moving On.

**Moving On**

My thoughts are no longer centered on sad,  
Or punishing episodes which I may have had,  
Or friendships that changed or just passed away,  
Or love in my future being eons away.  
My heart has been battered, I’ve experienced doubt,  
But that’s not the thing that I’m thinking about.  
Rather, the choices I’ve elected to choose.  
Whether spectacular, or destined to lose,  
Were mine in entirely laced with faith, amazingly strong,  
And that is close to me always, whether right or all wrong.

God decided, with humor, to grant me this life,  
So along with the laughter comes a “smidgen” of strife.  
Life is like baseball, each miss or great hit,  
Is transient only, not the whole of it.  
Chances, like innings, temporarily end,  
But there is always a new game, another way to begin.  
It’s not EVER over, just fades away.  
We make the decision to leave or to stay.  
We can drown in the sadness, or leave it behind.

In search of the splendor God hopes we will fine.  
He made us all perfect, not an error in sight,  
Thought we seldom believe it, try as we might.  
It’s the essence of love which sets us apart,  
Not our sizes, or faces – it’s straight from the heart.  
So, I’m back on my journey, goodbye to my past,  
I’m off to my future and love that will last.  
Cancer might kill me, but my spirit is strong.  
To give up the battle would extinguish my song.  
I’m not done singing, I won’t give up my voice  
Until the crescendo to fight is my choice.  
Thank you to those whom I left behind;  
Your lessons and sweetness are etched in my mind –  
Even the tough times and those which were sad  
Have graced me with visions I might never have had.  
To you, I am grateful because, as you see,  
You’ve helped sculpt that treasure, which is to be me.

Martha Crowninshield O’Brien, winning poet
Cape Cod Healthcare has broken ground on a new six-story patient care tower. The $180 million project will improve care and significantly expand facilities, especially for cancer patients.

In addition to a new main entrance and welcome space, the lower two floors of the new tower will be devoted to cancer treatment.

The first phase of construction, underground utility work, will be completed in summer 2020, with exterior and interior construction of the tower beginning next summer and continuing through the fall of 2022.

Providers, patients, volunteers and staff worked together to plan the new department. The new cancer center will include an expanded oncology pharmacy and two linear accelerators for radiation treatment; one will be new and one was installed in the existing cancer center last year.

The medical oncology infusion service (chemotherapy) will expand from 19 to 36 treatment bays, with space for future growth. An exterior roof garden will give cancer patients and their families a place to relax, reflect, and focus on healing. Both floors will have private spaces for patients and family.

A New Chapter in CCHC’s Cancer Story

Architectural rendering of the new Cape Cod Hospital tower and oncology roof top garden.

SEPTEMBER 2020

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NOTES
Breast cancer is the most frequently diagnosed cancer at Cape Cod Healthcare (CCHC), representing 25.7 percent of all analytic (new) cases. According to the Massachusetts Department of Public Health, the incidence of breast cancer on Cape Cod is higher than that of the State, in general. Additionally, breast cancer has the third highest incidence of death, following lung cancer and prostate cancer.

In recognition of breast cancer awareness month, both the Cuda Women’s Health Center and the Seifer Women’s Health & Imaging Center held open houses to share information and resources with women on Cape Cod. Dr. Kathryn Dalton, DO, FACS, Director of Breast Services for CCHC spoke on Hereditary Breast Cancer Risk – How to Know if Genetic Testing is for You. Dr. Lara Bryan-Rest, MD and Dr. Anne Morris, MD – both Radiologists specializing in breast disease, spoke on 3D Mammography and Other Advancements in Breast Cancer Screening.

The lectures were followed with tours of the imaging centers. Fifty-six guests attended the community outreach cancer prevention events.
Bigger than ever, the 2019 Dancing with the Docs competition attracted a crowd of 500, twice the size of the first two shows.

This event, which pairs Cape Cod Healthcare physicians with professional dancers, raises funds for The Cape Cod Collaborative, a local non-profit that is supported, in part, by Cape Cod Healthcare, and provides complementary integrative therapies to those undergoing cancer treatment.

At night’s end, three prizes were awarded. Mary-Amanda O’Neill, MD, won the Medicine Ball Trophy, chosen by a panel of judges. Karen Monaghan, MD, was named CWC Community Hero, determined by the highest total of pledged contributions. Alanna Coolong, MD, won the People’s Choice Award, determined by the number of text votes.

Among the complementary therapies offered to Cape Cod Healthcare patients, as well as others in the community, include massage, acupuncture, reiki and nutrition counseling. Since 2015, CWC has distributed more than $186,000 helping 520 Cape cancer patients.
### Cancer Sites by Gender

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<th>Male</th>
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<tr>
<td>Prostate</td>
<td>169</td>
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<tr>
<td>Lung &amp; Bronchus</td>
<td>78</td>
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<tr>
<td>Urinary Bladder</td>
<td>84</td>
<td>12%</td>
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<tr>
<td>Colon &amp; Rectum</td>
<td>63</td>
<td>9%</td>
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<tr>
<td>Oral Cavity &amp; Pharynx</td>
<td>33</td>
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<tr>
<td>Non-Hodgkin Lymphoma</td>
<td>36</td>
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<td>Leukemia</td>
<td>20</td>
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<tr>
<td>Melanoma Of The Skin</td>
<td>21</td>
<td>3%</td>
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<tr>
<td>Kidney &amp; Renal Pelvis</td>
<td>15</td>
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<tr>
<td>Pancreas</td>
<td>25</td>
<td>4%</td>
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<tr>
<td>All Other Sites</td>
<td>140</td>
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<td>Breast</td>
<td>375</td>
<td>48%</td>
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<tr>
<td>Lung &amp; Bronchus</td>
<td>112</td>
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<td>Colon &amp; Rectum</td>
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<td>140</td>
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#### Cape Cod Healthcare Top Cancer Sites

In 2018, 1,469 analytic patients were diagnosed and/or treated at CCHC.

Our top 3 cancer sites make up over half (55.6%) of all cases.

- Breast: 25.7%
- Digestive System: 16.3%
- Respiratory: 13.6%

### DECEMBER 2020

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### Notes
At Cape Cod Healthcare, our belief in a comprehensive cancer program that addresses individual patient needs is evident in the exceptional care we provide every day. Our integrated cancer program is accredited by an array of certifying bodies, each requiring demonstration of compliance with national standards of care to provide multimodality care plans for each individual patient designed to meet evidence-based guidelines and practices.

### Integrated Cancer Committee Members

**Peter Hopewood, MD, FACS, Chair**
- Jennifer Crook, MD
- Philip Wade, MD
- Basia McAnaw, MD
- Jeffrey Spillane, MD
- Katheryn Dalton, DO
- J. Keith Bieeler, MD
- Raymond Gagnon, MD
- Leslie Max, MD
- Clara Mesonero, MD
- Alexander Adduci, MD
- Robb Hoehlein, MD
- Donald Guadagnoli, MD
- Cheryl Crupi
- Katherine Michaud
- Barbara Archambeault
- Mary Johnson
- Shannon Antman
- Jan Aubrey
- Pat Kane
- Joanne Kilmartin
- Pat-Ryan Blanchard

**Jeffrey Martin, MD**
- Cancer Liaison Physician
  - Judith Pregot
  - Mary Sprout
  - Shelley West
  - Mary Renzi
  - Hester Grue
  - Deborah Crockett-Rice
  - Carol McDonald
  - Holly Seaver
  - Kirsten Albers
  - Julie Drake
  - Kristine Whaples
  - Elizabeth Sharp
  - Brenna Quinn
  - Dianna Carpentieri
  - Susan Donovan
  - Kathleen Bailey
  - Sarah Swain
  - Angela Hall-Jones
  - Gabor Merynhart
  - Sheila Broderick

### Breast Program Leadership Committee

**CAPE COD HOSPITAL**
- Anne Morris, MD, Chair
- Kathryn Dalton, DO
- Jennifer Crook, MD
- Michael Loffredo, MD
- Jeffrey Martin, MD
- Clara Mesonero, MD
- Molly Sullivan, MD
- Donald Guadagnoli, MD
- Katherine Michaud
- Kirsten Albers
- Shannon Antman
- Linda Conroy
- Susan Fredette
- Judi Pregot
- Hester Grue
- Brenna Quinn
- Barbara Archambeault
- Pat Ryan Blanchard
- Heather Moe
- Shelley West
- Carol McDonald

**FALMOUTH HOSPITAL**
- Peter Hopewood, MD, Chair
- Lara Bryan-Rest, MD
- Leslie Max, MD
- Basia McAnaw, MD
- Theodore Galianos, MD
- Barry Cuffia, MD
- Raymond Gagnon, MD
- M. Nourroohammadi, MD
- Katherine Michaud
- Deborah Crockett-Rice
- Kirsten Albers
- Katherine Murray
- Judi Pregot
- Joanne Kilmartin
- Kristine Whaples
- Shannon Antman
You can learn more about Cape Cod Healthcare’s Regional Cancer Network by visiting www.capecodhealth.org/cancer

Or subscribe to Cape Cod Health News at www.capecodhealthnews.com

TO CONTACT OUR PROGRAM, CALL:

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<tr>
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<td>Falmouth Hospital Radiation Oncology</td>
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<td>Cuda Women’s Health Center</td>
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<td>Fontaine Outpatient Center</td>
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<tr>
<td>Seifer Women’s Health &amp; Imaging Center</td>
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TO DONATE, CALL OR EMAIL:

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