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A note to our colleagues

Dear colleagues,

At Frauenshuh Cancer Center, we launched a Survivorship Program in 2013 to ensure that our patients understand their cancer diagnosis and treatment, and have the resources to live the best life possible. We recognize that each person is on a unique journey.

More people are living with cancer than ever before. Survivorship issues include health care and physical concerns, such as understanding a diagnosis, test results, treatment plans and side effects. Survivorship also encompasses financial, spiritual and emotional issues. Cancer survivors participate in their care through healthy eating and physical activity, educational programs and classes, finding hope and support, and gaining a deeper appreciation and recognition of loved ones and life priorities.

Our goals are to enhance the way Frauenshuh Cancer Center provides cancer diagnoses and treatment plans and introduces patients to survivorship. Our comprehensive Cancer Care Guide includes specific cancer information and answers many of the most common questions people have before, during and after treatment. We soon will be providing post-treatment summaries that are helpful to care providers, patients and family members.

In the feature article on pages 14-16, Rachel Lerner, MD, and Kathleen Johnson, DNP, WHCNP-BC, provide more information about cancer survivorship, Frauenshuh Cancer Center’s programs for survivors and our research on what cancer survivors want and need.

During 2013, the Jane Brattain Breast Center upgraded its electronic medical record (EMR) system to Radiant, the Epic software for radiology services, for better integration of services and information and the best possible patient care.

We have extended the reach of our clinical visits and chemotherapy infusion services to Park Nicollet Specialty Center in Maple Grove and Park Nicollet Clinic—Burnsville.

Mammo-a-go-go, our mobile mammography unit, travels to 13 Park Nicollet Clinic sites. It also makes screening mammography possible at corporate and community outreach events and locations. Mammo-a-go-go provides convenient screening where people work and live.

Gifts from our donors help us provide transformational care. Contributions support: research to improve cancer care; cancer education and support groups for patients and families; integrative therapies such as massage and music therapy; continuing education for clinicians; and Sandra’s Garden of Hope, a natural setting to refresh and renew. We are grateful for the many Park Nicollet Foundation gifts that were designated to support Frauenshuh Cancer Center and Jane Brattain Breast Center in 2013 (see pages 21-26).

We also want to thank the members of our 2013 cancer committee (see Page 27) and Patient Advisory Board for their dedicated service.

If you have comments or questions about this report or our comprehensive cancer services, please call 952-993-3248.

Sincerely,

Mark A. Wilkowske, MD
Medical Director, Oncology Services

Laura J. Holasek
Administrative Director

Laura J. Holasek
Mark A. Wilkowske, MD

Mark Wilkowske, MD, is medical director of oncology services for Frauenshuh Cancer Center. Dr. Wilkowske received his bachelor’s degree and medical degree from the University of Minnesota. From 1988 to 1994, he received postgraduate training in internal medicine and hematology-oncology. He is board-certified by the American Board of Internal Medicine, Subspecialty Board of Medical Oncology and Subspecialty Board of Hematology. Professional associations include the American College of Physicians and American Medical Association. He is past president of the Minnesota Society of Clinical Oncology. Dr. Wilkowske has served on Park Nicollet’s Board of Directors, the Park Nicollet Foundation Board of Directors and the Park Nicollet Executive Medical Council.

Laura J. Holasek

Laura Holasek is the administrative director of Frauenshuh Cancer Center. Holasek earned her bachelor’s degree in health care administration from the University of Wisconsin-Eau Claire. She has been with Park Nicollet Methodist Hospital since 2000, working as radiation oncology manager in charge of Radiation Oncology daily operations before being named administrative director of the cancer center in January 2011. She has focused experience in Lean methodologies and is Lean certified. On Jan. 1, 2014, Holasek assumed the role of oncology system director for the combined HealthPartners and Park Nicollet organization.
NEW GARDEN SCULPTURES
Two sculptures by Minneapolis artist Gloria Tew have been added to Sandra’s Garden of Hope outside Frauenshuh Cancer Center. In August 2013 “Bird in Flight,” commissioned by her family to honor Maureen “Mollie” Reiley, took its place in the garden. Reiley worked as a flight attendant for 39 years and was a union activist. She died at age 62 after a two-year battle with cancer. A second sculpture by Tew, “Family of Hope,” was installed in the healing garden in January 2014. It features a plaque that reads: “Every dream…every healing…every miracle of God…Sprouts from a tiny seed of hope.”

CELEBRATING 15 YEARS OF MUSIC THERAPY
Frauenshuh Cancer Center held a 15-year anniversary celebration for its music therapy internship program on Sept. 20, 2013. The program’s 90th intern joined the program in April 2013. Park Nicollet was one of the first health care organizations to offer music therapy to patients with cancer or in hospice. The program has been expanded to other areas, including management of Parkinson’s disease and eating disorders.

MUSIC THERAPIST IN THE NEWS
Dawn Miller, MME, MY-BC, a Frauenshuh Cancer Center music therapist, was profiled in an article about leaders in music therapy that appeared in the Plymouth Sun Sailor newspaper on Dec. 24, 2013. The article described Miller’s career, starting with her days as a pre-med student with a music major at Gustavus Adolphus College, as well as her knowledge about the history of the profession and the value of music therapy.

STETSON, THERAPY DOG AND CANCER SURVIVOR
Stetson the golden retriever was a valued member of Park Nicollet’s Caring Canine pet therapy program, often sitting with patients when they received chemotherapy treatments. Then, in 2012, he received his own diagnosis of T-cell lymphoma. Stetson took some time off from his Caring Canine work to undergo chemotherapy treatments and acupuncture at the University of Minnesota’s veterinary hospital. He did well was able to return to his Caring Canine work at Methodist Hospital on Oct. 31, 2012, dressed in a Halloween costume. In 2013, St. Louis Park Magazine featured the amazing story of Stetson, who passed away late in 2013.

3P LEAN INFUSION PROJECT
During 2013, Frauenshuh Cancer Center completed a 3P Lean Infusion project. Goals of the project were to ensure that each outpatient is cared for in the most appropriate setting and to reduce wait times.
2013 highlights (continued)

MARATHONS OF HOPE
On Sept. 7, 2013, Park Nicollet Foundation sponsored the annual Marathons of Hope event, which raises funds for Frauenshuh Cancer Center’s education, therapeutic and outreach programs, including music therapy and spiritual care. The 5K/10K run, walk, bike and blade event took place at Lake Calhoun in Minneapolis.

PATIENTS PARTICIPATE IN SYMPOSIUM
In October 2013, three Frauenshuh Cancer Center patients participated in a peer-to-peer program at the National Patient-Centered Care Symposium in Minneapolis. The patients were Mark Buckley, Tamara Evans and Sue McDonald. The symposium was sponsored by the Institute for Patient- and Family-Centered Care.

ONCOLOGY NURSING MEETING FEATURES PHYSICIANS
Speakers at the 2013 Metro MN ONS (Oncology Nursing Society) meeting included Brenda Larson, MD; Michael Miovic, MD; and Alice Shapiro, PhD, RD, LN. Larson is a medical oncologist and hematologist. Miovic is an oncology psychiatrist, and Shapiro is a dietitian and nutritionist.

‘MIND, BODY AND SPIRIT’ EVENT
Park Nicollet partnered with My Talk 107.1 to host a women’s wellness health fair and live broadcast on May 19, 2013, at Pinstripes restaurant in Edina. The theme was “Mind, Body and Spirit.” The program featured: Carol Ann Petersen, manager of Patient Education and Support; Dawn Miller, music therapist; Amy Schroeder, integrative therapist; and a Frauenshuh Cancer Center patient who benefitted from music therapy.

CANCER PREVENTION STUDY
Frauenshuh Cancer Center participated in the American Cancer Society’s historic research study that is designed to better understand ways to prevent cancer. Enrollment was closed in June 2013 for the multi-year Cancer Prevention Study - 3. Behavioral, environmental and genetic factors that may cause or prevent cancer are being studied.
2013 screening and prevention results

SKIN CANCER SCREENING
Frauenshuh Cancer Center and Park Nicollet Dermatology hosted a free skin cancer screening event for the community on May 18, 2013. We have hosted screening events for many years as part of our commitment to provide skin cancer prevention information and screening services. Our goals are to educate community members about sun safety and to identify skin cancer at its earliest stages, when it is most treatable.

Nearly 100 people participated in the 2013 screening event. The median age of the 33 women and 63 men was 57. Thirty-four people, or 35 percent of attendees, had a family history of skin cancer. Follow-up with a specialist was recommended for 38 people, or 40 percent of participants. Four cases of suspected melanoma were identified.

The most common ways that attendees said they had heard about the event included parknicollet.com, community newspapers, recorded messages and friends or family members.

BE PINK CAMPAIGN
Jane Brattain Breast Center’s (JBBC) “Be Pink” initiative focuses on breast cancer awareness, breast health, early screening mammograms and breast cancer detection for women in the Twin Cities.

In May 2013, JBBC was the presenting sponsor of KS95’s Team Moon & Staci for the Susan G. Komen Race for the Cure. The sponsorship was promoted on KS95 and included digital banners, a custom microsite and social media mentions. At Race for the Cure, JBBC’s branded presence included a booth with JBBC signage and materials. The media partnership and promotion delivered nearly 3 million impressions.

In October 2013, JBBC partnered with CBS Minnesota to create a radio, television and “Light the City Pink” campaign. Local businesses lit buildings in pink at night to support breast cancer awareness. In conjunction with “Be Pink,” the third annual Project Glam event at Seven Sushi and Steak Ultralounge in Minneapolis raised funds for JBBC. “Girls and Guitars” featuring Sheryl Crow, Kellie Pickler, Gloriana, Maggie Rose and Ashley Monroe focused early detection mammography. JBBC also worked with Target to raise funds to help underinsured and uninsured women get mammograms. These partnerships and promotions delivered nearly 5 million impressions.

Park Nicollet’s screening mammography volumes increased by 21 percent and diagnostic screening rose by 35 percent in October 2013 during the “Be Pink” campaign, compared to September 2013. All clinic sites and the Mammo-a-go-go mammography unit noted volume increases that correlated with the campaign.
Team spotlight

A number of new members joined the Frauenshuh Cancer Center care team during 2013.

Brittany Hayes joined Frauenshuh Cancer Center as a senior specialist for Epic, our electronic medical record, in September 2013. She works with Park Nicollet and HealthPartners, as well as outreach cancer center locations. Hayes handles Beacon and Epic workflow questions and works on in-depth projects and programs involving Epic. She is certified in Beacon and EpicCare applications. Hayes received her bachelor’s degree from the University of Minnesota and is currently attending Walden University to earn a master’s degree in health informatics.

Punit Wadhwa, MBBS, medical oncologist and hematologist, joined Frauenshuh Cancer Center in January 2013. His special interests include hematologic malignancies and gastro-intestinal and genito-urinary cancers. He has a strong interest in medical education and has received several educational awards, most recently the Excellence in Teaching (Outstanding Clinical Mentor) Award from the University of Minnesota’s Oncology Fellowship Program in 2012. Wadhwa earned his medical degree at B.J. Medical College in Prune, India. He completed an internal medicine residency at the University of Minnesota and a fellowship in hematology-oncology at Case Western Reserve University in Cleveland.

Christian Loger, MBA, became the manager of Jane Brattain Breast Center (JBBC) in April 2013. Loger manages daily operations at JBBC’s St. Louis Park, Wayzata and Women’s Center locations and the Mammo-a-go-go mobile mammography screening service. He has spearheaded growth of the “Be Pink” breast health awareness campaign, which now includes corporate relationships with Target, Medtronic, GE Fleet and UnitedHealthcare. Loger has also created a community outreach fund to provide for free screenings to underinsured and uninsured women in the Twin Cities. He has a bachelor’s from Luther College and an MBA with health care emphasis from Concordia University.
2013 awards and achievements

Susan Koering, MEd, RHIA, CTR, the oncology registry manager for Frauenshuh Cancer Center, received the Distinguished Member Award at the National Cancer Registrars Association (NCRA) Annual Meeting in San Francisco on June 2, 2013. This award is given for outstanding contributions to the cancer registry profession: leadership at the local and national levels, being recognized as a resource in area of specialty, and sharing in presentations/publications. Koering is serving her second year as chair of the NCRA Education Foundation.

Dawn Miller, MME, MT-BC, a Frauenshuh Cancer Center music therapist and director of the music therapy internship program, received the President's Award. This award, which is HealthPartners’ highest honor, was presented at The Depot in downtown Minneapolis on Nov. 26, 2013. The President’s Award recognizes colleagues who go above and beyond to provide outstanding care and service to HealthPartners members and patients. The winners are honored for living the values of excellence, compassion, partnership and integrity every day.

Michael Weber, MS, DABR, oncology radiation therapy supervisor, received the Helen Berg Service Award, which was established in 2009 and is named for our dear friend and colleague who lived and worked courageously with cancer for many years. Berg started as a Park Nicollet volunteer and later worked as our welcome desk concierge.

Vicki Norton, MHA, RN, OCN, served as director-at-large on the Oncology Nursing Society board of directors.

Lorre Ochs, MD, FACP, served a second year as president of Minnesota Society of Clinical Oncology.

A number of Frauenshuh Cancer Center and Jane Brattain Breast Center team members served important roles with Metro Minnesota Oncology Nursing Society. Norma Hocking, RN, OCN, was president-elect; Jeanne Harkness, RN, was secretary; Mary Mateffy, RN, OCN, was membership chair; Cindy Ouimet, RN, and Adina Peck, OCN, NP, served as directors-at-large; Mary Ehresman, AOCN, NP, was chair of the annual conference; Ann Deshler, RN, BSN, was chair of government relations; and Elizabeth (Betsy) Koch, RN, OCN, was the nominating committee chair.
Oncology registry

MOST COMMON CANCER SITES

The four most common cancers for Park Nicollet patients in 2013 (excluding skin cancers) were breast, lung, prostate and colorectal. These four sites, listed by the American Joint Committee on Cancer (AJCC) stage in Table 1, account for 47 percent of all cases.

In Minnesota, the most common cancers listed in order of occurrence as published in the American Cancer Society’s “Cancer Facts and Figures 2013,” are breast, prostate, lung and colorectal.

TABLE 1:
Four most common sites by AJCC stage at Park Nicollet

*Carcinoids of the appendix not included
Table 2 compares, by site and percentage, Park Nicollet's case totals with the estimated number of cancer cases in Minnesota and the United States.

For these four cancer sites and all cancers, initial diagnosis and treatment at an earlier stage is a very important prognostic variable. The earlier the stage at which these cancers are diagnosed and treated, the better the patients’ long-term prognosis and survival.

Table 2: Four most common cancer sites

Table 3: Five-year observed survival, cases diagnosed 2003-2007

Table 3 shows the five-year observed survival of five cancer sites and all cancers at Park Nicollet compared to national figures. This includes only patients with one primary cancer. Observed survival is the actual percentage of patients still alive at some specified time after diagnosis of cancer. It considers deaths from all causes, cancer or otherwise.

<table>
<thead>
<tr>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>1,080</td>
<td>90%</td>
<td>86%</td>
<td>1,383</td>
<td>90%</td>
</tr>
<tr>
<td>Colon</td>
<td>249</td>
<td>66%</td>
<td>55%</td>
<td>321</td>
<td>66%</td>
</tr>
<tr>
<td>Rectum</td>
<td>64</td>
<td>78%</td>
<td>59%</td>
<td>93</td>
<td>79%</td>
</tr>
<tr>
<td>Lung</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-small cell</td>
<td>381</td>
<td>14%</td>
<td>17%</td>
<td>522</td>
<td>15%</td>
</tr>
<tr>
<td>Small cell</td>
<td>81</td>
<td>5%</td>
<td>6%</td>
<td>109</td>
<td>7%</td>
</tr>
<tr>
<td>Prostate</td>
<td>611</td>
<td>89%</td>
<td>88%</td>
<td>787</td>
<td>89%</td>
</tr>
<tr>
<td>All cancers**</td>
<td>4,657</td>
<td>***69%</td>
<td>58%</td>
<td>6,449</td>
<td>***70%</td>
</tr>
</tbody>
</table>

*National Cancer Data Base
**In-situ and invasive cancers
***Park Nicollet exceeds national level by 11 percent
****National comparisons not available at the time of review
**TABLE 4:**
Frauenshuh Cancer Center administrative report 2013

<table>
<thead>
<tr>
<th>Category</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analytic cases*</td>
<td>2,080</td>
<td>2,118</td>
</tr>
<tr>
<td>Nonanalytic cases**</td>
<td>48</td>
<td>64</td>
</tr>
<tr>
<td>Cases presented at tumor conferences (general, gynecologic, breast, lung)</td>
<td>596</td>
<td>546</td>
</tr>
<tr>
<td>Physicians attendance at conference</td>
<td>1,123</td>
<td>1,108</td>
</tr>
<tr>
<td>Radiation therapy patients (new)</td>
<td>609</td>
<td>671</td>
</tr>
<tr>
<td>Radiation therapy treatment fields</td>
<td>15,472</td>
<td>15,937</td>
</tr>
<tr>
<td>Outpatient IV therapy visits</td>
<td>29,294</td>
<td>30,327</td>
</tr>
<tr>
<td>Outpatient oncology-hematology clinic visits</td>
<td>24,169</td>
<td>25,469</td>
</tr>
<tr>
<td>New cancer admissions to hospice</td>
<td>311</td>
<td>345</td>
</tr>
<tr>
<td>New cancer admissions to home care</td>
<td>59</td>
<td>62</td>
</tr>
<tr>
<td>Percent of patients entered on protocols</td>
<td>6%</td>
<td>7%</td>
</tr>
</tbody>
</table>

*Analytic: cases diagnosed and/or having initial therapy at Park Nicollet

**Nonanalytic: cases having all initial therapy elsewhere, seen at Park Nicollet for further care and treatment
<table>
<thead>
<tr>
<th></th>
<th>Total Cases</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breast</strong></td>
<td>451</td>
<td>21%</td>
<td>446 36%</td>
</tr>
<tr>
<td><strong>Skin</strong></td>
<td>261</td>
<td>12%</td>
<td>109 9%</td>
</tr>
<tr>
<td><strong>Lung</strong></td>
<td>204</td>
<td>10%</td>
<td>124 10%</td>
</tr>
<tr>
<td><strong>Prostate</strong></td>
<td>195</td>
<td>9%</td>
<td>0 0%</td>
</tr>
<tr>
<td><strong>Colorectal</strong></td>
<td>138</td>
<td>7%</td>
<td>77 6%</td>
</tr>
<tr>
<td><strong>Other/Ill-defined</strong></td>
<td>91</td>
<td>4%</td>
<td>56 4%</td>
</tr>
<tr>
<td><strong>Lymphoma</strong></td>
<td>89</td>
<td>4%</td>
<td>45 4%</td>
</tr>
<tr>
<td><strong>Bladder</strong></td>
<td>81</td>
<td>4%</td>
<td>19 2%</td>
</tr>
<tr>
<td><strong>Leukemia</strong></td>
<td>74</td>
<td>3%</td>
<td>36 3%</td>
</tr>
<tr>
<td><strong>Uterus</strong></td>
<td>67</td>
<td>3%</td>
<td>67 5%</td>
</tr>
<tr>
<td><strong>Endocrine</strong></td>
<td>57</td>
<td>3%</td>
<td>41 3%</td>
</tr>
<tr>
<td><strong>Head &amp; Neck</strong></td>
<td>55</td>
<td>3%</td>
<td>18 1%</td>
</tr>
<tr>
<td><strong>Pancreas</strong></td>
<td>52</td>
<td>3%</td>
<td>24 2%</td>
</tr>
<tr>
<td><strong>Kidney</strong></td>
<td>50</td>
<td>2%</td>
<td>28 2%</td>
</tr>
<tr>
<td><strong>Nervous System</strong></td>
<td>47</td>
<td>2%</td>
<td>28 2%</td>
</tr>
<tr>
<td><strong>Other GI</strong></td>
<td>45</td>
<td>2%</td>
<td>22 2%</td>
</tr>
<tr>
<td><strong>Ovary</strong></td>
<td>43</td>
<td>2%</td>
<td>43 3%</td>
</tr>
<tr>
<td><strong>Multiple Myeloma</strong></td>
<td>28</td>
<td>1%</td>
<td>12 1%</td>
</tr>
<tr>
<td><strong>Unknown Primary</strong></td>
<td>20</td>
<td>1%</td>
<td>8 1%</td>
</tr>
<tr>
<td><strong>Vulva</strong></td>
<td>20</td>
<td>1%</td>
<td>20 2%</td>
</tr>
<tr>
<td><strong>Testis</strong></td>
<td>19</td>
<td>1%</td>
<td>0 0%</td>
</tr>
<tr>
<td><strong>Stomach</strong></td>
<td>17</td>
<td>1%</td>
<td>5 1%</td>
</tr>
<tr>
<td><strong>Anus</strong></td>
<td>14</td>
<td>1%</td>
<td>2 1%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>2,118</td>
<td>100%</td>
<td>1,230 100%</td>
</tr>
</tbody>
</table>
Cancer survivorship at Frauenshuh Cancer Center

By Kathleen Johnson, DNP, WHNP-BC and Rachel Lerner, MD, MS

The National Cancer Institute (NCI) defines a cancer survivor as “anyone who has been diagnosed with cancer, from the time of diagnosis through the balance of life.” Cancer survivors have specific medical, physical and emotional needs because of their cancer diagnosis and treatments they receive. Survivorship care is the care given to cancer survivors and their families to meet those specific medical, physical and emotional needs.

WHY IS SURVIVORSHIP CARE IMPORTANT?

Everyone knows someone whose life has been affected by cancer. The number of individuals in the United States who have a personal history of cancer is growing at least in part due to more effective detection and treatment. In addition, cancer survivors are increasing in number because of the growth in the aging population (aging baby boomers). The number of U.S. cancer survivors has tripled over the past three decades. The American Cancer Society has estimated that 14.5 million Americans with a history of cancer were alive on Jan. 1, 2014 (not including carcinoma in situ and basal and squamous cell skin cancers). It is also estimated that by Jan. 1, 2024, the number of cancer survivors in the United States will increase to almost 19 million: 9.6 million females and 9.3 million males.

According to the American Cancer Society Cancer Treatment and Survivorship Facts & Figures 2014-15, most of today’s cancer survivors (64 percent) were diagnosed five or more years ago, and 15 percent were diagnosed 20 or more years ago. Almost half (46 percent) of all cancer survivors are age 70 or older, while only 5 percent are younger than 40. The three most common cancers among male survivors are prostate (43 percent), colon and rectum (9 percent), and melanoma (8 percent). The most common cancers among female survivors are breast (41 percent), uterine corpus, also known as endometrial (8 percent) and colon and rectum (8 percent).

These staggering numbers have prompted a national movement to improve the way our health care systems provide care to cancer survivors. Providing survivorship care has been recognized as an integral part of comprehensive cancer care by the American College of Surgeons Commission on Cancer, the Institute of Medicine, the National Comprehensive Cancer Network and the American Society of Clinical Oncology. Cancer survivors need to be knowledgeable about the type of cancer they have, the type of treatment they have received and the potential late side effects of the treatment they received. Knowledge helps cancer survivors take care of themselves and remain healthy, both mentally and physically. When we look at the group of individuals who make up cancer survivors, as described above, it is clear that comprehensive offerings need to be provided to meet these diverse needs.

HOW FRAUENSHUH CANCER CENTER ADDRESSES SURVIVORSHIP

At Frauenshuh Cancer Center, cancer survivors’ ongoing health and well-being is a top priority. We are enhancing the way we provide care to our patients from the time of diagnosis, during active treatment and continuing forward on their journey surviving with cancer. We have embraced the partnership between Park Nicollet and HealthPartners and the combined organizational mission: to improve health and well-being in partnership with our members, patients and community.

The cancer center’s leaders invited a multidisciplinary group of professionals to work as a unified team to develop a model of survivorship care that uses a systematic
Cancer survivorship (continued)

approach. The survivorship committee includes social workers, education specialists, cancer support services, patient representatives, nurses, oncologists and leaders.

Previous research conducted by Park Nicollet Oncology Research Department identified gaps in patients’ knowledge about their cancer and its treatment. These gaps – as well as the Institute of Medicine and the American College of Surgeons Commission on Cancer recommendations to develop, implement and evaluate a cancer survivorship program – were driving forces in the development of a new model of care designed to provide cancer survivors information they need to live life to the fullest. The survivorship program is a quality improvement initiative focused on improving patients’ knowledge, well-being and outcomes.

OUR OFFERINGS FOR CANCER SURVIVORS AND FAMILIES

Building upon the recognition of a cancer survivor as “anyone who has been diagnosed with cancer, from the time of diagnosis through the balance of life,” Frauenshuh Cancer Center identified key points where we could better support patients through their journey and improve their knowledge and well-being.

One major intervention was the development of the new Cancer Care Guide, which patients receive at their initial oncology or radiation oncology appointment. The guide is used during this first visit and the patient is encouraged to bring the guide to each visit. The care guide was designed to help guide cancer survivors and their families and friends. It provides answers to many of the common questions people have before, during and after treatment for cancer, such as: “What do I wear to my treatments?”, “How do I manage nausea?” and “Who do I contact when I’m not feeling well?” Through the treatment course, staff members use the Cancer Care Guide with the patient and record patient-specific information in the appropriate sections.

We overhauled our educational classes, implemented new renewing life classes, and developed a new survivorship series. We developed new informational handouts and improved educational offerings available in the resource library. We also incorporated online technology to provide patients with information about their cancer, treatment options and Park Nicollet’s extensive resources – from our sexual health clinic to the cancer rehab program and cancer dietitians. Patients, their families and caregivers are invited to take advantage of the resources at any stage of their journey.

Currently under development is a survivorship visit, which for most patients will occur after radiation or chemotherapy is completed. The patient will meet with his or her care team, review a treatment plan summary and surveillance plan, be offered a meeting with a member of our supportive services team, and be provided with additional survivorship information.

Our goals moving forward include steps to ensure cancer survivors throughout the system are identified, provided survivorship information and made aware of available resources. We continue to develop and refine the program, including strategizing how to make access to health care information more convenient for patients – such as through electronic medical records and media devices.

Our breast cancer survivorship pilot study was designed as an initiative to bridge the patient knowledge gap identified by previous Park Nicollet research. It represented a first step in self-assessment and quality improvement of the survivorship program.
SURVIVORSHIP CARE PILOT AND RESEARCH FINDINGS

A pilot project model of care was provided to all Frauenshuh Cancer Center patients beginning in March 2013. Patients were introduced to the concept of survivorship when they received their diagnoses. They were provided with the new Cancer Care Guide and informed about survivorship classes and other resources. They also received a survivorship packet at the end of active treatment, and were invited to meet with a social worker to discuss their survivorship.

We selected breast cancer patients as a representative subset to study the program’s effectiveness and sustainability. This research was part of Kathleen Johnson’s work on her doctor of nursing practice (DNP) degree. The DNP program’s focus is to implement evidence-based practice change in order to improve patient outcomes. Evaluating the change is part of Quality Improvement required by the DNP program.

There were three phases in the research. In the first phase, a questionnaire was mailed to 140 patients to determine whether the pilot project increased patients’ knowledge about their disease and treatments received. The response rate was 61 percent. The data collected was compared to previous data collected by Park Nicollet oncology researchers in 2012. Preliminary findings demonstrated that patients had increased knowledge of the stage of disease, morphology (type of cancer), hormone receptor status, knowledge about hormone therapy, and knowledge of treatment with Doxorubicin (Adriamycin).

The second phase of the pilot study involved data collected from patient telephone interviews. Twenty of 57 patients who were invited to meet with an oncology social worker were interviewed about their perceptions of the new survivorship packet and the role it played as they decided whether to meet with the social worker. Most patients (80 percent) reported that the packet addressed most of all of the concerns they had about living life after cancer treatment. Half of the interviewees said they declined the social worker meeting because they did not feel they needed it.

The final pilot study component involved in-person interviews with Frauenshuh Cancer Center staff members to determine the level of staff knowledge of survivorship care and the center’s survivorship resources. Most staff members (80 percent) were aware of the Commission on Cancer recommendations to provide survivorship care and 70 percent were able to define “cancer survivor.” Half of the staff members interviewed said they wanted more survivorship care training. Time constraints were identified by 55 percent as the biggest barrier to providing survivorship care.

FUTURE PLANS

Park Nicollet believes outstanding health care is delivered when we merge the science and intellect of medicine with the compassion, spirit and humanity of our hearts. This approach inspires continual improvement and supports lasting success. The development of a cancer survivorship model of care at Frauenshuh Cancer Center is an excellent example.

We are committed to make ongoing improvements to our survivorship offerings. Future plans include: using our electronic medical record to generate treatment summaries; developing cancer-specific surveillance and follow-up care guidelines; and expanding survivorship care education for patients, families and care providers.
KATHLEEN JOHNSON, DNP, WHCNP-BC
Women’s health care nurse practitioner
Jane Brattain Breast Center

Kathleen Johnson, WHCNP-BC, joined the breast health team in 2011. She has been board certified as a women’s health nurse practitioner since 1991. She earned her doctor of nursing practice (DNP) degree in 2014 from the University of Southern Alabama. Her doctoral program work focused on how to best provide survivorship care to breast cancer patients. She also has research interests in prevention, screening and early diagnosis of breast cancer, as well as prevention and treatment of lymphedema.

“I have dedicated my career to caring for women during all phases of their lives,” Johnson said. “I believe that education is an essential component in providing high quality health care and I work very hard to help patients understand all of the issues surrounding their care.”

Johnson’s nursing experience includes medical-surgical hospital staff nurse, oncology and hospice, labor and delivery, postpartum and newborn nursing and teaching maternal/child health to RN students. She received her bachelor’s degree from Minnesota State University-Mankato. She earned her master of science in nursing (MSN) degree and women’s health care nurse practitioner designation from Drexel University in Philadelphia.

“I am a native Minnesotan and proud of it,” Johnson said. “I cannot think of a better place to live. I enjoy being active and spending time outdoors. I love puttering in my garden in the summer and cross country skiing in the winter. I have a special place in my heart for the North Shore and enjoy hiking, canoeing and kayaking.”

Johnson has volunteered for many years at YMCA Camp Menogyn, providing medical care for staff and the campers, ages 13-18, in a remote Boundary Waters setting.
RACHEL LERNER, MD, MS
Medical oncologist and hematologist
Frauenshuh Cancer Center
and
Co-director, Oncology Research
Park Nicollet Institute

Rachel Lerner has been a medical oncologist and hematologist with Frauenshuh Cancer Center since 2011.

“I help people with cancer and blood disorders,” Lerner said. “I try to make the unique circumstances and goals of every patient a priority in their care.”

Lerner earned her bachelor’s degree from Harvard College and her medical degree from the University of Chicago’s Pritzker School of Medicine. She then completed an internal medicine residency and a hematology/oncology fellowship program, both at the University of Minnesota. Lerner went on to receive a master of clinical research (MS) degree at the University of Minnesota’s School of Public Health. She is a member of the American Society of Clinical Oncology.

“I love being outdoors, especially hiking and skiing with our two boys and yellow lab,” Lerner said.
Oncology research review

Clinical trials are important in making advances in cancer treatment by systematically evaluating how effective new treatments or interventions are for patients. Our Oncology Research Program offers access to state-of-the-art treatment options for patients undergoing cancer treatments. We also conduct a wide variety of studies focused on cancer prevention and symptom management for patients undergoing cancer treatments, and studies to help us understand the biology of cancer. Our mission is to improve the survival and quality of life of those we serve. We have an expert research staff with many years of experience in clinical research. Park Nicollet patients also have access to clinical trials sponsored by the National Cancer Institute through the Metro-Minnesota Community Clinical Oncology Program (CCOP).

**ONCOLOGY RESEARCH HIGHLIGHTS**

- 139 patients were enrolled in cancer treatment and symptom management studies at Park Nicollet in 2013.

- Three new research studies were opened in 2013, while seven additional studies were in process of being opened.

- Michele Lacy, RN, BCN, OCN, accepted the director position at CCOP. Ann Deshler, RN, BSN, is providing leadership support for oncology research at Park Nicollet. A new regulatory specialist, Marilyn Magadan, and new research assistant, Kris Vukelich, were hired.

- A visioning meeting was held with HealthPartners oncology representatives to explore common research interests and planning for future combination.

- An initial retreat meeting was held with Frauenshuh Cancer Center leadership, research principal investigators, and Park Nicollet Institute leadership to discuss future direction and support for oncology research at the cancer center.

- Park Nicollet was the top enrolling site in the Metro-MN CCOP consortium.

- A new cancer research flyer was developed for patients.

**GRANTS**

A National Cancer Institute grant was received for analysis of samples by a post-doctoral fellow for a study by Alice Shapiro, PhD, entitled “Vitamin D3 Effects on Musculoskeletal Symptoms with Use of Aromatase Inhibitors.”
MANUSCRIPTS AND BOOK CHAPTERS ACCEPTED/PUBLISHED

MANUSCRIPTS PUBLISHED


ABSTRACTS AND PRESENTATIONS


Abstract: Robien K, Kirstein M, Shapiro A. Pilot Study to Determine BPA Exposures among Women Receiving Aromatase Inhibitors (Sub study of the vitamin D3 AI grant).

*Gordon Research Conference on Environmental Endocrine Disruptors*, Lucca (Barga), Italy May 2014.


Community Presentations: Alice Shapiro, PhD, was an invited speaker at the Metro-MN Annual Oncology Nursing Conference in March 2013: “Nutrition therapy for cancer patients”.

Alice Shapiro, PhD, was an invited speaker at the 2013 Lymphoma Research Foundation Workshop in October 2013: “Nutrition during and after treatment for the oncology patient”.

Alice Shapiro, PhD, was an invited speaker at the Fairview Southdale Breast Cancer Program “Common Threads” at the Marsh in November 2013: “What does nutrition have to do with it?”. 
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Frauenshuh Cancer Center is located on the Park Nicollet Methodist Hospital campus in St. Louis Park, a western suburb of Minneapolis, Minnesota. This safe, convenient location is easily accessible from Hwy. 100.

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