



Boulder Community Health

2015 CANCER REPORT TO THE COMMUNITY

Touching lives, long after
treatment is done.

IN PARTNERSHIP WITH





Message from the Cancer Committee

2015 brought about many changes in health care, which has affected hospitals, insurers and patients. Boulder Community Health has adjusted to these changes by continuing to provide efficient, cost-effective, high quality services to everyone in our community.

Breast cancer is the most prevalent cancer diagnosis at Boulder Community Health. In 2015, we obtained re-accreditation with the National Accreditation Program for Breast Centers (NAPBC). Our re-accreditation demonstrates our firm commitment to offer patients every significant advantage in their battle against breast disease. To earn NAPBC accreditation, a breast center must undergo a rigorous application process and onsite survey encompassing leadership, clinical management, research, community outreach, professional education and quality improvement. In addition to NAPBC accreditation, we have also recently renewed our accreditation with the American College of Surgeons' (ACoS) Commission on Cancer (CoC). Our most recent survey for CoC accreditation took place in March of 2014, and we are pleased to report that we received the "gold standard" in cancer program excellence, which means we exceeded the standards for 100% of the areas in which the award qualifies.

One of the biggest changes this year was to our outpatient rehabilitation services. With the sale of the Mapleton center, our outpatient rehabilitation services moved to the Broadway location. In addition, some of our outpatient cancer rehabilitation services and classes are now available at the cancer center at Foothills Hospital, making these services more convenient for the growing patient population in the eastern part of Boulder County.

Other significant projects this year involved our cancer survivorship and palliative care programs. Our cancer survivorship program has been in place for several years; however this year, we took a closer look at the program to ensure that cancer survivors are receiving a timely, complete, and clear summary of their cancer treatment, follow up plan, and support services. Our palliative care program has experienced changes as well with the increased availability of inpatient palliative care, chaplain and spiritual services.

Introduction

The 2015 Annual Report describes the full spectrum of cancer services provided by Boulder Community Health's Cancer Program. Everyone involved in our Cancer Care Program strives to provide the highest quality of care to the patients we serve. Our program has been accredited as a Comprehensive Community Cancer Program by the American College of Surgeons since 1988. In 2014, we received a full three-year approval for reaccreditation, and the award of the Commission on Cancer's "gold standard" of cancer care excellence from the American College of Surgeons' Commission on Cancer.

Boulder Community Health's Mission, Vision and Beliefs

Mission:

Providing our community with the safest, and highest quality health care in an innovative, patient-centered environment.

Beliefs:

- **Respect:** We will treat everyone with respect and compassion.
- **Quality:** We will aggressively implement processes that advance quality and patient safety.
- **Innovation:** We will embrace innovation and advanced technology.
- **Fairness:** We will foster an employee work environment that is open, fair and fulfilling.
- **Community:** We will maintain our community-based system of governance.
- **Collaboration:** We will pursue effective working relationships with physicians and community health partners.
- **Sustainability:** We will initiate environmentally sustainable practices.
- **Integrity:** We will be accountable, transparent and ethical in all of our actions.

Vision:

As the finest health care provider in our community, we strive to:

- Assure patient safety and quality care that exceeds national standards,
- Attract and retain the finest employees, physicians, nurses and health care professionals,
- Offer an integrated system of preventive, acute and chronic care,
- Adopt the most effective and innovative approaches and technologies for patient care,
- Provide leadership and support for health-centered community programs,
- Remain a national leader in environmental stewardship,
- Continue as a fiscally-responsible, locally-governed healthcare resource,
- Provide charitable care, and
- Adapt to the changing healthcare environment.

Cancer Program Goals and Objectives:

The Cancer Committee provides program leadership by making important decisions about the program. It leads the program through setting goals and evaluating and improving the quality of cancer care that is provided to the patients who are treated at the program. The Cancer Committee oversees the program's cancer conferences, quality outcomes, quality improvements and cancer registry data accuracy/quality. Clinical and programmatic goals are established annually, assessed throughout the year, and focus on assessing and improving the program in areas such as diagnostic accuracy, treatment, patient care, and processes of care for patients in the cancer program.



Cancer Survivorship


When a patient completes cancer treatment, the transition back to a “normal” life can be difficult. Anxiety about recurrence and confusion about treatment effects and surveillance recommendations are often issues facing a survivor. In addition, there can be physical, psychosocial and economic issues.

According to the National Cancer Institute (NCI), survivorship “covers the physical, psychosocial, and economic issues of cancer, beyond the diagnosis and treatment phases. Survivorship includes issues related to the ability to get health care and follow-up treatment, late effects of treatment, second cancers, and quality of life. Family members, friends, and caregivers are also considered part of the survivorship experience.”

The transition into the survivorship phase can be made smoother if a survivorship program is offered by the providers who coordinated the treatment. The Boulder Community Health cancer survivorship program has been in place for several years; however this year, we took a closer look at the program to ensure that cancer survivors are receiving a timely, complete, and clear summary of their cancer treatment, follow up plan, and support services.

The survivorship program at Boulder Community Health includes a face-to-face survivorship meeting with patients who have completed cancer treatment, during which a Survivorship Care Plan is provided. A Survivorship Care Plan is a written comprehensive care summary and follow-up plan provided by the principal providers who coordinated the oncology treatment for the patient. The summary and follow up plan is explained during the survivorship meeting. Every detail of the patient’s diagnosis and treatment is reviewed in the meeting and in writing, including any surgeries, chemotherapy, or radiation that was done. This information will be necessary for the rest of the patient’s life for decisions related to cancer and non-cancer issues, treatments (cancer or non-cancer related), long-term cancer treatment effects, and any other medical or psychosocial matters. The Survivorship Care Plan also summarizes recommendations for clinic visits and screenings to help prevent recurrence and new cancers. It also goes over any long-term side effects of the cancer treatment, possible symptoms of cancer recurrence, and emotional, mental health, financial, and insurance issues. Information on the importance of a healthy lifestyle to help prevent cancer is also included.

Our cancer navigators meet with groups of cancer survivors periodically to get feedback about the survivorship program. We will continue to use this feedback, as well as valuable information from agencies such as the NCI, the American Society of Clinical Oncology (ASCO), and the Institute of Medicine (IOM) to ensure that Boulder Community Health cancer patients are well informed and have their needs met after treatment is complete.



Community Outreach 2015

Community Classes

Cancer Rehabilitation Exercise Class

This is an exercise class for people diagnosed with cancer, no matter how recent. Each participant will receive an individualized exercise plan to work on within the group.

Cancer Survivors Make Waves

A one hour class in Mapleton's warm water pool (92-94°) for women at any stage of recovery who have been diagnosed with cancer. Post surgical participants are welcome if the class requirements are met.

Cancer and Sexuality Class for Women

Many women find that intimacy and sexuality changes after or during cancer treatment. This is a six-week course designed to help women rediscover themselves after cancer treatment.

Monthly Cancer Nutrition Seminars

Learn about how to boost your body's natural defenses against disease and support your recovery by eating delicious, nutritious foods

Clear the Fog

Promoting Cognitive Function, Wellness and Balance - Post-cancer Treatment to "Clear the Fog." This Program offers a series of six topics for cancer patients experiencing fogginess associated with their cancer diagnoses and treatments.





Community Support and Education:

Oatmeal Festival – January 11

Multiple prevention/screening booths handed out information on prevention and screenings. Oral screenings were on site by Complete Family Dentistry.

CU Basketball Breast Cancer Game – February 13

Averting the Preventable Killer – March 10

Peter Kaye, MD, board-certified gastroenterologist discussed a screening tool that detects and even prevents colon cancer. He also describes healthy lifestyle choices that can improve digestive and colon health.

Cancer Education Day – March 14

Topics and speakers included:

- Genetics & Screening for Colon Cancer, with speakers Dennis Ahnen, MD and Nathan Susnow, MD
- Benefits of Exercise Before/After Treatment, with speakers David Andorsky, MD and Brandy Whitney, PT, DPT
- Tips for Sleeping Better, with speakers Evelyn Bolt MD and Stephen Corsale, LA
- What's New in Cancer Treatment, with speaker Lori Jensen, MD

Colon Cancer Awareness Month, Screening Sign-ups – March 13, 19, 23

The Celestial Seasonings B Strong Bike Ride – August 8

B Strong had about 850 riders and raised approximately \$115,000 to the Center for Integrative Care

CU Women's Tennis Team Marathon – August 23

The tennis marathon raised \$18,717 for breast cancer services.

Breast Cancer Education Day – October 17

Topics and speakers included:

- Lymphedema, with speakers Susan Hagen, MD, Andrew Antell, MD, Karen Stanisich, OTR, CLT and acupuncturist Stephen Corsale
- Exercise and Nutrition, with speakers Brandy Whitney, PT, DPT, and nutrition coach Conner Middelmann-Whitney
- New Treatment Options, with speaker Lori Jensen, MD

Komen Race for the Cure – September 27

CU Football Game for Breast Cancer Patients – October 3

Safeway donated \$10,000.

CU Volleyball Game for Breast Cancer Patients – October

BCH Ambassador's Holiday Extravaganza Fundraiser and Fashion Show – December 5

Proceeds go to the BCH Breast Cancer Treatment Fund.

Red Lipstick Fund

Provided \$47,000 to 148 patients during 2015.



Support Groups/Services:

Caregivers and Loved Ones Support Group

Talk with other caregivers and loved ones who are supporting family and friends journeying through cancer. Please join us for discussion, information gathering, and support.

Breast Cancer Support Group

This group is for breast cancer patients who would like to connect with other women as they travel through the breast cancer journey.

Healing through music and drumming.

This group uses music to build connections with ourselves, others, and with life, giving opportunity for expression, laughter and release. Instruments are provided.

HOPE Group: Healing, Orientation & Options, Peer Support, & Education

This six-week educational group is intended for patients and their caregivers who are new to cancer, newly diagnosed, or in the midst of treatment.

Life After Treatment Group:

Completing treatment is a major milestone and for many, it means that it's time to resume regular activities and go back to the lives they had before cancer. This class provides counseling and education on practical issues surrounding cancer survivorship.

Acupuncture Clinic

Acupuncture clinic provided by Boulder Community Health's Center for Integrative Care. 20-30 minute acupuncture treatment in a group setting.

Valued Living Group for Post-treatment Survivors Experiencing Distress

Have you completed primary treatment and are experiencing cancer survivorship related distress, depression, or anxiety? If so, consider participating in a paid seven-week evidence based skill building group and research study. The goal of the program is to help you cope skillfully and move forward living a life that you value.

American Cancer Society's Look Good...Feel Better class

An American Cancer Society group providing women with a consultation for how to look your best while going through cancer treatment and recovery.

Leukemia and Lymphoma Support Group

This group is for patients, family members and friends affected by a diagnosis of a blood cancer including leukemia, Hodgkin and non-Hodgkin lymphoma, and multiple myeloma.

Ovarian and Gynecological Cancer Support Group (Nickis Circle)

Support group for patients/survivors with ovarian or other gynecological cancers.

Grillo Health Information Resource Center

The Grillo Health Information Center, located on the 1st floor of Tebo Family Medical Building, can confidentially research your personal health questions using the latest medical resources to help you make informed health care decisions. Submit a health question in person, over the phone, 720-854-7293, or via the website, www.GrilloCenter.org.

Implement

Plan

Refer

Advocate

Assess

Educate

Facilitate

Support

Nurse Navigators

What is an oncology nurse navigator?

Oncology nurse navigators provide individualized assistance to patients, families, and caregivers to aid them in effectively navigating through the health care system.

Our navigators are registered nurses with oncology-specific training who offer education and resources to facilitate informed decision making and timely access to quality healthcare from the time of diagnosis throughout survivorship

Boulder Community Health is committed to providing our community with local access to an expansive range of up-to-date treatments for cancer.

We provide the highest quality inpatient and outpatient care for cancer patients and their families.

What does an Oncology Nurse Navigator Do?

- Acts as the single point of contact to help coordinate care
- Assists in resolving any barriers to care
- Assesses physical, emotional, financial and spiritual needs
- Connects you to rehabilitation services, counseling, support groups, financial resources and complementary therapies
- Provides education to ensure cancer information is available and understandable so that you can participate fully in your care
- Facilitates communication and acts as a liaison between you and your health care team



Breast Health Nurse Navigator Nanna Christensen, RN, CBCN, OCN

Boulder Community Health Cancer Resources

Boulder Community Health General Information

Boulder Community Health	bch.org	303-415-7000
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Inpatient Oncology

Oncology Unit, Foothills Hospital		303-415-7199
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Oncology Nurse Manager-Susan Spitz, RN		303-415-7333
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Outpatient Oncology

Outpatient Services-Rocky Mountain Cancer Center	rockymountaincancercenters.com	303-385-2000
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Support and Rehabilitation

Center For Integrative Care	bch.org/cancercare	303-415-7292
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Breast Health Nurse Navigator, Nanna Bo Christensen, RN, CBCN, OCN		303-415-7057
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Cancer Rehabilitation		303-415-4400
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Oncology Data and Information

Cancer Registry, Cheryl Varela, CTR		303-415-7732
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Grillo Health Information Center	grillocenter.org	303-415-7293
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Clinical Trials-Cheryl Napier		303-415-7296
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Community Support and Services

American Cancer Society	cancer.org	1-800-ACS-2345
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Look Good, Feel Better, American Cancer Society		970-356-9727, opt. 3
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Boulder County Services and Programs	bouldercountyhelp.org	303-441-1617
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Susan G. Komen	komencolorado.org	303-744-2088
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Diagnostic Imaging

BCH Foothills Hospital, 48th and Arapahoe, Boulder		303-440-2170
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Community Medical Center, 1000 W. South Boulder Rd., Lafayette		303-440-2170
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Medical Imaging Center, 36 Garden Center, Broomfield		303-466-1234
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Women's Imaging Centers (Mammography)

BCH Foothills Campus, 48th and Arapahoe, Boulder		303-440-2170
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Community Medical Center, 1000 W. South Boulder Rd., Lafayette		303-440-2170
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Boulder Medical Center, 2750 Broadway, Boulder		303-440-3029
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Medical Imaging Center, 36 Garden Center, Broomfield		303-466-1234
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