

Quality Report Card

Licking Memorial Health Systems



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CANCER CARE

LMH Hematology/Oncology Department Introduces New Initiatives to Improve Cancer Care

Licking Memorial Health Systems (LMHS) is dedicated to improving patient outcomes and quality of life for cancer patients by providing high-quality, comprehensive care that focuses on the health and well-being of the patient from the time of diagnosis through treatment and survivorship. Throughout the past year, the Hematology/Oncology Department has established new programs and initiatives designed to support cancer patients and their caregivers emotionally and physically.

Last spring, Licking Memorial Hospital (LMH) established a Cancer Support Group to help people cope with all aspects of cancer by providing a safe environment to share experiences and learn from others who are facing similar situations. The monthly support group is open to all individuals with cancer in the community, regardless of where treatment is administered. Facilitated by the LMH Oncology staff, the group offers encouragement, education and an opportunity for participant discussion. A healthy food option, selected by the Oncology Dietitian, is served at each meeting.

The support group recently extended participation to caregivers of cancer patients. Caregivers meet with an Oncology staff member to learn how to better understand what their loved one is experiencing and how to best support them, while understanding their own role in their loved one's cancer journey. The

group provides encouragement, resources, and camaraderie for those who are caring for a loved one with cancer. The Cancer Support Group meets on the fourth Tuesday of each month at 5:00 p.m., in the Hematology/Oncology Department lobby on the LMH Fifth Floor.

LMH recently introduced a chair yoga session for cancer patients and their caregivers. Studies have shown that yoga provides both mental and physical health benefits to people with cancer. Gentle yoga exercises can help to combat fatigue and improve strength and range of motion for patients undergoing cancer treatment. It also can reduce depression and anxiety. The class focused on basic physical poses with the use of a chair for support. Breathing techniques and meditation also were introduced. Participants were welcome to stay for the Cancer Support Group that immediately followed.

To expand access to breast cancer surgeries in Licking County, LMHS recently hired Christopher S. Meyer, M.D. Dr. Meyer is a general surgeon with a focused interest in the surgical management of breast cancer and benign breast disease. He earned his medical degree from The Ohio State University College of Medicine and completed a general surgery residency at the University of Cincinnati Medical Center. He is board certified in general surgery and has over 20 years of surgical experience.

In efforts to provide treatment options close to home for patients who receive positive results from a mammogram, LMH has hired a breast cancer navigator who offers support and guidance to patients from screening and diagnosis through treatment and survivorship. The primary role of a breast cancer navigator is to educate and coordinate services to meet the physical and emotional needs of the patient during treatment. The navigator helps patients effectively communicate with their cancer care team and specialists involved in their care, as well as assist with scheduling and coordinating appointments with various healthcare specialists.

The LMH Hematology/Oncology Department has been continuously accredited by the American College of Surgeons' Commission on Cancer (CoC) since 2000 and is the proud recipient of the CoC's Outstanding Achievement Award. In 2018, the CoC granted a three-year approval with commendations to our program, indicating that LMH demonstrates compliance with all mandatory standards for organizational and operational elements.



Patient Story – Lisa Hardy

Lisa Hardy focuses on reasons to feel blessed rather than on the challenges of the past two years and those she has yet to face in the coming months. She is grateful for her family who has provided support through her ongoing battle with breast cancer and the loss of her husband, Jim, in 2020. She also is appreciative of the team of healthcare professionals, including staff at Licking Memorial Health Systems (LMHS), who continue to assist her through treatments.

Lisa's breast cancer diagnosis came as a complete shock. When she discovered the lump in her breast in May 2021, she was not overly concerned because she had experienced similar lumps that were found to be benign cysts. Lisa made an appointment to visit her obstetrician and gynecologist, Janae M. Davis, M.D., of Licking Memorial Women's Health – Downtown Newark. Dr. Davis ordered a mammogram to determine the nature of the lump. After the mammogram and an ultrasound confirmed the lump was a tumor, Lisa underwent a biopsy and was informed she had triple negative breast cancer in June. Dr. Davis suggested that Lisa meet with an oncologist to begin treatments.

"I started talking with people I knew about which healthcare provider to visit, and a friend recommended Oncologist D'Anna Mullins, M.D., of Licking Memorial Hematology/Oncology," Lisa said. "The very first visit with her, I felt instantly comfortable and confident that she was the right provider."

Dr. Mullins suggested Lisa receive four cycles of AC chemotherapy to contain the

spread of the cancer beyond the breast. AC is a combination of two chemotherapy medications, doxorubicin, also known as Adriamycin, and cyclophosphamide. The chemotherapy drugs interfere with cancer cell development and growth by preventing the cancer cells from dividing and multiplying. In addition to the AC chemotherapy, Lisa also received 12 cycles of paclitaxel – another chemotherapy medication used to interfere with the cancer cell growth.

"I was told this type of chemotherapy is very aggressive, and I would likely experience side effects such as nausea or vomiting, but I never did," Lisa shared. "I was very lucky. I felt fatigued, but I never once felt ill or weak after a treatment."

Lisa visited the Oncology Clinic at Licking Memorial Hospital (LMH) to receive her treatments. "The staff is absolutely wonderful," Lisa said. "They were kind and supportive, and would get excited with me when the results from my blood tests confirmed my white blood cell count was adequate enough to receive treatment." Oftentimes, the chemotherapy medications temporarily cause a drop in the number of white blood cells in the body. When the number is too low, treatment must be delayed. "I did not want any delays. I just wanted to receive my treatments, complete them all, and move on to the next step. By the grace of God, I received all but one of my treatments on time and never had to be hospitalized."

As she underwent her treatments, Lisa continued contract work as a Sourcing Specialist at Owens Corning. Lisa began working for the company in 2004. When she retired in 2016 to assist taking care of her grandchildren, Owens Corning offered her a contractor position to allow her more flexibility and the ability to work from home.

"The company was amazing through my treatments," Lisa said. "They were very supportive and allowed me to take whatever time I needed to care for myself."

After her last dose of chemotherapy was complete, Lisa marked the occasion by ringing the bell at LMH – a worldwide tradition that allows patients to memorialize a monumental milestone while providing hope and determination. Lisa brought her daughter and son to her final appointment to participate in the occasion.

"I made the treatments look easy, breezing through them without slowing down much at all," Lisa joked, "But it was not easy. It can be overwhelming to think about what could happen if the treatments do not work, or if I became too ill to continue."

After the chemotherapy treatments, Lisa's recovery journey continued in December when she underwent a lumpectomy – surgery to remove the cancer from her breast. After a recuperation period from the surgery and another round of oral chemotherapy, Lisa will receive radiation therapy to destroy any remaining cancer cells. Special high-energy X-rays are used in the treatment to damage cancer cells so that the cells cannot repair themselves and reproduce.

The cancer treatment process was familiar to Lisa and her family as her husband, Jim, underwent similar treatments for lung cancer. His treatments ended with success in February 2020, when he was declared to be in remission. Unfortunately, Jim contracted COVID-19 and died in April 2020. Lisa and Jim had been married for 35 years. The couple raised their four children, Joshua Boone, Joshua, Jason, and Elizabeth Hardy, in Licking County. Lisa is now a proud grandmother to 10 grandchildren, Eric, Taylor, Avery, Finley, Harper, Brooks, Lauren, Dylan, Paige and Camden. Though the past years have been a challenge, Lisa's family continues to be the motivation that assists in working to fight the cancer. She feels strong and confident and looks forward to being a part of her grandchildren's lives for many more years.

Cancer Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Percentage of cancers correctly identified by the mammogram	93.4%	98.5%	100%	78% ⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	98.5%	98.7%	98.4%	90% ⁽²⁾

2. Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative – meaning no cancer was detected – for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	5	6	6	2 to 10 ⁽³⁾

3. Wait time is defined as the number of days between the completion of the first procedure and the second scheduled procedure. The amount of time between testing and procedure is significant to enabling physicians to more quickly identify and diagnose breast cancer and begin patient treatment.

	LMH 2018	LMH 2019	LMH 2020	National ⁽⁴⁾
Wait times:				
Screening to diagnostic mammogram	5.2 days	4.8 days	4.4 days	6.5 days
Diagnostic mammogram to needle/core biopsy	6.7 days	5.1 days	5.2 days	5.1 days
Biopsy to initial breast cancer surgery	26.6 days	20.3 days	18.4 days	24 days

4. Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

5. When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff also may contact the primary care physician to ensure the health of the patient.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Cancer Registry patients with annual follow-up	91%	94%	94%	greater than 80%

6. Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	7%	8%	12%	greater than 2%

Cancer Care – How do we compare? (continued on back page)



Check out our Quality Report Cards online at LMHealth.org.

7. In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2018	LMHP 2019	LMHP 2020	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	73%	73%	73%	75%
Breast cancer (female patients, age 50 to 75)	80%	78%	73%	National ⁽⁵⁾ 69%
Colorectal cancer (all patients, age 50-75)	69%	67%	67%	National ⁽⁵⁾ 66%

8. Hereditary cancers, such as breast cancer, are caused in part by gene mutations passed from parents to children, and generally begin to develop in a person at a younger age. Through genetic testing, researchers can determine if someone carries a specific mutation that puts them and their family members at an increased risk and need for early screenings. LMH offers genetic testing to newly diagnosed patients with breast cancer that meet certain qualifications in order to equip them with the knowledge to make the best choices for themselves and their families.

	2019	2020	2021	LMH Goal
Breast cancer diagnoses that met criteria and received genetic testing	*	61%	74%	90%

*LMH began tracking the number of breast cancer diagnosis that met and received genetic testing in 2020.

Data Footnotes:

- (1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005.
- (2) Bassett LW, Hendrick RE, Bassford TI, et al, Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994.
- (3) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 5th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2013.
- (4) National Quality Measures for Breast Centers (NQMBC) www.nqmbc.org database.
- (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality Report,” 2017 Screening Rates.

Improving Mental Wellness during Cancer Treatment

A cancer diagnosis is a life-changing experience that can affect the emotional health of patients and their families. Research from the National Cancer Institute suggests that psychological stress may affect the growth and spread of a tumor. Below are several ways for people to overcome stress and anxiety and promote mental wellness and emotional resilience during cancer treatment.

- Physical activity stimulates the production of endorphins, helps to

reduce stress, and increase circulation, which can boost the immune system.

- Eating high-quality foods that contain plenty of vitamins, minerals and antioxidants help to nourish the brain and protect it from free radicals that can damage cells.
- Practicing meditation and mindfulness helps to reduce stress and anxiety and also offers many health benefits such as controlling pain and fatigue,

improving sleep, managing feelings of sickness, and lowering blood pressure.

- Create a bedtime routine and consistent sleep schedule, avoid stimulants late in the day, such as caffeine and sugar, and discontinue the use of electronic devices 30 minutes before bedtime to obtain the proper amount of sleep.
- Surround yourself with people who can provide social and emotional support.



Licking Memorial Health Systems

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Please take a few minutes to read this month’s report on **Cancer Care**. You will soon discover why Licking Memorial Hospital is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

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