

Central Vermont Medical Center

2014 Report of Cancer Program Activities for 2013

The University of Vermont Health Network-Central Vermont Medical Center (UVMHN-CVMC) Cancer Committee is pleased to present our Cancer Program Annual Report of program activities as a summary of important projects that are ongoing at UVMHN-CVMC. This Annual Report for 2013 highlights the projects related to cancer care services, education and clinical research at UVMHN-CVMC.

The UVMHN-CVMC cancer program is accredited with commendation by the American College of Surgeons, Commission on Cancer (ACoS, CoC). We strive to provide our community with collaborative, community based cancer care through a wide spectrum of comprehensive cancer services, including access to clinical trials, patient education, prevention and patient support. Please visit www.facs.org for more information regarding ACoS, CoC cancer programs.



Our Cancer Committee provides leadership to our cancer program. The UVMHN-CVMC Cancer Committee is a multidisciplinary committee led by Dr. John Valentine. Other physician members include Dr. Eduards Ziedins, Dr. Daniel Fram, Dr. Cathy Palmer, Dr. Joseph Pekala and Dr. Jonna Goulding. The committee promotes a multidisciplinary approach to cancer care, maintenance of a high-quality cancer registry and ongoing professional education.



Mountainview Medical oncologist/hematologist David Ospina, MD consults on patient care with surgeon Eduards Ziedins, MD.

Our medical and radiation oncology teams work closely with other disciplines to ensure the availability of a full scope of services to our patients and the families of those living with cancer. Our medical oncologists and nursing staff at UVMHN Mountainview Medical provide all aspects of medical oncology care and infusion services. The National Life Cancer Treatment Center at UVMHN-CVMC has state-of-the-art radiation therapy technology and is accredited by the American College of Radiology (ACR).

Cancer Conference

Our Cancer Conference is a multidisciplinary conference that provides consultative services to our cancer patients. The conference optimizes the patient care process and offers education to physicians and professional staff. In 2013, there were 107 cancer cases discussed at our twice monthly conference.

Cancer Registry

UVMHN-CVMC Cancer Registry is a hospital-maintained computer database of all patients diagnosed at CVMC and/or those who received their first course of cancer treatment at CVMC. A total of 303 new cancer cases were diagnosed and/or treated at UVMHN-CVMC in 2013. The most common cancer cases seen at the medical center were breast, lung, prostate, colon and melanoma (in order of prevalence).

Our Cancer Registry collects follow-up data on patients in the cancer registry database. Follow-up data allows the medical center to analyze outcomes and ensure the quality of care delivered when compared to best practices. The cancer registry follows more than 900 patients per year. To date, our successful follow-up rate for cases in the cancer registry is 99.11%. This exceeds the ACoS, CoC target of 80% for the most recent five years of the registry database and 90% for eligible cases from the registry reference date of January 1, 2009.

The cancer registry is an integral part of the UVMHN-CVMC Cancer Program. Cancer registry data is regularly reported to the State of Vermont Cancer Registry. The data is used to assist the state in its effort to determine incidence and mortality rates, as well as to assist with their prevention, cancer control and treatment programs. Please visit http://healthvermont.gov/research/cancer_registry/registry.aspx for additional resources and information regarding cancer in the State of Vermont, as well as the Vermont State Cancer Plan.


In addition, high quality cancer registry data is submitted annually to the National Cancer Database as required by the ACoS, CoC. This data allows the medical center to benchmark our data with a national data set, enhancing our ability to track outcomes.

Colon Cancer Performance Measures Exceeding National Benchmarks

According to the ACoS, CoC Cancer Program Practice Reports and their physician review of our pathology reporting, CVMC exceeded nationally recognized benchmarks in our cancer care practices, in the treatment of colon cancer.

The colon cancer benchmarks in the chart below demonstrate our successes in treating colon cancer based on 2011 and 2012 data (the most recent performance indicators from the ACoS, CoC).

Colon Cancer Performance Measures

 Benchmark	Definition	Standard	CVMC Performance Rate 2011	CVMC Performance Rate 2012
Pathology report compliance	Percent of pathology reports containing data elements specified by the College of American Pathologists surgical case summary	>90%	100%	N/A (Not yet reported by the ACoS, CoC)
Lymph node assessment	Number of lymph nodes removed and pathologically examined for resected colon cancer	12 + removed, CoC standard is at least 85%	100%	91.7%
Adjuvant chemotherapy for Stage III colon cancer	Percent of Stage III (lymph node positive) colon cancer patients receiving chemotherapy	COC standard 90%	100%	100%

Source: ACoS, CoC Cancer Program Practice Reports

Clinical Trials

Clinical research advances science and ensures that patient care approaches the highest possible level of quality. The medical center participates in the National Cancer Institute National Clinical Trials Network (NCTN) as an affiliate of the UVM Cancer Center, with whom we have a successful, long-standing relationship. The NCTN is made up of cancer specialists at hospitals, medical centers, and community clinics across the United States and Canada. Through this collaboration we are able to conduct clinical trials with promising new cancer therapies. These studies utilize the best science available to develop optimal treatment and prevention strategies for cancer, as well as research methods to alleviate side effects of cancer and cancer treatments.

In 2013, we enrolled 4% of cancer cases diagnosed locally which exceeds the requirement set forth by the ACoS, CoC. Twelve patients participated in research studies for breast cancer, colon cancer, esophageal cancer, and malignant melanoma. Two women were able to take part in a laboratory study looking at specific biomarkers in breast cancer, while several other participants were involved in a research study to alleviate side effects caused by treatment medication.

Oncology Nursing

The Oncology Nursing Society promotes the highest professional standards of oncology nursing care through the certification process. In 2013, nursing care for our oncology patients was provided by four oncology-certified nurses. Our oncology nurses are an integral part of our patients' medical team.

Our advance practice oncology-certified nurse is also certified in palliative care, which is an area of service that was enhanced in 2013, when we welcomed Dr. Jonna Goulding as the Director of Palliative Care. Palliative care enhances quality of life by relieving pain and other physical, psychological and spiritual symptoms in patients with advanced illness. UVMHC-CVMC is committed to providing this medical and nursing specialty service to the cancer community and those with other serious illnesses.



Mountainview Medical Oncology nurses Wendy Herring, RN, OCN and Elaine Owen, APRN, ACNS-BC, AOCN, AHPN

Community Outreach, Prevention and Early Detection Activities

The cancer program's prevention activities were conducted not only by Cancer Center staff but also by the medical center's Community Health Teams. Healthier Living workshops, tobacco cessation classes, and fitness "boot camp" sessions were held to promote exercise, healthy weight and diet, and reduced tobacco use. The Cancer Center also addressed tobacco cessation through the Patient Navigator's completion of a tobacco basic skills course, the start of the 5As brief intervention in the oncology program, and several public presentations.



Community Health Team member Rebecca Schubert (left) leading a fitness session

Our early detection project was an expansion of our breast cancer screening program funded by Susan G. Komen for the Cure. We helped 36 women pay for breast imaging costs and worked with People's Health and Wellness Clinic to operate 12 specialized women's clinics. We also hired an outreach

worker to take the message of the importance of mammograms into central Vermont communities, where contacts were made with over 700 women in nine separate events.

Our partnership with the American Cancer Society enabled us to provide 499 hours of volunteer support in the infusion suite, 662 rides to treatment for 34 patients, 10 wigs and monthly Look Good Feel Better programs, as well as support for several meetings of the Man-to-Man prostate cancer group. We also participated in the community cancer support group, provided space and staff support for monthly sessions of a Healing Arts and Writing group, and provided leadership for a community cancer survivors' chorus.

Our outreach activities included involvement in several special events. We participated on the leadership teams for the Stowe Weekend of Hope and the Central Vermont Relay for Life. We attended the Susan G. Komen Race for the Cure and the Vermont Breast Cancer Conference, and we held a National Cancer Survivors Day celebration.

Quality Initiatives

The medical center undertook a number of quality initiatives as part of our commitment to improve the lives of those who have been affected by a cancer diagnosis. One main area of focus was our Survivorship Project.

In the United States today, there are 13.7 million people living with a history of cancer. The increase in survival is due to an increase in screening and early detection, improvements in treatment and technology, better management of side effects, and development of new treatments. With so many individuals living with the effects of cancer and cancer treatment, there is a growing focus on Survivorship.



Cancer survivor Patrick Fitzsimmons playing at CVMC's National Cancer Survivors Day celebration.

We have partnered with the Vermont Cancer Survivor Network to focus on developing a Cancer Survivorship program. From July through December 2013, 375 patients seen in follow-up at Radiation and Medical Oncology participated in a survivorship survey. They identified physical, emotional and

practical needs in the months and years following cancer treatment. The analysis of the survey responses resulted in a new program that will be reported on in the 2014 annual report.

Other cancer program highlights and accomplishments for 2013 include:

- Expansion of the palliative care program with the addition of Dr. Jonna Goulding as the program director
- Fitness program for cancer survivors
- Expansion of clinical social worker services
- Increased focus on tobacco cessation
- Community education – clinical trials and chemo-brain education
- Clinician education – bladder cancer and chemo-brain education
- Complementary care (Reiki, massage and acupuncture) - 329 hours provided
- Occupational therapy services provided to 60 breast cancer patients at no charge

Over the course of the last year, the Cancer Committee has strived through its cancer program initiatives to ensure a comprehensive, multidimensional approach to the care of oncology patients. In 2015, we look forward to our survey for cancer program reaccreditation by the American College of Surgeons, Commission on Cancer.

Please visit our website, www.cvmc.org/cancer for more information about our cancer program and cancer care at UVMHN-Central Vermont Medical Center.