Message from Cancer Committee Chair

It is an honor to report to you the activities of Advocate Good Shepherd Hospital’s Cancer Program for 2017. Our team includes dedicated staff in the areas of medical, surgical, and radiation oncology. This report represents the tireless work of many talented individuals. We thank everyone who has been involved in making our programs a success, and we continue to strive to advance cancer care in our community.

This report highlights information about our inpatient oncology unit, patient navigation, IntraOperative Radiation Therapy (IORT), healing yoga, community outreach, psycho-social support, rehabilitation programs, including physical therapy, lymphedema therapy, speech therapy, genetic counseling and psychosocial services.

Our radiation oncology department underwent a major renovation with the installation of a new TrueBeam® linear accelerator, bringing the latest, most advanced technology in radiation therapy to Good Shepherd Hospital. New capabilities include deep inspiration breath hold to spare more healthy, normal tissues. In addition, we will be able to perform stereotactic body radiation therapy (SBRT) in 2018.

We also report data on quality measures on breast cancer with the help of our cancer registrars from Registry Partners.

Our dedicated team continues to support our local community with educational and cancer screening programs. We also participate in Relay for Life, National Cancer Survivors Day Celebration, Care 4 Breast Cancer 5K Walk/Run and Making Strides Against Breast Cancer.
Lastly, I want to thank Dr. Michael Soble for his six years of service as the outgoing chairman. Due to his leadership, our cancer program continued to grow and support our community. Under his guidance, we were recognized as a comprehensive level community cancer program by the American College of Surgeons Commission on Cancer. The program also received re-accreditation by the National Accreditation Program for Breast Cancers (NAPBC).

I look forward to serving as the new chair. It is my privilege to be a part of this incredible team.

Dr. Catherine Park, M.D.
Chair, Cancer Committee
Advocate Good Shepherd Hospital
Commission on Cancer Guidelines

Advocate Good Shepherd Hospital’s cancer program is committed to following the guidelines and standards established by the Commission on Cancer of the American College of Surgeons. Our goals are:

• To provide the best possible care and support to our cancer patients and their families
• To offer the finest diagnostic, therapeutic, and surgical resources to our primary care, physicians, oncologists and surgeons
• To improve our community’s health through comprehensive cancer prevention and early detection programs

Good Shepherd Hospital’s Center for Cancer Care treats cancer patients of all ages, with tumors of any type, size and location. Its multidisciplinary team of highly skilled and caring medical and radiation oncologist, general and specialty surgeons, specialty nurse, nutritionists, genetic counselors, exercise specialist, RN oncology navigators, other cancer specialist and spiritual counselors focus on each patient’s unique physical, emotional and spiritual needs. They work as a team with each patient and his or her family to formulate an individualized treatment plan. Along with standard cancer-fighting diagnostic and therapeutic technologies, they offer a wealth of advanced innovations and options.

To learn more about Good Shepherd Hospital’s Cancer Program or for more information on cancer diagnoses, treatment, prevention and support services, please call 1.800.3.ADVOCATE (1.800.323.8622) or visit advocatehealth.com/gshp
Cancer Care at Good Shepherd Hospital

Good Shepherd Hospital's Center for Cancer Care cancer program ranks among the nation's finest for quality cancer care close to home. It is recognized as a Comprehensive Level Community Cancer Program by the American College of Surgeons Commission on Cancer. The cancer program received re-accreditation in 2016. Also in 2016, Good Shepherd Hospital once again received national accreditation by the National Accreditation Program for Breast Centers (NAPBC) for breast cancer and overall breast health.
Clinical Programs and Services

Inpatient Oncology Unit

- Cancer is a life-changing event and hospitalization compounds a cancer patient’s anxiety and distress. The oncology team recognizes the unique needs and challenges faced by cancer patients and their families. Team members strive to deliver patient-centered care, and our team goal is to provide knowledgeable, comprehensive and compassionate care that addresses the physical, psychosocial, and emotional needs of our patients and their families.

- The oncology team is comprised of nurses, clinical technicians, care managers, dieticians, pharmacists, nurse navigators, and nurse coordinator who guide the team in delivery of safe, quality, evidenced-based care. Staff supports patients coping with the challenges brought on by cancer diagnosis and the side effects often experienced with treatment. Team members meet daily to coordinate care for the patients and plan for a seamless transition to home or rehabilitation setting.

- Cancer care changes at a rapid pace. New therapies and technology are constantly evolving, therefore nurses, and other professionals participate in ongoing education focusing on specific cancer sites, new cancer resources, and novel treatment agents, such as targeted drug therapy designed to block the growth and spread of cancer by targeting specific molecules involved in tumor growth and progression.

- To ensure the delivery of safe, evidence-based cancer care, all nurses who administer chemotherapy successfully complete the Oncology Nursing Society’s Chemotherapy/Biotherapy Course. Nurses are also supported in their passion to pursue oncology certification through the Oncology Nursing Society. This certification is the formal recognition of specialized knowledge, skills, and experience in oncology nursing.

- Oncology nurses educate patients on what to expect before, during, and after treatment. With this new knowledge, patients are empowered to participate in their care. However, the team recognizes the patients are individuals. They respect that some patients want answers and seek information, while others just want to be heard. Staff members are trained to actively listen, take cues from patients, ask questions, and provide the best support. As appropriate, they use humor, share experiences, and assure patients that they are not alone.
Customized Treatment Plans

Good Shepherd Hospital creates a special team to address each cancer patient’s unique condition and situation. By bringing together the combined skills of specialty physicians and other professionals, we’re able to meet each individual’s personal requirements. Depending on the patient’s needs, a team will include personally selected general and specialty surgeons, medical and radiation oncologists, anesthesiologists, specialized nurses, technologists and other clinical professionals.

Medical oncologists deliver expert and compassionate care, working closely with each patient, his or her primary care physician and family members.

Skilled surgeons specialize in general surgery as well as thoracic, gynecologic, neurologic, urologic, head and neck and plastic/reconstructive surgery.

Radiation oncologists provide the most current radiation therapy options, including 3D, conformal, intensity modulated radiation, image-guided radiation therapy and intraoperative radiation.
IORT Enhancing Recovery and Saving Lives

Although standard breast radiation treatment for lumpectomy patients remains highly effective, it is administered five times a week for up to seven weeks following surgery, which presents a problem for patients. Recent studies show that between a quarter and a third of lumpectomy patients avoid standard radiation because of the time, distance or accessibility problems, thereby risking recurrence and endangering their recover. Good Shepherd Hospital’s IntraOperative Radiation Therapy (IORT) System has helped overcome these problems. With IORT, patients complete their radiation therapy during their breast cancer surgery instead of after surgery — an innovation that enhances recover an can improve the patient’s experience.

Thanks to IORT, physicians can deliver targeted radiation therapy treatment directly to the tumor during surgery, immediately following a lumpectomy. This radiation technology uses a single 20- to 30-minute targeted does of radiation to eliminate the need for external beam radiation therapy following surgery or to reduce significantly the time frame formerly needed. The INTRABEAM® System provides patients with targeted single-dose radiation treatment delivered intraoperative (during surgery) after removal of the tumor. Before the surgeon closes the incision, a radiation oncologist directs the radiation to the exact area where the tumor was removed for just 20 to 30 minutes, and then the surgeon closes the incision. According to Dr. Barry Rosen, a surgeon at Good Shepherd Hospital, “Since introducing this technology in 2012, we have treated more than 200 patients, which is more than any other hospital in the Chicago metropolitan area. We have started to combine this with oncoplastic surgery, effectively hiding the scars so the postoperative changes are imperceptible.

Dr. James Ruffer, radiation oncologist, says, “Advocate Good Shepherd chose to adopt this system because of the impact it can have on our patients’ lives. In addition to the convenience of a one-time treatment, this new system also shows additional benefits, including less irritation of healthy breast tissue, minimized the exposure to the chest cavity and underlying organs, and fewer skin reactions such as redness, rashes and irritation.”

Not all women are candidates for the procedure. The best candidates are those with smaller tumors that are diagnosed in the early stages of breast cancer. About 15 percent of patients still may need standard radiation, but for much shorter time frames.
Patient Navigation

Cancer is a complex and emotional diagnosis to receive. Many questions and concerns come to mind immediately after hearing a cancer diagnosis. Most patients and family members do not know where to start in making treatment decisions, as it is so overwhelming. At Advocate Health Care, our oncology nurse navigators step in to assist patients in their journey to ensure the best outcomes.

Advocate oncology nurse navigators are specially trained and certified nurses with specific knowledge to offer individualized help to patients, families and caregivers. We offer this service at no cost to help overcome health care barriers and facilitate timely access to quality medical and psychosocial care.

Our navigators are able to assist patients through all phases of their treatment journey – from early diagnosis through survivorship. They can meet with patients during hospitalization as well as in various outpatient settings.

Our goal is to successfully navigate patients through their treatments into survivorship to improve their experience and ensure quality outcomes during this stressful time.
Patient Navigation (cont)

Oncology nurse navigator services include, but are not limited to:

- Guiding patients through the complex health care system – helping to make sense of it all
- Assisting with timeliness of care by coordinating services and appointments needed
- Educating patients, families and caregivers about the disease process with personalized treatment plans, including needs for surgery, chemotherapy, radiation, symptom and side effect management
- Providing referrals to supportive oncology services within the hospital as well as outside community resources to meet psychosocial needs
- Assisting with reducing barriers to receiving the desired care related to financial obstacles, transportation needs, insurance issues and social/family needs
- Assisting with the transition after treatment completion, including formulating survivorship care plans so patients are aware of future needs associated with their diagnosis

For more information about our Navigation Program, call 847.620.4760
Healing Yoga

As an organization committed to overall wellness, the oncology department partnered with the Advocate Good Shepherd Hospital Health and Fitness Center to offer a program that patients could embrace during or after treatment. Yoga immediately came to mind. Yoga can be the ideal balance of whole body exercise, engaging the mind, breath and body all in one session. With an outstanding yoga program in place, the fitness center was proud to work side-by-side with the oncology department to create a class dedicated to cancer survivors, Healing Yoga for Cancer Survivors.

Yoga provided a platform for the hospital to reach out to the community and recognize not only treatment but the overall wellness of patients. Yoga has provided a way for patients, during any stage of their cancer journey, to exercise in a meaningful way while honoring their current physical limitations. Connecting mind, body, breath and spirit can serve to keep patients on a path to overall wellness.
Cancer Rehabilitation and Lymphedema Program

Good Shepherd Hospital rehabilitation services provide cancer rehab and lymphedema evaluation and treatment at three locations: GSH Radiation Oncology department, Advocate GSH Health and Fitness Center and GSH Outpatient Center in Crystal Lake.

Our speech and language pathologists provide services at Good Shepherd Hospital. The speech therapists collaborate with our cancer nurse navigators and the radiation oncologists to facilitate early referral for patients with head and neck cancer prior to beginning radiation and chemotherapy treatment to educate patients regarding potential side effects and symptom management. Our speech and language pathologists also work closely with our certified lymphedema physical therapists to treat patients with head and neck cancer.

The women’s health navigator continues to provide education to patients post breast cancer surgery regarding potential functional deficits and needs for appropriate referral to outpatient physical therapy.

Our certified lymphedema physical therapists also organize biannual lymphedema support group meetings, hosting a variety of speakers on health and wellness topics.
Community Education, Prevention and Support Services

Life changes even after cancer treatments are completed. Good Shepherd Hospital is uniquely capable of providing the physical, emotional and spiritual tools each patient needs.

National Cancer Survivors Day Celebration
Good Shepherd Hospital hosted its annual celebration of life in August of this year. The theme this year was “Celebrating Survivorship.” Attendees enjoyed a morning filled with fellowship, inspirational speakers and laughter. For more information about National Cancer Survivors Day, visit http://www.ncsd.org

Care4 Breast Cancer 5K Walk/Run
On October 16, approximately 3,000 walkers and runners participated in this event in Woodstock, Ill. It is held annually to raise awareness of breast cancer in McHenry County. This walk/run promotes and educates the community for greater access to breast cancer screening and treatment resources. Oncology nurse navigators from Good Shepherd Hospital hosted a table, answered questions and provided information regarding breast health and awareness.
Community Education, Prevention and Support Services (cont)

American Cancer Society

Relay for Life
Each year Good Shepherd Hospital participates in Relay for Life. This year Good Shepherd sponsored the event, and staff volunteered their time to assist with the luminaria. Relay for Life is the American Cancer Society’s signature fundraising event. It helps celebrate cancer survivors, remember loved ones and raise funds to fight the disease. For more information, visit RelayForLife.org.

Making Strides Against Breast Cancer
Good Shepherd Hospital participated in the Making Strides Against Breast Cancer walk this year. Making Strides is the largest network for breast cancer awareness events in the nation. Every breast cancer walk and event is an incredible and inspiring opportunity to honor those who have battled breast cancer, raise awareness about what can be done to reduce breast cancer risk and raise money to help the American Cancer Society fight the disease with research, information, services and access to mammograms for women who need them.
FIT Test and Colorectal Cancer Education

- On March 7, Good Shepherd Hospital and the American Cancer Society partnered for an educational session on the FIT Test and Colorectal Cancer at Family Health Partnership. Fourteen staff members from Family Health Partnership were in attendance for the FIT Test training. The cancer society led the colorectal education, and Good Shepherd led the FIT Test training. As a follow up, presentations were sent to a list of more than 500 staff members and volunteers at the clinic. This was the first educational training Family Health Partnership has ever received on the FIT Test. Family Health Partnership sees about 2,300 patients annually, which accounts for 7,000 patient visits.

Fit Test Screening

- Good Shepherd Hospital donated 50 FIT tests to Family Health Partnership along with folders with education on colorectal cancer and the FIT test. Forty-three out of the 50 FIT tests were returned. Three of the FIT tests came back positive. All three patients had colonoscopies after the positive tests. One of the patients had cancerous polyps, which were removed during the colonoscopy. The patient had a follow-up visit with a gastroenterologist and will have another follow-up visit in six months.
Community Educational Lectures

Updated Cancer Screening Guidelines
• March 2017- Sandeep Chunduri, Hematologist/ Oncologist
• Content included education on 2017 updated cancer screening guidelines.

Now That You Have Insurance
• May 2017- Joyce Valdez, Community Relations Specialist, Blue Cross Blue Shield Illinois.
• Content included health literacy data, difference types of insurance, basic terms, FAQs, how to obtain additional resources.
Cancer Risk Assessment and Genetic Counseling

Cancer genetic services at Good Shepherd Hospital provide consultations for individuals who may be at increased risk of developing cancer due to his or her personal or family history of cancer. Genetic counseling is provided by an American Board of Genetic Counseling (ABGC) board-certified genetic counselor, licensed by the state of Illinois. This is in accordance with the Commission on Cancer’s standard for risk assessment and genetic counseling.

Patients are provided with cancer genetic risk assessment and empathetic pre-test counseling, according to the evidence-based cancer guidelines published by the National Comprehensive Cancer Network (NCCN). This involves the use of pedigree analysis with available risk assessment models to determine whether a family history is suggestive of sporadic, familial or hereditary cancer. Pre-test counseling includes a conversation about why testing is being discussed, how results may impact medical management, cancer risks associated with the genetic condition(s) in question, the likelihood of a positive result, the technical aspects and accuracy of the test, economic considerations, risks of genetic discrimination and an explanation of the federal Genetic Information Nondiscrimination Act (GINA), psychosocial aspects, and confidentiality. Specifically, potential test results are discussed: true-positive, true-negative, indeterminate (or uninformative) and inconclusive (variant of unknown significance).
Cancer Risk Assessment and Genetic Counseling (cont)

Post-test counseling incorporates disclosure of results, a discussion of the significance of the results, an assessment of the impact of the results on the emotional state of the individual and discussion of medical management options. This information is communicated to the referring physician in a summary letter. In addition, identification of a gene mutation associated with hereditary predisposition to cancer in an individual necessitates a discussion of possible risk to relatives and the importance of informing relatives.

Testing options continue to expand as molecular panels using next-generations sequencing become available for hereditary cancer conditions. The specialized training in cancer genetics is ongoing, and our providers are experienced with this information that can greatly impact the patient and family members.

For more information, contact the Division of Genetics of Advocate Medical Group at 847.723.7705
Clinical Trials

Multi-site research studies allow patients to participate in research close to home and in conjunction with their local clinical provider. The benefit of conducting a study to obtain greater participation at various hospital sites results in generalizable outcomes for all patient populations. Good Shepherd Hospital is fortunate to offer several research studies that may benefit oncology patients.

One current multi-site study is a prospective evaluation of CyberKnife as Radiation Monotherapy or Boost Stereotactic Radiotherapy for localized prostate cancer. The CyberKnife is a radiation machine that focuses large doses of x-rays on a tumor and permits a greater concentration on the tumor than conventional therapies. This minimizes radiation damage to nearby healthy tissue. The purpose of this five-year study is to document the effects of CyberKnife Radiotherapy and to determine its effects on a person’s quality of life. The research team at Good Shepherd Hospital for this study includes Dr. James Ruffer, Dr. Catherine Park, and nurse navigator Susan Brady, BSN.

Those interested in participating in any of these studies can contact their clinical provider or the researchers at Good Shepherd Hospital.
Psychosocial Care

Being diagnosed with cancer, or experiencing a change in treatment, can be stressful for patients and their families. At Good Shepherd Hospital, we recognize the importance of identifying and assisting our patients with their identified stressors. Utilizing the NCCN Screening Tool for Distress Management, patients complete the tool at designated pivotal times during their care. Based on the results, patients are referred to supportive services both within Advocate Health Care and within the community. The Psychosocial Support Team at Good Shepherd Hospital consists of mission and spiritual care, social work, rehab services, financial services, nutrition services, genetics, mental health providers, oncology advanced nurse clinician, and support groups. Good Shepherd Hospital currently holds a monthly Leukemia/Lymphoma/Myeloma support group, a Time to Heal Breast Cancer support group, Look Good Feel Better, and an annual Cancer Survivors Day celebration.

Good Shepherd Hospital also works in partnership with community support services, such as Us Too, the Wellness House, the American Cancer Society, Imerman Angels and others.

For more information about our psychosocial resources, call 847.620.4760.
Survivorship and Psychosocial Care

Survivorship means different things to different people, but it often describes the process of living with, through and beyond cancer. The transition from active treatment to post-treatment care is critical to optimal long-term health. This has launched new and exciting survivorship programs, which support patients and their families along the continuum of care, making them aware of follow-up care and healthy living beyond cancer. In 2016, more than 150 patients received a Survivorship Care Plan and Treatment Summary at Good Shepherd Hospital.

Upon the completion of treatment, the information is reviewed at the survivorship visit with the nurse navigator. The purpose of the visit and document is to provide continued support, education and assistance to cancer survivors and their families. The document will include a treatment summary and serve as a guide for the patient to help him or her monitor and take care of their health in the future. The discussion will include an explanation of possible late and long-term effects of treatment as well as health maintenance recommended by the National Comprehensive Cancer Network (NCCN).

Patients also are provided with information such as recommended follow-up tests, nutrition tips, management of physical changes, emotional health and much more. A copy of the Survivorship Care Plan and Treatment Summary will be provided to the patient and sent to the primary care physician and any other physicians per the patient’s request.

No matter how it is defined, survivorship is unique for every person. Everyone has to find his or her own path to navigate changes and challenges that occur as a result of living with cancer.

For more information regarding the survivorship program, call 847.620.4760.
Treating Mind, Body and Spirit

Chaplains at Good Shepherd Hospital's Office for Mission and Spiritual Care offer spiritual and emotional support, prayer, arrangements for sacramental ministry and contact with local faith communities. The oncology chaplains offer spiritual support for both inpatients and outpatient cancer patients of all religious traditions. Chaplains also assist patients in the preparation of advance medical directives, including the Illinois Durable Power of Attorney for Health Care, and provide consultation for ethical decision-making.
# Breast Measures

<table>
<thead>
<tr>
<th>Measure</th>
<th>Measure</th>
<th>CxC Std / %</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>Review</th>
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</thead>
<tbody>
<tr>
<td>Breast conservation surgery rate for women with AJCC clinical stage 0, I, or II breast cancer (Surveillance)</td>
<td>BCS</td>
<td>Not Applicable</td>
<td>66.30</td>
<td>73.90</td>
<td>79.80</td>
<td>74.80</td>
<td>![BCS]</td>
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<td>Combination chemotherapy is recommended or administered within 4 months (120 days) of diagnosis for women under 70 with AJCC T1cN0, or stage IB - III hormone receptor negative breast cancer (Accountability)</td>
<td>MAC</td>
<td>Not Applicable</td>
<td>100.00</td>
<td>85.70</td>
<td>100.00</td>
<td>100.00</td>
<td>![MAC]</td>
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<td>Image or palpation-guided needle biopsy to the primary site is performed to establish diagnosis of breast cancer (Quality Improvement)</td>
<td>nBiX</td>
<td>4.5 / 80%</td>
<td>100.00</td>
<td>99.00</td>
<td>95.70</td>
<td>100.00</td>
<td>![nBiX]</td>
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<td>Radiation is administered within 1 year (365 days) of diagnosis for women under the age of 70 receiving breast conservation surgery for breast cancer (Accountability)</td>
<td>BCSTR</td>
<td>4.4 / 90%</td>
<td>98.20</td>
<td>96.70</td>
<td>95.60</td>
<td>98.10</td>
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<td>Radiation therapy is recommended or administered following any mastectomy within 1 year (365 days) of diagnosis of breast cancer for women with 4+ positive regional lymph nodes (Accountability)</td>
<td>MASTRT</td>
<td>4.4 / 90%</td>
<td>100.00</td>
<td>88.90</td>
<td>no data</td>
<td>100.00</td>
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<td>Tamoxifen or third-generation aromatase inhibitor is recommended or administered within 1 year (365 days) of diagnosis for women with AJCC T1c or stage IB-III hormone receptor positive breast cancer (Accountability)</td>
<td>HT</td>
<td>4.4 / 90%</td>
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<td>95.70</td>
<td>97.00</td>
<td>95.80</td>
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