A few words from our Medical Director,

Trinity Cancer Center is committed to excellence in healthcare by providing highly trained medical experts, current technology, and comprehensive interdisciplinary services, including but not limited to pharmacy, lymphedema, wound care, nutritional, palliative care, case management, social services, and pastoral care to support our patients. We are committed to providing cancer care in a manner that is caring, structured by quality and driven with purpose. Our goal is to provide the best outcome for every patient every time.

Our staff consists of 3 Radiation Oncologist, 4 Medical oncologists, and certified registered nurses in administering chemotherapy, radiation therapist, trained on the newest technology. To support the positions, it takes patient care techs, patient and nurse navigators, social worker, clerical, and volunteers who pride themselves to treat all patients like family.

Trinity Cancer Center partners with community agencies at the state and local level. The cancer center works closely with the American Cancer Society and Iowa Cancer Consortium to accomplish outreach goals and other-cancer related activities focused on community awareness and prevention. Having a strong presence in our community by providing cancer screening, educational programs, and access to prevention is very important to the Cancer Center and bolsters our commitment to improve our community’s health. Our third annual oral head and neck screening in April was very successful with the area college students and adults totaling 184 participants. The screening resulted in eleven (11) immediate referrals for follow-up care.

As a Commission on Cancer Accredited facility Trinity Cancer Center continues to strive for excellence. They are committed to providing superior care with a multidisciplinary approach. While keeping their patient’s treatments close to home.

Sincerely yours,

Sarah Tofilon
2016 Cancer Committee Members

Kenneth Adams, D.O.
Gastroenterology

Leopoldo DeLucca, M.D.
ENT

Larry Heller, M.D.
Pathology

Lyman Shane Hopkins, M.D.
Chairman Cancer Committee

Keith Lacey, M.D.
Medical Imaging

James Meyer, M.D.
Pulmonary

Laura Miegge, M.D.
Cancer Physician Liaison to the American College of Surgeons

Steven Piercy, M.D.
Urology

Sara Tofilon, M.D.
Medical Oncology

Julie Barkema, R.N., O.C.N.
Oncology/Hematology Department

Sara Cook, B.S.W.
Social Worker

Diane Davis, R.N., B.S.N.
Clinical Performance Improvement

Mike DeWerff
TRMC, CEO

Patty Grossnickle, R.N.
Nurse Coordinator

Jennie Hoover, R.N.
Palliative Care/ Hospice

Sister M. Gertrude Keefe, R.S.M., N.A.C.C.
Chaplain

Ellen Lantz, R.D., L.D
Clinical Dietitian

Troy Martens
TRMC, C.O.O.

Rehab Services

Adriennne Peters, R.P.H.
Pharmacology/Community Outreach

Christen Sewell, M.H.A., B.S., R.T.
Manager, Oncology Services

Jessica Smith, R.N.
Wellness

Ann Stephenson
Cancer Registrar

Linda Whaley, M.S., B.S., R.N.
Administration
Cancer Program at a Glance

Support Services
- Palliative Care | Pastoral Care
- Pain Management | Home Health Care
- Self Image Enhancement Room
- Women’s Cancer Support Group | C-Club
- Volunteer Servies | Valet Parking
- American Cancer Society Services
- Social Work Services
- Financial Advocate | Assistance
- Hospice

Diagnostic Services
- Diagnostic Radiology — PET, CT, MRI
- Laboratory Pathology
- Intervention Radiology
- Diagnostic Imaging
- Women’s Center — Mammography
- Tomosynthesis — MRI

Prevention and Education
- Cancer Resource Room
- Annual Oral Health and Neck Screening
- Smoking Cessation Program
- High Risk Breast Clinic

Treatment
- Medical Oncology — Chemotherapy
- Inpatient Oncology — Radiation Therapy
- Care Coordination
- Outpatient and Infusion Center
- Board Certified Physicians

Special Services
- Grief Bereavement — Services
- Lodging Assistance — Transportation Assistance
- Road to Recovery — Look Good Feel Better Program
- Cancer Registry — Wound Care Services
- Lymphedema — Emergency Services
2016: A Year of Accomplishments

Evaluating the quality of cancer care provided at UnityPoint Health® – Trinity Regional Medical Center is a primary focus. In the year 2016 this process continues to be conducted with great vigor.

Numerous patient care improvements have been implemented over the past year in order to better serve our oncology patients. These include the following.

- **REVIEWING AND EDITING OF THE CP’R CASES** eligible for concordance measurements with current standard-of-care guidelines for breast, colon and rectum cancer, and re-submission of data to NCDB.
- Monitoring the annual competency of the chemotherapy nurses at TRMC.
- Submitting data to the **NATIONAL CANCER DATA BASE (NCDB)** with the established quality criteria on initial submission.
- **MONITORING/EVALUATING AND IMPROVING AJCC – TNM** staging for analytic cases diagnosed at TRMC.
- Implementing and monitoring of **PATIENT SATISFACTION SURVEY**.
- Evaluating **CANCER REGISTRY DATA** for Lung Cancer patients to determine if TRMC is following the National Comprehensive Cancer Network (NCCN) treatment guidelines.
- Providing **CANCER SCREENING** for breast, prostate, colon/rectum, and uterine, lung cancer to the lower socio-economic population of Webster County.
- Maintaining a **FOLLOW-UP RATE** for the cancer registry greater than 90%.
- Participating in numerous community cancer events and speaking to various community work sites.
- **STAFF PARTICIPATION** in RAGBRAI, Relay For Life, Dragon Boat Races, Save the TaTa’s ride, Fall Fest, Glow Walk.
- Offering **OUTPATIENT PALLIATIVE CARE SERVICES**.
- Ongoing **FREE FECAL OCCULT BLOOD TESTING SCREENS**.
- **OFFERING FREE SCREENING MAMMOGRAMS** at The Women’s Center funded by the breast cancer funds donated by Save the TaTa’s.
- **FREE CAMISOLES AND BAGS** given to women prior to surgery for breast cancer with funds from Save the Ta Ta’s donations and cancer center donations.
- High Risk Breast Clinic held 2 times monthly.
- **MULTIDISCIPLINARY BREAST CONFERENCE**.
- Collaboration for a community Oral Head and Neck screening.
- Offering various CEU and CME educational activities throughout the year for staff and allied Healthcare.

**Lung Cancer, Breast Cancer Journey from Diagnosis to Recovery**

- 4 staff members on The Iowa Cancer Consortium
- 2 Care coordinators available to assist patients with various needs.
- Road to Recovery Services
- Lodging Assistance
- Lymphedema services
- Genetic Counselor
- Reach to Recovery
- Wound Care Services
- Wellness Program for Cancer Survivors

2016 Grants from Iowa Cancer Consortium

Trinity Cancer Center had been awarded 4 grants this year.

**Radon Initiative** – Cancer Center partnered with DR Meyer and Jenny Condon to provide 2 educational events on Radon. One event was with the Iowa Relators group with 76 realtors that attended and Radon test kits had been distrusted. Grand rounds had been held for allied healthcare providers with a Radon Cancer survivor spoke on her cancer journey and 25 Radon kits distributed.

**No Tan Initiative** – Trinity Cancer Center partnered with DR Carey Bligard to provide education on sun damage due to UV ray exposure to Fort Dodge Senior High and St. Edmonds high school students. The purpose of this initiative was to bring awareness on the damage from UV rays and tanning beds. With the intent to decrease tanning bed usage in our youths.

**Doesn’t Fry Freddie sunscreen grant** - This allowed us to provide 3 gallons of sunscreen to 3 area swimming pools.

**Someone You Love: HPV Epidemic** – this grant was a collaboration with Trinity Cancer Center, American Cancer Society, Webster Health Department, and Fort Dodge Middle school system. This event was a documentary on 4 women’s struggles, triumphs with the complicated infection.

Support Educational activities for patient and families.

- C-Club and survivorship
- Women’s Cancer Support Group
- Cancer care Connect
OCTOBER BREAST CANCER AWARENESS EVENTS

OCTOBER 1
Education and awareness booth in the Crossroads Mall with breast cancer information and free breast cancer items. 50 people stopped at the booth.

NOVEMBER 16
Public announcement for the Great American Smoke Out given by American Cancer Society Represented and TRMC Wellness Coordinator.

NOVEMBER 17
Education and awareness booth in the lobby with information on Lung Cancer and lung screening.

NOVEMBER 18
Bone Marrow Drive. 108 screened.

SCREENINGS
Awareness and early detection are two of the most important tools in the fight against cancer. For persons who are uninsured or underinsured access to screenings is limited or nonexistent. Though foundation support we are able to help with these screenings, prostate – PSA blood test, mammograms, and colorectal blood test kits.

APRIL 21
3rd annual Oral Head and Neck Screening held in collaboration with area providers and Iowa Central Dental Health Clinic. 184 persons were seen.

JUNE 17
Relay for Life
$2,200 raised for American Cancer Society.

JULY 9
Save the Tata’s Annual Ride
In collaboration with Iowa Department of Health, American Cancer Society, and Trinity Cancer Center the group was awarded a grant from the Iowa Cancer Consortium for 6 gallons of sunscreen. The Don’t Fry Freddy Sunscreen Project was developed and gallon jugs of sunscreen were placed at Rosedale Rapids, Humboldt, and Gowrie Swimming pools and at Harlan Roger Ball Park. Sun damage educational materials placed by the sunscreen jugs.

AUGUST 12-13
Fighting Angels Abreast Dragon Boat race. Sun damage and skin cancer awareness information available. 100 Free sunscreen and SPF lip balms were distributed.

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Community Outreach

Trinity Cancer Center offers survivors that community in the C Club, which is an excellent opportunity for survivors to meet and connect with other survivors. C Club is a unique co-ed community that balances fun and education for people of all ages. C Club meets once a month and during the first half, we have found that doing art projects has allowed people the freedom they need to just let go, have fun, and get to know each other. The second half of C Club generally has an educational component to it based on requests from the survivors. Examples of the education we have provided are Dr. Tim Ihrig with Palliative Care, Jenny Wolfe with Myokinesthetic, and Rick Maehl with the SHIIP/Medicare program. C Club has been around offering support to cancer survivors for five years now and we hope to be around many more.

We don’t heal in isolation, but in COMMUNITY.
— S. Kelley Harrell

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Survivorship Program

There are now more than 13 million cancer survivors in the United States.

Cancer survivorship is an important part of the cancer journey. Trinity Cancer Center has worked diligently this year to implement a survivorship program for our patients and family. We have a team of nurses, physicians and community resources to offer cancer patients the support they need following treatment.

Survivorship is defined by the National Cancer Institute as the physical, psychosocial, and economic issues of cancer, from diagnosis until end of life. It focuses on the health and life of a person with cancer beyond their diagnosis and treatment phases. Survivorship includes issues related to the ability to get health care and follow-up treatment, late side effects of treatment, second cancers, and quality of life. Family members, friends, are also part of the survivorship experience. The following Survivorship Programs have been developed at Trinity Cancer Center.

**Survivorship Interview** - This is a free session offered to cancer survivors who have completed cancer therapy and are now looking forward to maintaining a healthy life beyond cancer. This interview is a onetime visit with a oncology nurse or physician who reviews with them what treatments they received and the long term side effects, their care plan for health promotion and maintenance. They review with them any concerns they have now that they are done with therapy that affect their quality of life (financial, emotional, nutritional concerns).

**Trinity Wellness Programs**

**REC Membership** - This program offers a 6 month free membership. It promotes the participation of cancer survivors in exercise and wellness activities. They can go to any of the 3 REC locations in Fort Dodge. Any cancer survivor interested in the 6 month program will need to have a physician's referral to begin. Please talk to your physician if you're interested in learning more about this Program.

**Healthy Weight 4 Life** - Helping you make good choices, these programs are designed to help you work toward lasting healthy lifestyle changes. One of our dietician’s will work with you individually to determine a plan that works best for your goals.

**Thinking of Quitting Tobacco** - Trinity Regional Medical Center offers a series of classes that will help you make a plan to quit that fits your lifestyle.

**Support Groups** - Trinity Cancer center offers 2 support groups to patients and families. General Support Group for all cancers and a Women’s Support Group. We believe that a caring, supportive environment is important for the mental well-being of the patients, survivors, and caregivers.

**Other resources** - Trinity Cancer Center offers a number of other services and resources to our cancer patients that are available before, during and after treatment. Including psychological counseling, nutritional counseling, financial advocate, help with advance directives, and pastoral care.

We have a team of nurses, physicians and community resources to offer our cancer patients the support they need following treatment.
Brain Metastasis

Metastasis is the process whereby cancer cells spread from the site of the original tumor to one or more other places in the body. And with upwards of 90% of all cancer suffering and death associated with metastasis, it is the single most significant challenge to management of the disease.

Why is metastasis so deadly?

Many different types of cancers can spread (metastasize), including blood cancers, but it is most often associated with solid tumors (like breast, prostate, or colon). Cancer cells can spread to many different parts of the body, though the most common sites are the lungs, liver, brain, and bones, and each kind of cancer tends to spread to specific sites.

So why are metastatic cancer cells so lethal? Often it is because metastatic cancer causes symptoms that are also common to other diseases. It is not unusual for a metastatic cancer to be discovered by tests being done for some other condition.

While the term metastasis was first coined in 1829, the history of metastasis is rather limited due, of course, to a lack of understanding of the processes involved. It’s just been in the past few decades that we’ve begun to uncover the mysteries and have found specific cancer genes associated with metastasis. Just as there are genes that promote tumor growth and genes that stop tumor growth, there are genes that both encourage and suppress metastasis. This last class of genes was a particular surprise and was controversial until quite recently. But it is this group of genes that has led the way in focusing on the importance of understanding the differences between tumors and the tumor microenvironment.

It is clear that to find better, less toxic therapies and save more lives from cancer, a major focus must be on understanding how metastasis occurs. The last decade or so has shown a dramatic increase in the amount of research being done, by American Cancer Society-funded researchers as well as others, to understand metastasis.

Key Statistics about brain metastasis

- About 170,000 will be diagnosed with brain metastasis in 2016. Making it more common than many primary tumors such as brain tumors (62,000), lymphoma (79,030), or colon cancer (102,480).
- The most common cancers that spread to the brain are lung cancers, breast cancers, and melanoma. However, just about any cancer can spread to the brain.
Each year, a physician member of the cancer committee performs a study to assess whether patients within the program are evaluated and treated according to evidence-based guidelines. The study must determine that the diagnostic evaluation is adequate and the treatment plan is concordant with recognized guidelines.

**Source:**
Brain Metastasis cases diagnosed at Trinity Regional Medical Center.

**Study Data:**
2009-2014 Brain Metastasis cases receiving treatment at Trinity Cancer Center.

**Evaluation:**
The components of care that was evaluated include the age distribution at diagnosis, first course treatment and AJCC stage. This data was compared with data from NCDB and other CoC approved cancer programs.

Brain Metastasis cases at Trinity Cancer Center were treated per the NCCN guidelines.

**HISTOLOGY**
- Lung
- Colon
- Kidney
- Unknown

**AGE**
- 70-79
- 80-89
- 50-59
- 40-49
In 2016 Trinity Cancer Center continued to see growth in oncology patient services. Trinity Cancer Center provided individualized care for 8,184 Medical Oncology visits, and 5,859 Radiation Oncology visits serving individuals in a 5 county area.

<table>
<thead>
<tr>
<th>Patient Type</th>
<th>Product Line</th>
<th>Webster County</th>
<th>BV, Calhoun, Hamilton, Humboldt, Pocahontas, Sac, Wright</th>
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<tr>
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<td>74.8%</td>
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<tr>
<td>Inpatient</td>
<td>Oncology</td>
<td>33.0%</td>
<td>32.0%</td>
</tr>
</tbody>
</table>

*CCS group 211 in Dimensions Outpatient All CPT HCPCS (not the Outpatient Principal CPT HCPCS from which the Pivot Tables are built)
Glossary of Terms

TRMC: Trinity Regional Medical Center.

Analytic: Analytic cases are patients who have been diagnosed and/or received all or part of the first course of therapy at TRMC.

Non-Analytic: Non-Analytic cases are patients who were diagnosed and received the entire first course of therapy prior to admission to TRMC. This category also includes patients whose treatment is unknown, patients diagnosed at autopsy, and patients who were diagnosed and treated with the first course of therapy at the reporting institution before the registry’s reference date. Note is made that these cases are not included in routine treatment or survival statistics.

State of Disease: Extent of disease as determined at the time of first course of therapy. AJCC and SEER Summary Staging Guide are used.

Incidence: The extent to which disease occurs in the population. Cancer incidence is the estimated number of new cases of cancer diagnosed each year.

NOS: Not otherwise specified or unknown.

AJCC: American Joint Committee on Cancer.

SEER: Surveillance, Epidemiology and End Results.

NCCN: National Comprehensive Cancer Network.

Our Mission
To improve the health of the citizens of our communities and regions by providing quality healthcare in an efficient and cost-effective manner.

Our Vision
To be the preferred healthcare provider in Northwest Central Iowa.