

Cancer Care Report

2018 Prevention, Detection and Screenings

In 2018, WhidbeyHealth provided colon and breast cancer screening for the community.

An oncology nurse and a financial advocate participated in the Cancer Care Program's Community Outreach Early Detection Screening event for breast and colon cancer on June 8. Participants were able to sign up for insurance if needed, and also meet with the oncology nurse to learn more about appropriate screening. The oncology nurse and the financial advocate spoke with more than 30 people.

Mammograms were available for people at both the Clinton and Galilei Street clinics, with financial assistance and affordable care insurance information available.

Colon cancer is one of the top three cancers diagnosed in the United States. The fecal immunochemical tests (FIT), a screening test for colon cancer, were distributed to participants. It tests for hidden blood in the stool, which can be an early sign of cancer. There were participants who had undergone no colonoscopies or other colon screenings. Eight people took the FIT test to use and return to the WhidbeyHealth Lab. Processing charges were covered by the WhidbeyHealth Foundation as part of the Cancer Program Community Outreach - Early Detection Screening program.

A new feature for early detection of breast cancer implemented in 2018 is the self-referred mammography. Screening mammograms no longer require a provider to order the test.

WhidbeyHealth has also continued with the low dose lung CT screenings for lung cancer. Sixty screenings were performed in 2018, with three of those needing further investigation. Since WhidbeyHealth began the lung screening program in 2016, it has screened 199 people and 171 of those had normal imaging, with the remaining 28 needing further investigation. To date, WhidbeyHealth has identified three cases of cancer — all were discovered at an early stage, which is the benefit of the low dose lung CT screening.

Scalp Cooling Caps

Our new cryo-therapy scalp cooling caps are coming to the MAC/Oncology clinic! These cooling caps help reduce the likelihood of chemotherapy-induced hair loss in patients with solid tumors.

New Oncology Providers

We are happy to announce the addition of two new providers within our oncology clinic.



Tammy Muller, PA-C joined our group of physicians in June. Tammy is part of the Providence Regional Cancer Partnership at the Everett Clinic and works alongside our current providers **Peter Jiang, MD** and **Wendy Wang, MD**, also of the Providence Regional

Cancer Partnership.

Later this month, we will welcome a third oncologist from the Everett Clinic, **Andrew Yang, MD**.

Cancer Care Program Standards

Quality improvement and accountability measures are among those set forth by our accrediting body, the Commission on Cancer.

For quality improvement, all colon cancer resections should have at least 12 lymph nodes removed. In 2009, we set a goal to improve on this, and we have remained at 100 percent compliance since 2011.

Also for quality improvement, we remain at 100 percent compliance for standard needle biopsies performed to establish a diagnosis of breast cancer.

Accountability measures for breast cancer include:

- Prescribing Tamoxifen or other aromatase inhibitors to breast cancer patients within one year of diagnosis for Stage I-III hormone receptor positive breast cancers.
- Radiation within one year of diagnosis for breast cancer patients who have had breast conservation surgery.

To Schedule Annual Screening Mammogram

Call
Central Scheduling Services
360.678.7607

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Renee Yankis, ARNP, MN, AOCN
Cancer Care Program Manager

In keeping with WhidbeyHealth's promise to provide exceptional healthcare with compassion and respect, the Cancer Care committee would like to share some of the outcomes of our program. As a rural program, our numbers may not be large, but results show our outcomes meet and exceed the national standards.

WhidbeyHealth Cancer Care has been accredited by the Commission on Cancer since 1979, even garnering an Outstanding Achievement Award in 2012. At a recent survey, the commission was impressed to hear that all cancer care patients receive individualized treatment plans, thanks to an excellent Cancer Care Navigator at WhidbeyHealth. The program was awarded five commendations out of a possible seven for outstanding work. Each year, there are certain measures that are checked. The table below shows a comparison of the years 2015 to 2018 concerning two aspects of treating breast and colon cancer.

Breast Cancer:

- Radiation therapy for breast cancer is expected to be given within one year of diagnosis when a lumpectomy has been performed. WhidbeyHealth consistently meets this goal.
- Hormonal blocking medication is given to women who have breast cancer that depends on estrogen to grow. It is expected that women with this type of cancer will be started on Tamoxifen or an aromatase inhibitor within one year.

Colon Cancer:

- When a colon cancer patient is treated with surgery, 12 lymph nodes are expected to be removed to check for possible metastasis of the cancer. WhidbeyHealth has accomplished this 100 percent of the time. The requirement is 85 percent.
- Chemotherapy is recommended within four months of a colon cancer diagnosis having spread to the lymph nodes. 100 percent of these WhidbeyHealth patients have received chemo on time.

Breast Cancer Awareness Month

October is the month many people remember to have their mammograms. At WhidbeyHealth, you no longer need an order from your provider to have a screening mammogram.

Before screening tips:

- Diagnostic imaging will need to get your old images/films before scheduling, so they can compare the images.
- If you need additional tests, you can ask your provider to order those.
- If you do not have a provider – our cancer navigator will help you find one. Call 360.678.7656, ext. 2669.

Free mammogram screening is available for financially-challenged women through the Whidbey Island Chapters of Soroptimist International.

To Learn More

Helen Taylor, Foundation
360.678-7656 ext. 4020

WhidbeyHealth Medical Center Cancer Program 2018

Cancer Program Measures for Commission on Cancer Accreditation

Type of Cancer	Explanation of Measures	Required %	Estimated Performance Rates (%)			
			2015	2016	2017	2018
Breast BCSRT	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)	90%	100%	100%	100%	100%
Breast HT	Tamoxifen or third generation aromatase inhibitor is considered or administered within 1 year (365 days) of diagnosis for women with AJCC T1c or stage II or stage III hormone receptor positive breast cancer. (Accountability)	90%	93.80%	100%	100%	100%
Colon 12RLN	At least 12 regional lymph nodes are removed and pathologically examined for AJCC stage IA, IB, IIA, and IIB resected NSCLC. (Quality Improvement)	85%	100%	100%	100%	100%
Colon ACT	Adjuvant chemotherapy is recommended or administered within 4 months (120 days) of diagnosis for patients under the age of 80 with AJCC stage III (lymph node positive) colon cancer. (Accountability)	N/A	100%	100%	100%	100%