

2018 Annual Report



SELF REGIONAL
HEALTHCARE

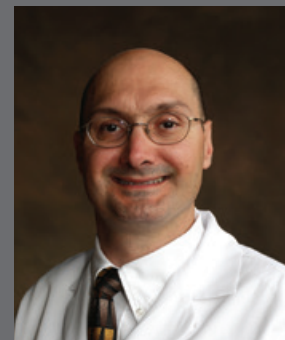
CANCER CENTER

Chairman's Message

The Cancer Committee at Self Regional Healthcare has diligently worked to improve the care and outcomes of our cancer patients throughout our seven-county region.

Our Cancer Program is accredited by the Commission on Cancer (COC) of the American College of Surgeons. This three-year accreditation acknowledges our commitment to providing a multidisciplinary approach to treating cancer. We have implemented effective and high-quality programs to assist patients from their cancer diagnosis through treatment and rehabilitation. I am pleased to highlight a few of these programs, changes that have been implemented and initiatives from the past twelve months in this annual report.

I also want to thank the members of the Cancer Committee for their dedication to serving our patients and fighting this disease. We are honored to serve the members of our community and it is our goal to continuously provide our patients and their family with the very best care.



Greg Tarasidis, M.D., FACS

Sincerely,
Gregory Tarasidis, M.D., FACS
2017 Cancer Committee Chair



2017 Cancer Committee Members

Committee Leadership

Greg Tarasidis, MD, Otolaryngology, Committee Chair
John Funke, MD, Radiation Oncology, Cancer Liaison Physician

Physician Members

Joanna Sadurski, MD, Medical Oncology
John Sundermann, MD, Pathology
Tammy Kitchens, MD, Radiology
John Konsek, MD, Surgery
Ashley Harte, MD, Palliative Care

Non-physician Members

Hannah Warren, MS, The Greenwood Genetic Center, Genetics Counselor
Tracie Williamson, RN, Cancer Center Nursing Supervisor
Jennifer Clary, Quality Improvement Coordinator

Tina Butler, CTR, Cancer Data Registry, Cancer Registry Quality Coordinator
Lawrie Rinehart, Cancer Conference Coordinator
Erin Moates, Cancer Data Registry
Beth Fain, Psychosocial Services Coordinator
Emily Barnes, RN, Community Outreach Coordinator
Nancy McGaha, RN Clinical Research Coordinator
Christie Brewster, RNP, Palliative Care
Amanda Kelley, RN, Oncology Survivorship
Kristina Nelson, PharmD, Cancer Center Pharmacy Supervisor
Elizabeth Tilley, American Cancer Society Coordinator
Kendra Keeney, Director of Oncology, Cancer Program Administrator
Julie McDade, Manager of Cancer Center

About our Cancer Center

The Cancer Center at Self Regional Healthcare strives to meet the Commission on Cancer (CoC) Standards and follow the National Comprehensive Cancer Network (NCCN) Guidelines in the care of the oncology patient. This allows us to ensure that our patients receive evidence-based preventive, diagnostic, treatment and supportive services that will provide the best possible outcomes. This is accomplished through ongoing education, Tumor Boards, Cancer Committee, Cancer Registry and quality control.

Our cancer registry maintains a data system that stores diagnostics, treatment and survival information of all patients seen in our center. This information is used to help the Cancer Center leadership and hospital administration make decisions about equipment purchases and patient needs. Quality control of cancer data is done according to national standards.

If you have any questions, comments or would like more information about our Cancer Center, please contact Julie McDade, Manager, Cancer Center, at (864) 725-5311 or jmcdade@selfregional.org.

For an electronic copy of the 2018 Self Regional Healthcare Cancer Center Annual Report, please visit <https://www.selfregional.org/advanced-care-services/cancer-center/>

Tumor Board Conferences

These conferences allow collaboration and consultation on patient management. Patients may be presented for diagnostic assessment referencing national treatment guidelines, clinical trial protocols, stage of disease and need for genetic testing to ensure the best clinical outcome for the patient. Tumor Boards are held four times monthly and offer one hour of CME credits to eligible attendees. In 2017, our Cancer Center held 47 multidisciplinary tumor conferences and presented 263 cases.

Our Cancer Committee

This is a designated, multidisciplinary committee for the administrative oversight, review and development of the Cancer Center at Self Regional Healthcare. The committee includes members from both clinical and supportive areas who are involved in the care of patients with cancer. Members may include physicians from medical oncology, radiation oncology, pathology, radiology, genetics, palliative care and surgery. Non-physician members include hospital administration, cancer registry, pharmacy, social work, quality management, clinical trials, community outreach and patient navigation. The committee provides leadership and assesses the cancer related activities required by Commission on Cancer for Cancer Program Accreditation.



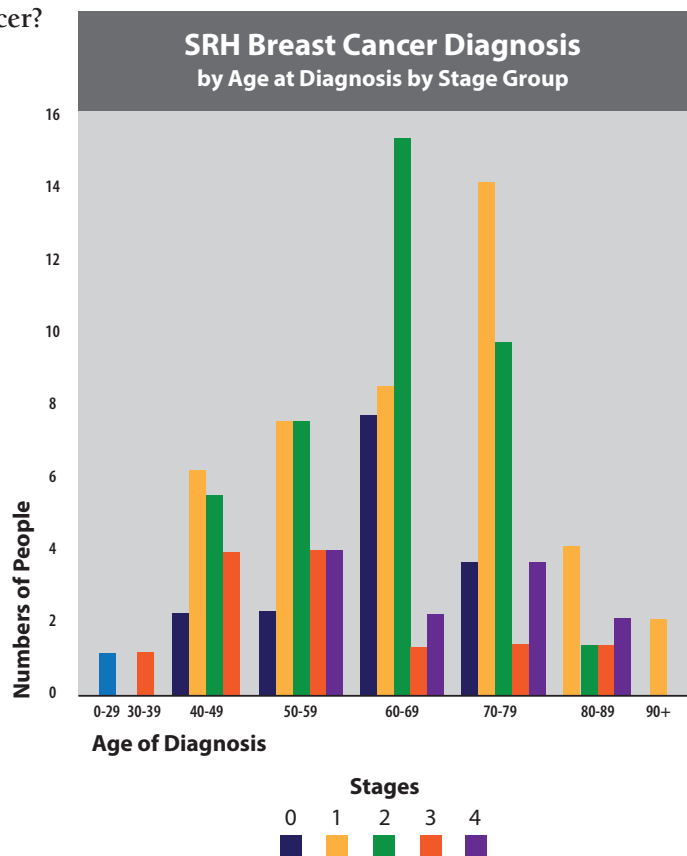
Breast Cancer Facts

- Each year in the United States more than 200,000 women are diagnosed with breast cancer and more than 40,000 will die from the disease.
- Most breast cancers are found in women 50 years old or older, but breast cancer also affects younger women. About 11% of all new breast cancer cases in the United States are diagnosed in women younger than 45 years of age.
- Breast cancer is the second leading cause of death in women, second to lung cancer.
- It is important for women to be knowledgeable about warning signs and the importance of self-exams, as an estimated one in eight women will face a breast cancer diagnosis in her lifetime, according to the National Cancer Institute.
- The American Cancer Society estimates that over 200,000 women yearly will be diagnosed with invasive breast cancer.
- The leading risk factor is being a woman. Although men can be diagnosed, it is 100 times more common in women.

What are some factors that increase a woman's risk of breast cancer?

- **Genetics:** inherited changes in certain genes (including BRCA1, BRCA2 and others) increase the risk. Although these changes account for no more than 10 % of all breast cancers.
- **Family history:** a woman's chance of developing breast cancer increased if her mother, sister and/or daughter have been diagnosed, especially if they were diagnosed before the age of 50.
- **Personal history of breast cancer:** women who have had breast cancer are more likely to develop a second breast cancer.
- **Alcohol:** studies show that the more alcohol a woman drinks the greater her risk of breast cancer.
- **Reproductive and menstrual history:** women who had their first menstrual period before age 12 or who went through menopause after age 55 have an increased risk of developing breast cancer. Women who had their first full-term pregnancy after age 30 or who have never had a full-term pregnancy are also at an increased risk.
- **Long term use of hormone therapy:** women who used combined estrogen and progestin menopausal hormone therapy for more than five years are at increased risk.
- **Body weight:** studies show that the chance of getting breast cancer is higher in women who are overweight or obese than in women of a healthy weight.
- **Race:** in the United States, breast cancer is diagnosed more in Caucasian women than it is in African American, Hispanic, Asian or American Indian women.

Information from the National Cancer Institute



Early Detection is Key

Guideline for women who are at average risk for breast cancer.

**Ages
40-45**

Women should have the option to start receiving annual breast cancer screening mammograms, if they wish to do so.



**Ages
45-54**

Women should receive an annual breast cancer screening mammogram.



**Ages
54 and
Older**

Women can begin receiving their mammogram every two years, if they wish to do so, or they can continue receiving them annually. It is recommended that screening should continue as long as you are in good health and are expected to live 10 or more years longer.



American Cancer Society Recommendations for the Early Detection of Breast Cancer, 2017

Providing Programs of Support



2017 Wellness Programs

We realize that cancer is more than just a medical diagnosis. In order to meet all of our patients' needs, we provide health and wellness offerings for individuals who face the challenges a cancer diagnosis can bring.

Program	Participants
Survive & Thrive Wellness Program	(annual basis) 745
Look Good Feel Better	68
Between Friends	95
Multiple Myeloma	60
Community Cancer Education Sessions	124
Pretty in Pink	400

Cancer Screening Programs

Self Regional Healthcare Cancer Center provides numerous screenings throughout the year, free of charge, for participants. Partnering with our local free clinic, Clinica Gratis, Self Regional Healthcare Cancer Center was able to reach many community members through these valuable services. In 2017, Self Regional Healthcare Cancer Center was able to provide women's health screenings and melanoma screenings for our community members.

Women's Health Screening: 16 women were screened for breast and vaginal cancers **Melanoma Screening:** 56 participants were given full-body skin checks.

Patient and Family Support Services

- **Survivorship Care Plan** is a document that is personalized and given to each patient and serves as a guide map – walking patients through their cancer journey.
- **Oncology Navigator** helps patients, families and caregivers through the complex maze of treatments, tests and appointments from diagnosis to post-treatment.
- **Nutritional counseling** is available for cancer prevention, weight control and maintenance, as well as nutrition for cancer patients while undergoing treatment.
- **Social services** address the psychosocial needs of patients and their families, help with community referrals and facilitate financial support.
- **Financial services** help patients deal with complex financial issues that may arise during cancer care.
- **On-site Laboratory**, (staffed by certified medical laboratory technicians), offers hematology and chemistry testing.
- **Lymphedema Treatment** is administered by a licensed occupational therapist to provide preventative education and postoperative treatment.
- **Yoga classes** are offered to help with the healing process for qualifying patients and survivors.
- **Support groups** meet regularly to help patients cope with the frustration and fears associated with a cancer diagnosis.
- **Genetic counseling** is designed for anyone who is concerned about his or her risk of developing cancer based on family history or personal medical history.
- **Pastoral care** is offered for the diverse spiritual needs of patients and families.
- **Medical Library**, located in Self Regional Medical Center, is stocked with information on health matters.
- **Rehabilitative Services** help patients build strength, reduce stress and regain independence during and after treatment.
- **Anodyne® Infrared Therapy** is a light treatment that increases circulation and reduces pain, stiffness, and muscle spasms in patients with neuropathy, a common side effect of chemotherapy.

Effective Communication

Receiving a cancer diagnosis is life changing. Once you hear the word, your world is changed and it's common to feel a variety of emotions. Fear, uncertainty, worry – it can be extremely overwhelming.

At Self Regional Healthcare Cancer Center we understand the many challenges and obstacles that come with a cancer diagnosis. One of our goals is to make the entire cancer journey as easy as possible for our patients and we are always looking for ways to improve upon the patient experience.

Recently, we asked our patients where they experienced challenges as they navigated through our system. After meeting with a focus group of current patients, we learned it is not always easy to reach a team member when calling our cancer center. Patients noted that the phone tree system was confusing and time consuming – increasing anxiety and frustration.

Using the data we collected from our study, we have made several changes to our work flow process and our phone system. We decreased automatic phone prompts by 50% and now every prompt has a voicemail associated with it. We now also have a dedicated nurse that handles our triage phone line. This provides the patient with the opportunity to promptly speak with a team member who is involved in their care. As a result of this study and our modifications, patient satisfaction scores have increased and patients find it easier to get the answers they need quickly.

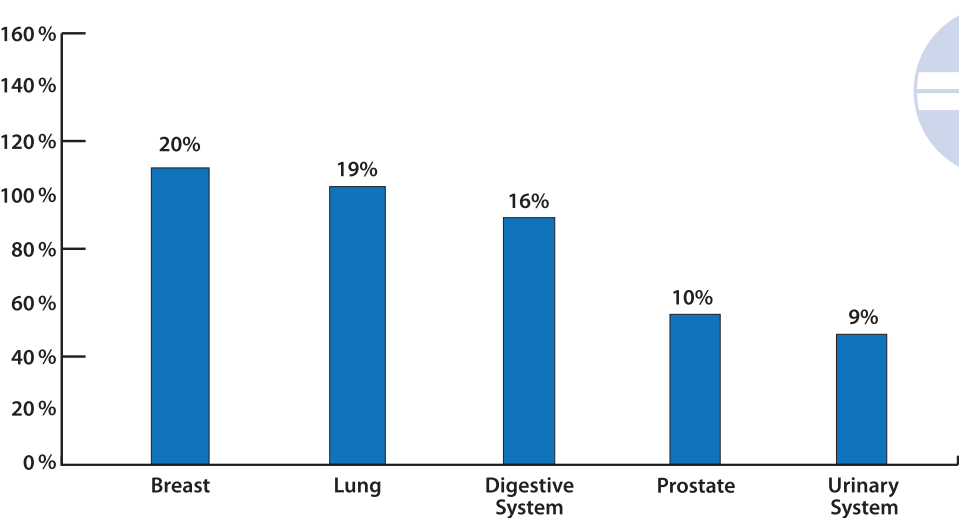
Patient Navigation

Patient navigators are responsible for a number of services, both clinical and emotional, throughout the patient's cancer journey. In addition to patient support, navigators help to promote community awareness and prevention, maintain relationships with referring physicians and coordinate ongoing, multidisciplinary tumor boards at Self Regional Healthcare Cancer Center.

What to expect from the Patient Navigation Program:

- Connection to patient and family support services
- Educational and emotional support for the patient and family members
- Improved timeliness of appointments
- A comprehensive assessment of patient's needs to help identify barriers to care
- Improved patient outcomes through education, support and performance improvement monitoring

2017 SRH Top Five Cancer Diagnoses





“I faced my cancer journey with hope, determination and a great team of physicians, nurses and staff at Self Regional.”

Charles Hatch, Prostate Cancer Survivor

Prostate Cancer

Whether it's the students he's worked with over his forty years as an educator or the classic cars he restores from disrepair to showpiece status – Dr. Charles Hatch is the type of person who can see potential even when others can't.

This sense of optimism played a crucial role in his own personal success story when, after a series of doctors visits and labs, Charles was told that he had prostate cancer. As he encourages others to do, Charles faced his diagnosis with hope and determination.

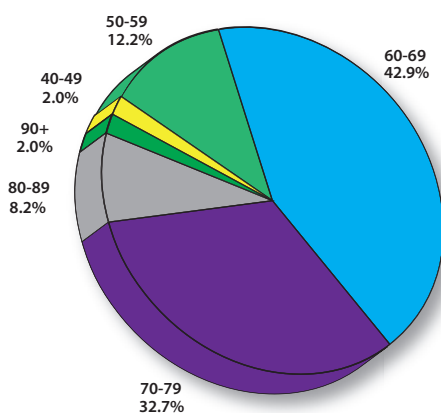
“Throughout my cancer journey I focused on regaining wellness, not just on getting well,” Charles said.

“My diagnosis motivated me to make significant changes in my life including adopting a healthy diet, increasing physical exercise and developing a yoga practice, and changing my mindset. These changes, along with the exceptional care I received at Self Regional helped to not only treat my cancer, but improve my overall health and life.”

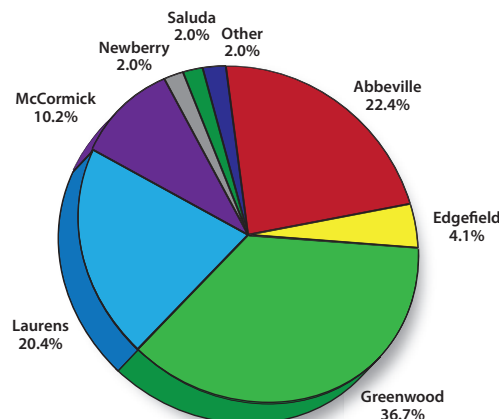
Charles' resolve helped him power through his treatment plan that included Lupron injections and nine-weeks of daily radiation treatments at Self Regional Cancer Center. Today, Charles is living life to the fullest – preparing and empowering students, participating in car shows, spending time with his family and friends, maintaining his health and sharing his message of hope and positivity.

SRH Prostate Cancer Diagnosis Information

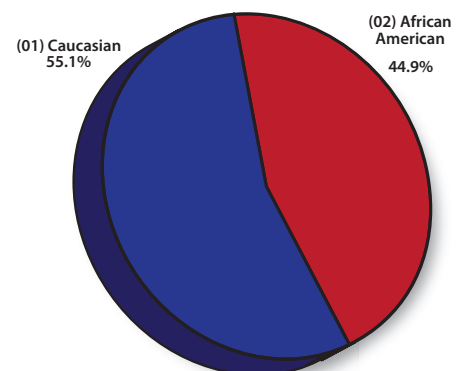
SRH Prostate Cancer Age at Diagnosis (in years)



SRH Prostate Cancer Diagnosis by County
(by seven county service region)



SRH Prostate Cancer by Race





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1325 Spring Street • Greenwood, South Carolina 29646-3875
(864) 725-7100 • www.selfregional.org