

Faulkner Hospital's Cancer Program
Annual Report 2008



FAULKNER HOSPITAL
Brigham and Women's Health Care



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Summary of Faulkner Hospital's Cancer Program



MARGARET M. DUGGAN,
MD, FACS
CHAIR
CANCER COMMITTEE

The American College of Surgeons Commission on Cancer (CoC) is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through standard setting, prevention, research, education and the monitoring of comprehensive quality care. Continuous monitoring, quality improvement and patient advocacy are important components of the accreditation process. Faulkner Hospital's cancer program is a perfect example of the CoC's mission statement.

Under the direction of the Cancer Committee, quality of cancer care at Faulkner Hospital is reviewed regularly by a multi-disciplinary committee. The Committee is comprised of cancer providers in the fields of general surgery, surgical oncology, medical oncology, radiation oncology, radiology, pathology, palliative care experts, community outreach members (both from the hospital and from the American Cancer Society), quality improvement expertise, nursing, clinical social work and our tumor registrar. These members, who are dedicated to patient care and quality service, meet five times a year to review our present practices and develop plans for improving this quality, as well as monitoring our progress. We work closely with the American College of Surgeons, our accrediting body, The American Cancer Society in the arena of patient education and services, and The National Safety and Quality Improvement Program (NSQIP), the quality improvement committee of the American College of Surgeons.

Educating both patients and providers is one of our primary objectives. At Faulkner Hospital we sponsor a monthly multi-disciplinary Tumor Conference. Here we review the care provided to our patients and discuss treatment options. Various experts in the room will hear the case and have an opportunity to provide their opinion on future care. We also use this forum to educate our future experts. Surgical residents and medical students are involved in the discussion and one topic is chosen for a resident presentation. Additionally, members of Faulkner Hospital's Cancer Committee and surgical service are involved as experts in cancer conferences at the Dana Farber Cancer Institute in both breast and thyroid cancer care.

Annually we develop goals, quality improvement studies and program enhancements, as well as choosing a disease site for comparing our data to the national data collected by the College from other accredited programs. This year our programmatic goals have focused on efficiency. We have replaced paper staging forms with electronic transfer of information via the medical record; we have taken advantage of our information system by automatically populating the demographic information into the registry and expanded our registrar's access to electronic medical records across the practice sites serving Faulkner Hospital. We are evaluating length of stay with Robotic Prostatectomy versus traditional open prostatectomy, and additional enhancements include a number of programs for our cancer patients, including Look Good, Feel Better and increased physical activity with the YMCA's Pink Program, an exercise program for breast cancer patients.

This year's disease site is thyroid and you can read a detailed report of our comparative data, as well as a description of services provided in the diagnosis and treatment of Thyroid Cancer here at Faulkner Hospital.

In 2007 our community outreach program developed a comprehensive listing of age appropriate screening and free screening services at Faulkner Hospital. Last year we successfully increased our free cervical screening program and translated our informational fliers into Spanish. This year we are focusing on increasing the number of free mammograms we offer. We are continually trying to build on previous years community outreach to grow our program in our local community.

In my four years as chair of Faulkner Hospital's Cancer Committee I have seen incredible growth in the cancer program here. We have always been known for excellence in breast cancer care, but we have also become a center for thyroid cancer, thoracic cancers, colon cancer and Urologic Cancers. Working cooperatively with Brigham and Women's Hospital and the Dana Farber Cancer Institute at Faulkner Hospital our multidisciplinary efforts continue to grow. These relationships afford our patients excellence in cancer care which we will continue to improve upon with every opportunity.

Cancer Registry Activity Report 2009

Faulkner Hospital has been an Accredited Cancer Program governed by the American College of Surgeons, Commission on Cancer since 1980. An essential component of Faulkner Hospital's Cancer Program is the Cancer Registry, which maintains a data base on all cancer patients diagnosed or treated at Faulkner Hospital. The members of the registry coordinate the collection, management and analysis of data, as well as lifetime medical follow up to provide information for epidemiological, clinical, research studies and educational purposes. The Cancer Registry reference date is 1999.

In 2008, 1,464 newly diagnosed cancer cases were accessioned into the Registry. Of these, 1,405 were diagnosed as analytical cases and 56 were non-analytic. The Cancer Registry now has a total of 10,331 cases in the database. Annually, a total of 4,913 are being actively followed, which represents the follow-up rate of 90 percent, a standard mandated by the Commission on Cancer, American College of Surgeons.

The Registry provides data to the National Cancer Data Base, Massachusetts Cancer Registry and Harvard School for Public

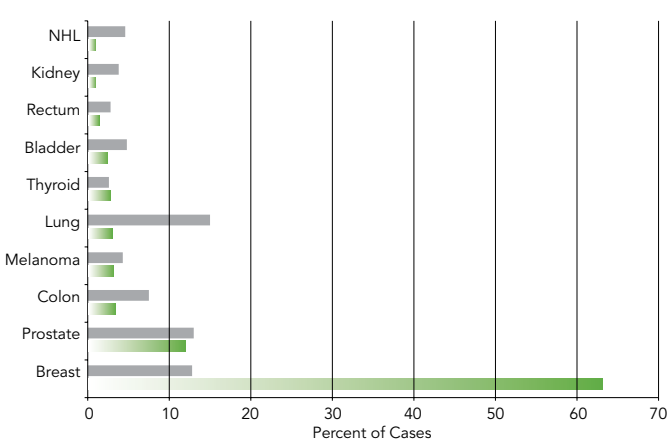
Health. This data is utilized for incidence monitoring, cancer prevention and awareness, identifying high-risk populations and to help improve and standardize care across the country.

Figure 1 reflects the top ten most frequent cancers seen at Faulkner Hospital and compares their frequency to the American Cancer Society estimate of new cases for 2008. The tables in Figure 2 show age distribution and gender. The high percent of female cases is due to the high volume of breast cancer patients diagnosed and treated at Faulkner Hospital.

The AJCC TMM (Tumor, Nodes, Metastases) staging system is used to describe the extent of the spread of cancer and is a valuable indicator of prognosis and survival. Figure 3 represents stage at diagnosis for all sites for 2008.

Overall, the cancer program has continued to expand and work cooperatively with other departments in the hospital to improve patient care and satisfaction. Faulkner Hospital offers the highest quality cancer care and being accredited by the American College of Surgeons is one important way in which we demonstrate our commitment to that promise.

10 Most Frequently Seen Cancers at FH Compared to 2008 ACS Estimate

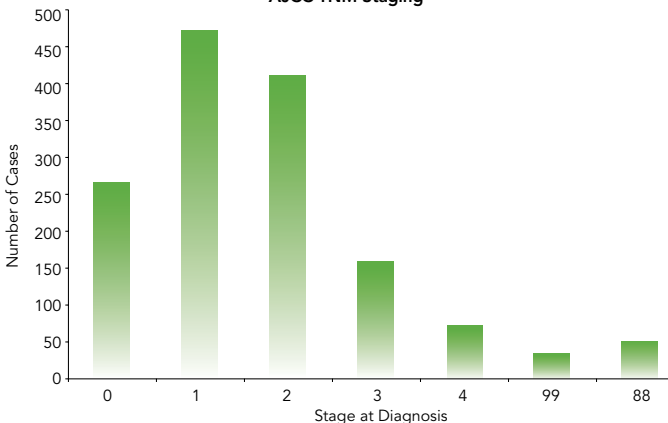


Faulkner Hospital Cancer Registry Statistical Summary 2008

Age Distribution	%	#
00-29	0.61	9
30-39	4.85	71
40-49	19.47	285
50-59	28.14	412
60-69	22.61	331
70-79	14.48	212
80-89	9.29	136
90+	0.55	88
Total	100	1464

Gender	%	#
Female	75.27	1102
Male	24.73	362
Total	100	1464

AJCC TNM Staging



Analysis of Thyroid Cancer Cases 2003-2008

Tad J. Wieczorek, MD and Faina Nakhlis, MD

For the period 2004-2008, 234 cases of thyroid cancer were diagnosed at Faulkner Hospital; the number of cases reached a peak of 60+ cases per year in 2006 and 2007.

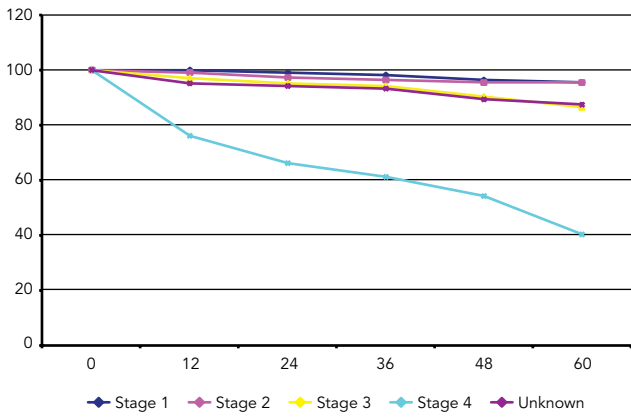
Focusing on the most recent year for which data is available (2008), the stage distribution at Faulkner Hospital was similar to that in the cohort of patients in a national database. In particular, a similar or greater number of patients (75 percent) were identified early (with Stage 1 disease) in Faulkner Hospital's cohort. Demographic factors at presentation (age/gender) were similar in both Faulkner Hospital and national cohorts. Treatment subgroups were difficult to compare, due to the wide range of treatment options (surgery, radiation, hormonal therapy and chemotherapy), but survival data showed that Faulkner Hospital's cohort had similar or better five-year survival for all stages, in comparison with the national cohort.

Faulkner	Data	Total 39 patients					National	Data	Total 2232 patients				
Treatment	Stage 1	Stage 2	Stage 3	Stage4	Unknown	Stage 1	Stage 2	Stage3	Stage4	Unknown			
Surgery	3	0	0	0	0	561	50	67	38	31			
S/H	12	1	1	0	0	251	22	16	9	8			
S/R	1	0	0	0	0	381	67	66	58	0			
S/R/H	14	2	2	0	0	352	58	84	44	15			
Bx Only	0	0	0	1	2	13	2	2	9	28			

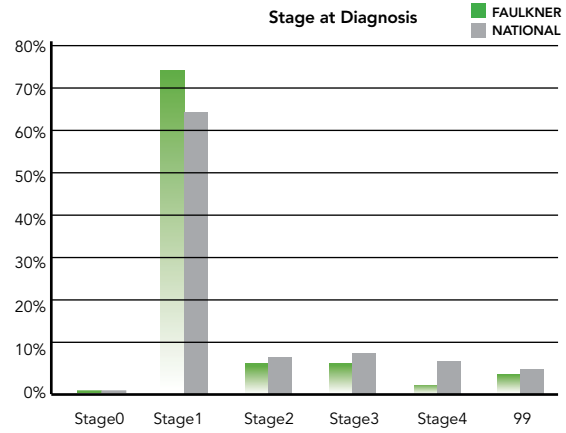
The additional 131 National patients had some combination of treatment.

S=surgery R=radiation C=chemo H=hormone I=immuno E= hema/trans/endo O=other P=palliative C=chemo H=hormone I=immun E=hema/trasn/eneorans/endo O=other P=palliative

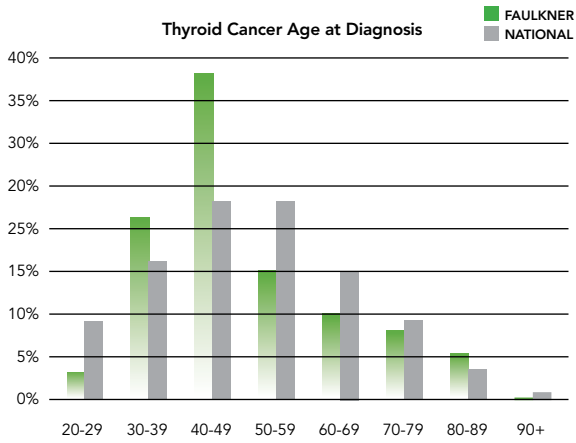
Relative Survival National



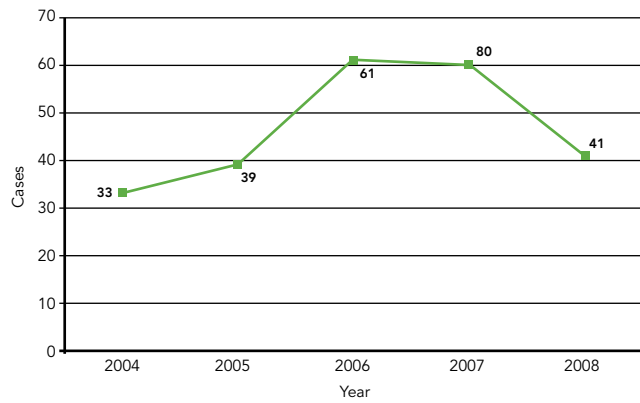
Stage at Diagnosis



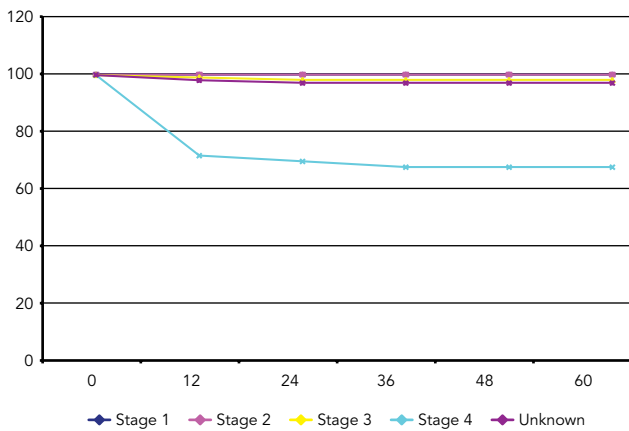
Thyroid Cancer Age at Diagnosis



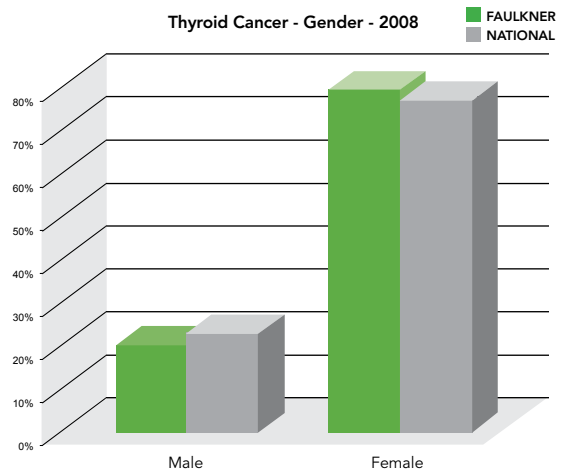
Faulkner Hospital Thyroid I Cancer



Relative Survival Faulkner Hospital



Thyroid Cancer - Gender - 2008



Faulkner Hospital Thyroid Cancer Program

In early 2009, the Brigham and Women's/Faulkner Hospital Endocrinology office was established with a specific Thyroid Clinic specializing in evaluation and management of thyroid nodules and a strong emphasis on management of thyroid cancer.

Patients referred to the Thyroid Clinic receive, during a single visit, a comprehensive evaluation including a high-resolution thyroid ultrasound performed by an endocrinologist. If deemed necessary, a thyroid nodule ultrasound-guided fine needle aspiration (FNA) biopsy may be performed during the same visit.

Patients who are diagnosed with a thyroid cancer are then appropriately managed by the Endocrinologist using the comprehensive resources to be found through both

Faulkner Hospital and Brigham and Women's Hospital, including specialized thyroid surgeons, and thyroidologists who administer radioiodine for diagnostic procedures and treatments.

Our thyroid specialist, Dr. Karla Pou, appreciates the importance of maintaining close relationships with referring physicians, and keeping them updated at all times during the diagnosis and treatment of patients with thyroid nodules and thyroid cancer.

To schedule an appointment with Dr. Pou, please contact BWH/Faulkner Endocrinology at 617-983-7420.

Psycho-social Supports at the Dana Farber/Brigham and Women's Cancer Center at Faulkner Hospital

The Dana Farber/Brigham and Women's Cancer Center at Faulkner Hospital continues to focus on quality of life, coping with illness, and treating the whole person and family while providing top notch medical care. To that end, we offer patients and families resources and supports along the continuum of their illness. Materials such as Family Connections packs and the book, *Cancer in the Family*, are made available to parents struggling to talk with their children about their cancer diagnosis and treatment. The Center works with Community Health & Benefits and the American Cancer Society to host Look Good . . . Feel Better classes to women newly diagnosed and starting cancer treatment. Relaxation and guided imagery sessions are available to patients, as are individual, couples and family counseling sessions throughout treatment to address the emotional issues brought about by a cancer diagnosis.

Additionally, the Cancer Center continues to develop ways to support staff as they care for our patients. Palliative Care Grand Rounds organized by Massachusetts General Hospital are teleconferenced to the Dana Farber/Brigham and Women's Cancer Center at Faulkner Hospital each week and cover many relevant and informative topics in cancer care. Ethics forums from the Dana Farber and Brigham and Women's Hospital have also been telecast to Faulkner Hospital and we continue to seek new learning opportunities for all Faulkner Hospital staff. Finally we have created opportunities for staff and volunteers to care for themselves through various offerings such as staff relaxation sessions and chaplaincy's "Tea for the Soul."

Community Outreach Programs

Faulkner Hospital's early detection health screening programs were created in response to information received through continual communication and collaboration with community residents, service providers and advisory groups, as well as through the review of health status indicators. Thus far in 2009, Faulkner Hospital's cancer related programs have served over 100 participants, all of whom received the services free of charge thanks to physicians, nurses, clinical specialists, technicians and health educators who donated their time and expertise. Such free services include: skin cancer screenings, breast health care programs and follow-up care.

Beyond community outreach

In June of 2009, Dr. Faina Nakhlis of Faulkner Hospital's Breast Centre and member of Faulkner Hospital's Cancer Committee, traveled to Irkutsk Regional Cancer Center in Siberia with Yelena Wetherill, PhD, of Women's Health Exchange (www.womenshealthexchange.org). The purpose of the mission was two-fold: to promote the idea of emotional support from former or current patients and to teach local surgeons advanced surgical procedures with tools that already exist in their community.

Dr. Nakhlis was a natural choice for this mission. She is a highly skilled Surgical Oncologist who has committed her career to caring for women with breast cancer. She is also a compassionate provider and she is a native Russian speaker. Dr. Nakhlis spent a week with three surgeons. Her goal was to teach the surgeons how to perform sentinel lymph node biopsy using Methylene blue. This is a less invasive procedure than full axillary node dissection and more accurate at staging than the more extensive surgery. Using this method, patients

with clinically negative lymph nodes can have less invasive surgery, less disability and an easier post operative recovery process.



Dr. Faina Nakhlis, far right, helps train surgeons in Siberia.

During her time there Dr. Nakhlis performed an initial procedure and then was able to assist the local surgeons on others with great success. Fortunately, the sentinel node was found in all cases. As of late September 2009, 15 more cases of sentinel node mapping with Methylene blue were done. It looks like this technique has a good chance at being accepted for wide use. The major draw back appears to be the difference in the stage at diagnosis: while in the US the most common is stage I, in Russia it is stages IIB and III.

The next step would be for the surgeons from Irkutsk to travel to Boston for an opportunity to see patient care first hand in the US. Hopefully that will happen within the next year.

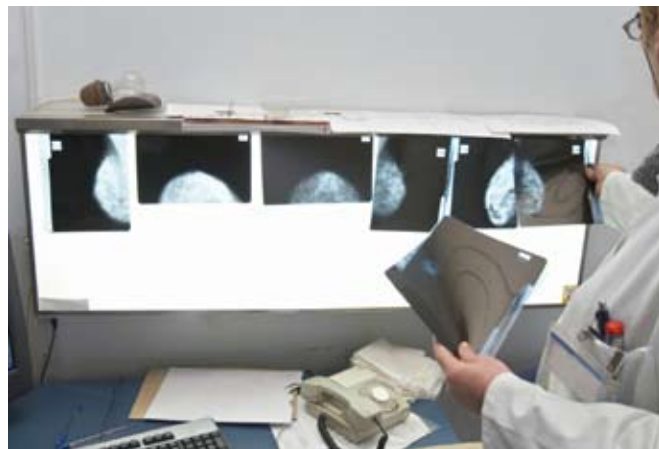
Breast Reconstruction Data Base

Faulkner Hospital's Breast Centre is a recognized leader in the diagnosis and the treatment of breast cancer. Each year hundreds of patients seek care at the Breast Centre regarding diagnosis and treatment, including reconstructive surgery. As part of Faulkner Hospital's leadership role in the care of breast cancer, the hospital has approved the creation of a Breast Reconstruction Data Base. The hospital's Quality Improvement Department and the Department of Surgery have collaborated to develop a comprehensive data base for the collection, analysis, and trending of important clinical information about breast cancer surgery and reconstruction. It is expected that the data base will create a source of comprehensive and accurate information about reconstructive breast surgery that will improve the quality of care and patient satisfaction. In addition, the data base will support important research efforts about patient outcomes in the area of breast cancer surgery and reconstruction.

The data base will abstract specific elements, defined by clinical experts, about breast cancer diagnosis, patient histories and information about factors that may affect the surgical outcome, such as obesity, smoking history, and co-morbid conditions. Other data elements include preoperative and postoperative care, complications and patient outcomes. The data will be tracked over time, at 30 days, 6 months, and then annually, where possible.

Several types of breast reconstruction procedures are performed at Faulkner Hospital, resulting from recent advancements in surgical treatment of breast cancer. The majority of breast reconstruction surgeries begin at the time of mastectomy. Reconstructive modalities include implant-based breast reconstruction as well as autologous tissue transfer where the patient's own tissue is utilized to build a breast mound.

The Breast Reconstruction Data Base will allow us to critically evaluate clinical outcomes following reconstructive breast



surgery to improve the overall quality of the treatment and outcome. The data base will also include a prospective patient satisfaction and clinical outcome assessment using validated survey instrument specific to breast reconstruction. It is expected that one advantage of the data base will be that the analysis and trending of multiple data points regarding patient outcomes with different procedures will assist surgeons and their patients in deciding which surgical reconstruction option is the best for an individual patient. Another potential use of the data base is the ability to compare data obtained by Faulkner Hospital with data collected from the American College of Surgeons, as well as the Cancer Registry.

The current timeline calls for the data base to go live on January 1, 2010, under the direction of Dr. Yoon Chun, with the assistance of Alexandra Koffman, RN, MSN, Manager of Surgical Quality Improvement for Faulkner Hospital, and Quality Improvement Analyst, Carol Shea, RN. Once sufficient data has been entered reports will be developed to extract clinical trends, which will be reported to individual surgeons and to appropriate departments and hospital committees, including Faulkner Hospital's Cancer Committee. To learn more about the data base, contact Alexandra Koffman, RN, MS at (617) 983-7833.

The American Cancer Society and Faulkner Hospital fight cancer together

The American Cancer Society and Faulkner Hospital are working together to make a difference in the fight against cancer. Both organizations have a commitment to serve cancer patients in the area with the best resources, programs and services available to them through the American Cancer Society and Faulkner Hospital. One such support program is the Society's *Look Good . . . Feel Better*, a free program that teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and/or radiation treatments. Wig care, scarf and hat use, skin care, and nail care are all discussed, and all participants receive a free makeup kit. In 2009, Faulkner Hospital hosted six *Look Good . . . Feel Better* programs.

"The generosity of the program was very humbling to me. I felt wonderful leaving the program with some of the techniques learned and a profound sense of community," explains Cathy, a patient at Faulkner Hospital who attended *Look Good . . . Feel Better*.

The American Cancer Society Cancer Action Network (ACS CAN), the nonprofit, nonpartisan advocacy affiliate of the American Cancer Society, supports evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem. ACS CAN works to encourage elected officials and candidates to make cancer a top national priority. ACS CAN gives ordinary people extraordinary power to fight cancer with the training and tools they need to make their voices heard. Last year, in Massachusetts, the Society and ACS CAN supported continued implementation of Massachusetts' Health Reform Law that has insured more than 440,000 citizens. It works to ensure that all residents continue to have access to health care that is adequate, available, affordable, and administratively simple. For more information, visit acscan.org.



Breast Health Care Access Program

The Breast Health Care Access Program is a comprehensive breast health screening, treatment and care program, which is offered to women who are uninsured or underinsured and live within Boston or Dedham. A patient may also qualify for the program if they are a past Sagoff Centre patient or if they have a Faulkner Hospital affiliated physician. The program is unique due to the fact that if there is a positive finding, the program pays for any further treatment and services the patient may require including biopsies, surgery, chemotherapy, radiation therapy and breast MRIs, as well as wound treatment for patients who develop lymphedema after surgery. Lastly, through a partnership with the West Roxbury/Roslindale YMCA, the Pink Program is offered to all breast cancer survivors. This survivor fitness program

addresses the issues of weight gain, flexibility, and range of motion after surgery and breast cancer. It also acts as an informal active support group for survivors.

The number of participants who have utilized the services of the Breast Health Care Access Program has significantly increased from 55 at the end of the fourth quarter in 2008, to 70 in the first three quarters of 2009. The economic downturn and high unemployment rate, as well as increased public awareness, have played a large role in the increased utilization of the program. Such numbers speak to the importance of continued community outreach and education concerning the services that are already established.

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Radiation Oncology

About Faulkner Hospital

Faulkner Hospital is a 150 bed, non-profit, community teaching hospital located in southwest Boston. Founded in 1900, Faulkner Hospital offers comprehensive medical, surgical and psychiatric care as well as emergency, ambulatory and diagnostic services.

Faulkner Hospital acquires enhanced Breast MRI capabilities

Faulkner Hospital recently acquired the breast MRI imaging suite previously operated by Aurora Imaging Technology, Inc., located on the first floor of the Belkin House of our campus.

This acquisition represents a major step forward in the comprehensive level of care that Faulkner Hospital provides to patients. Notable enhancements with this purchase include:

- Ease of scheduling: there will now only be one phone number to call for all of your breast imaging exams in the Sagoff Center. The phone number is 617-983-7272.
- MRI software upgrade that will employ the latest state of the art digital imaging protocols for the most accurate diagnosis. Faulkner Hospital's investment in this technology will ensure we remain a world class breast imaging center.
- Electronic storage and availability of breast MRI images in Faulkner Hospital's Picture Archive and Communications System (PACS). For the first time at Faulkner Hospital, breast MRI images will now be accessible through our PACS system, allowing clinical experts at Faulkner Hospital, Brigham and Women's Hospital, and Dana Farber Cancer Institute instant access to the information they need.

If you previously sent patients to the Aurora Breast Imaging center located at Faulkner Hospital, we want to assure you and your patients that they will continue to receive



the same level of expert care from our board certified Radiologists and licensed Radiologic Technologists.

Compassionate patient care, quality, and accuracy of diagnosis are principles that guide the care provided at Faulkner Hospital.

For more information about breast MRI or if you would like to schedule a breast MRI for a patient, please do so by calling 617-983-7272.



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