



SAN ANTONIO REGIONAL HOSPITAL

# 2018 Cancer Report

PUBLIC REPORTING OF OUTCOMES  
STANDARD 1.12 (YEAR 2017 DATA)



Comprehensive Cancer Program

# MESSAGE FROM LEADERSHIP



On behalf of San Antonio Regional Hospital's Cancer Committee, it is with great pleasure that we present the 2019 Cancer Program Annual Report presenting 2017 outcomes and activities. In August 2016, we were surveyed by the American College of Surgeons Commission on Cancer and were awarded another three year accreditation as a Comprehensive Community Cancer Program. We look forward to our next scheduled survey in 2019.

The Commission on Cancer's accreditation standards are based on a patient-centered approach, which is at the forefront of San Antonio Regional Hospital's cancer care. Our multi-disciplinary team coordinates the best treatment options available to ensure the key elements of quality cancer care are provided to every cancer patient in our care. This includes their diagnosis and treatment process, as well as support services such as nurse navigation, psychosocial support, physical therapy, pain management, and palliative and hospice care.

As our region grows and cancer care continues to become more individualized and complex, San Antonio Regional Hospital is expanding to meet the challenge by offering our patients and their families the highest standards of treatment and state-of-the-art services close to home.

A new 60,000-square-foot, two-story cancer and outpatient care center is under construction on the hospital's main campus in Upland and is expected to open by Fall 2019. The new center is an important milestone in the hospital's history and is a significant element of our multifaceted partnership with City of Hope, a world-renowned independent research and treatment center for cancer, diabetes, and other life-threatening diseases.

The new center provides patients with expanded access to high-quality cancer care and innovative experimental treatment in the Inland Empire. Combining this world-class cancer care and research with San Antonio Regional Hospital's 112-year tradition of high-quality patient care has created a seamless continuum of leading edge cancer care for patients, close to home.

I extend my personal thanks to the cancer committee for their continued leadership, and our cancer care team for their unwavering commitment to our cancer patients. Our excellent physicians, certified oncology nurses, nurse navigators, highly trained diagnostic technologists, and other support staff dedicate themselves to providing high quality care with compassion. The growth and success of our Cancer Program is a direct result of the work performed by this outstanding and committed group of professionals.

Best regards,

A handwritten signature in black ink, appearing to read "Ben Ebrahimi". The signature is fluid and cursive.

Ben Ebrahimi, MD  
Chairman, Cancer Committee  
Cancer Liaison Physician

# Cancer Program Leadership

Ben Ebrahimi, MD  
Chairman, Cancer Committee  
Cancer Liaison Physician  
Assistant Clinical Professor,  
Department of Medical Oncology and Therapeutics  
Research

Krupali Tejura, MD  
Vice-Chairman, Cancer Committee  
Cancer Conference Coordinator  
Medical Director, Radiation Oncology

Naveen Gupta, MD  
Quality Improvement Coordinator  
Medical Director, Quality Management  
Assistant Clinical Professor, Department of Medical  
Oncology and Therapeutic Research

Dulce DeCastro, MD  
Medical Director, Pathology

Swapnil Rajurkar, MD  
Cancer Liaison Physician  
Medical Oncology

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Brian Spivack, MD  
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Inpatient Nurse Navigator

Leanne Deeds, RN  
Director of Nursing  
Oncology Nurse

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Director of Pharmacy

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Surgical Oncology

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Officer

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Cancer Registry Quality Coordinator

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Community Outreach Program Manager

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Executive Director Imaging Services

Theresa Stringer  
QC Coordinator, Radiology

Livia Vargas, RN, OCN  
Breast Nurse Navigator

Jeff Fujimoto, PT, DPT, OCS  
Director of Rehabilitation Services

Dr. Mario Lopez-Luna  
Director of Quality Management

Jennifer Amlani, LCSW, MSW  
Psychosocial Social Services Coordinator  
Palliative Care Member  
Social Services Manager

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**“ Cancer can take away all of my physical abilities.  
It cannot touch my mind, my heart, or my soul.  
— Jim Valvano ”**

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# CANCER PROGRAM

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**Cancer may have started the fight, but I will finish it.**

— [gotCancer.org](https://www.gotcancer.org)

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# PROGRAM OVERVIEW

## Cancer Program Objective

The objective of San Antonio Regional Hospital's Cancer Program is to provide a multidisciplinary approach to give patients the best hope for cure and to offer a full continuum of coordinated cancer care services with a strong commitment to patient education and clinical research.

## About Our Cancer Program

San Antonio Regional Hospital has maintained an accredited program with the Commission on Cancer (CoC) since July 1980. This is a voluntary commitment to ensure that our patients will have access to a full scope of services to diagnose, treat, rehabilitate, and support patients with cancer and their families.

The hospital's partnership with City of Hope has enhanced the oncology expertise and breadth of services we are able to bring to those in our community who are facing a cancer diagnosis.

## What This Means to Our Patients and Community

- World class care close to home
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multidisciplinary team approach to coordinate the best cancer treatment options available
- Access to cancer-related information and education
- Access to patient-centered services such as psychosocial distress screening, nurse navigation, and palliative care services
- Options for genetic assessment and counseling
- Ongoing monitoring and improvement of care
- Assessment of treatment planning based on evidence-based national treatment guidelines
- Clinical trials and new treatment options
- Follow-up care at the completion of treatment, including a survivorship care plan
- A cancer registry that collects data on cancer type, stage, and treatment results, and offers lifelong patient follow-up

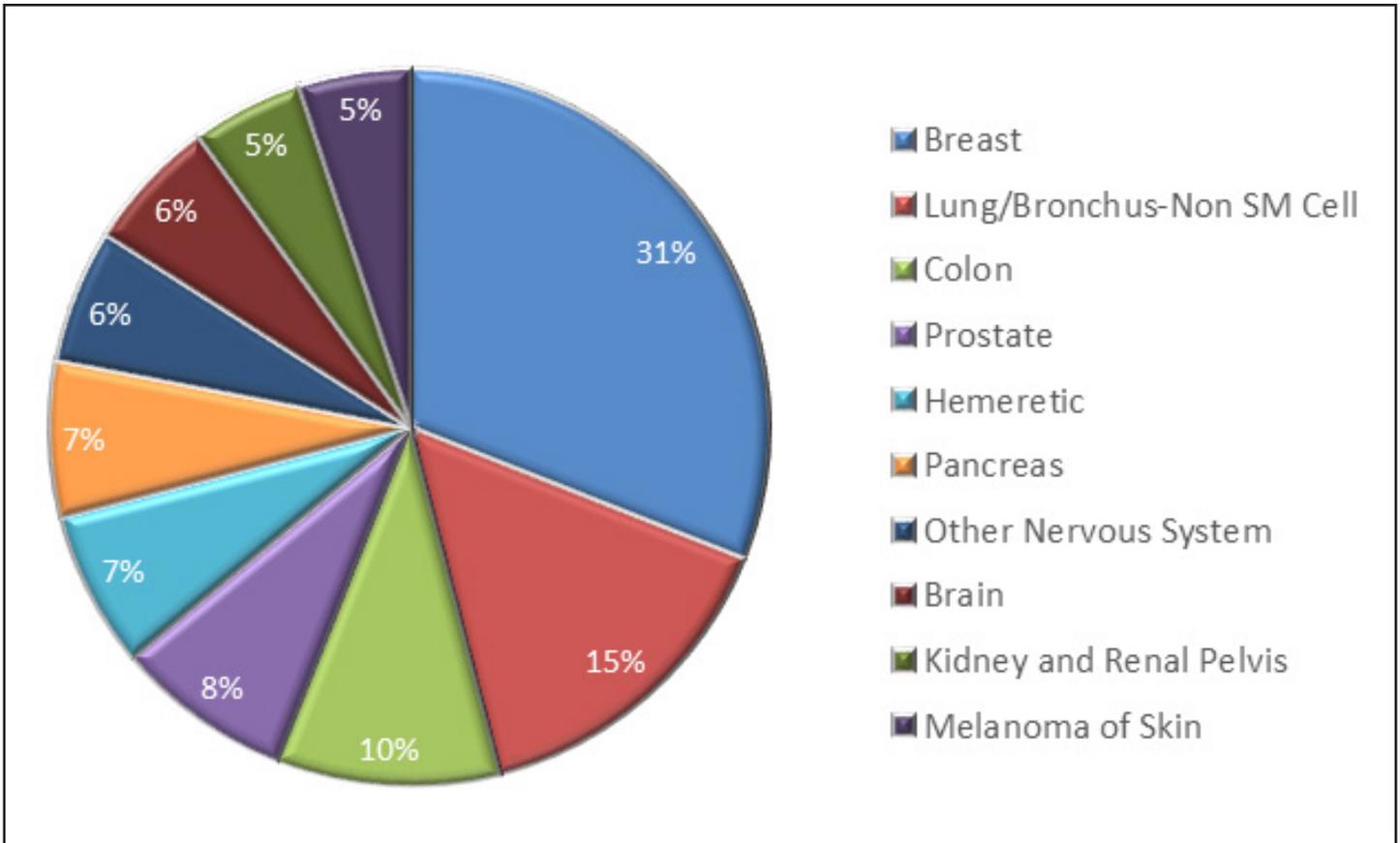


# 2017 Cancer Program Highlights

- Commission on Cancer Accreditation
  - Accreditation Category: Comprehensive Community Cancer Program (CCCP)
    - Last survey was August 18, 2016
      - Compliant with 35 standards, no deficiencies
    - Next survey August 2019
- Cancer Program Goals Completed (Standard 1.5)
  - Clinical: Chemotherapy wrist bands have been implemented. This will improve the consistency of maintaining precautions in ancillary departments.
  - Programmatic: (Women's Breast and Imaging Center) Implemented new form to expedite return of patients needing additional diagnostic screening. This will help improve the diagnosis to treatment timeline.
- Treatment Conference (Standard 1.7)
  - Frequency: Weekly
  - Total volume presented: 41 general cases, 110 breast, 17 CNS (gamma knife)
  - All physicians are welcome to attend and/or present
- Study of Quality (Standard 4.7)
  - Follow-up to 2016 breast study now including 2017 data. The goal, as set by the cancer committee is to treat within 30 days after date of diagnosis. 43% (13) patients were treated within 0-30 days; 57% (17) were treated >31 days. Reasons for delays include the following: additional imaging required, insurance, and personal reasons such as illness, other medical reasons, scheduling conflicts, and delay in scheduling appointments.
    - Recommendation: Due to the reasons indicated above, it is recommended that we revise our biopsy to treatment goal from 30 days to 45 days.
  - Timeliness of care, retrospective study of 2017 lung biopsy cases that were diagnosed and treated at SARH. (Qualification: Biopsy and surgery done at SARH)
    - Analysis: In 2017 to date there were 57 cases. Of those 57 cases 5 (9%) met the qualifying criteria. The outcome indicates a median time to treatment at 46 days (just under 7 weeks).
    - Recommendations: Develop a process to track and navigate lung cancer patients.

\*Commission on Cancer Requirement  
◇Initial diagnosis and/or first line treatment

## 2016 Top 10 Cancer Sites (Last Completed Year)



2016 Total Analytic Volume = 839

Diagnosed and/or Treated at San Antonio Regional Hospital

# CANCER SERVICES & PATIENT SUPPORT

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Being diagnosed with cancer is a difficult experience for patients and their loved ones. Having excellent cancer care nearby can be the first step in beating the disease. San Antonio Regional Hospital offers access to some of the most advanced and comprehensive cancer treatments in the Inland Empire.



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**“ When someone has cancer, the whole family and everyone who loves them does too. ”**

**— Terri Clark**

# CANCER SERVICES

Recognizing that every cancer diagnosis is unique, San Antonio Regional Hospital's team of experienced multi-disciplinary healthcare professionals is committed to providing patient-centered and individualized cancer treatment plans.

This multidisciplinary approach emphasizes treatment with a combination of therapies to give patients the best hope for a cure. We offer a full continuum of coordinated cancer care services with a strong commitment to patient education and clinical research.

San Antonio Regional Hospital and City of Hope offer the following comprehensive cancer services, including:

- Medical Oncology
- Surgical Oncology
- Radiation Oncology
- Chemotherapy
- Intensity Modulated Radiation Therapy (IMRT)
- Radioactive Seed Implantation
- Sentinel Node/Lymphatic Mapping
- Intravenous Therapy
- Stereotactic Biopsy
- Pheresis
- Pain Management
- Discharge Planning/Continuing Care
- Clinical Trials
- Physical Rehabilitation
- Patient and Community Education
- Health Screenings and Education
- Support Groups



## Oncology Nursing

If hospitalization is needed, patients can conveniently access private accommodations on the oncology unit in San Antonio's new Vineyard Tower, where certified oncology nurses are dedicated to providing exceptional care with compassion. Oncology nursing care is provided by registered nurses with specialized knowledge in oncology care and treatment. Registered nurses providing oncology care are trained to administer chemotherapy through the Oncology Nursing Society (ONS) and/or are oncology certified nurses (OCN). Chemotherapy administration competencies are evaluated annually. Quarterly oncology education is provided to the oncology nursing staff based on annual needs assessments from staff and physician oncologists. All oncology policy and procedures that guide patient care are based on standards and guidelines of ONS and/or other recognized organizations.

## Women's Breast & Imaging Center

This state-of-the-art facility will be relocated to the new cancer and outpatient care center (1100 Building) and provides a full range of women's diagnostic and support services in one convenient location. These services include 3D digital mammograms, ultrasound, breast MRI, stereotactic breast biopsies, bone density scans, breast health education, and patient navigation services.

The Women's Breast & Imaging Center (WBIC) is committed to the fight against breast cancer by helping women in the community stay healthy through regular mammogram screenings and diagnostic testing for early breast cancer detection. Early diagnosis and timely treatment are critical to achieve the best possible outcomes for breast cancer patients. Currently housed in the 901 building, WBIC will relocate to the new cancer and outpatient center across the street from the hospital when the 1100 building opens in 2019.

Designed by women for women, WBIC offers advanced breast imaging and minimally invasive diagnostic procedures in an atmosphere of comfort and support. The center's highly skilled imaging team includes specially training technologists operating state-of-the-art equipment, as well as board-certified radiologists specializing in breast cancer diagnosis. A dedicated breast nurse navigator is also on-site to provide education and answer questions, coordinate individualized follow-up care, and provide referrals to community resources. The nurse navigator also serves as the patient's advocate throughout the cancer journey.

Comprehensive services include:

- ◆ 3D digital mammography
- ◆ Breast Ultrasound
- ◆ Breast MRI
- ◆ Minimally invasive biopsy procedures using ultrasound or stereotactic guidance
- ◆ Support services and educational resources
- ◆ Patient navigation services



## Nurse Navigation

The Oncology Nurse Navigator and Breast Nurse Navigator are integral to the cancer care team at San Antonio Regional Hospital. Our nurse navigators help facilitate streamlined care and provide access to information and resources one may need through treatment and recovery. The care team at San Antonio Regional Hospital understands that each patient has a specific set of circumstances, which is why our nurse navigators play an important role supporting patients during their cancer journey.

# PATIENT SUPPORT

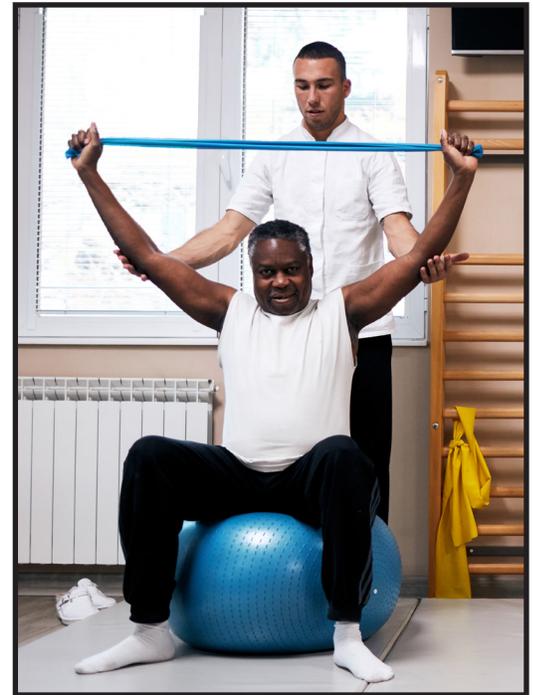
## Rehabilitation Services

San Antonio Regional Hospital offers comprehensive rehabilitative services including inpatient and outpatient physical, speech, and occupational therapy.

Physical therapy helps cancer patients and their caregivers regain a sense of hope and control over their health by teaching proper and safe exercise to rebuild function, endurance, and muscle and bone strength. Maintaining strength during cancer treatment helps to prevent or decrease the risk of complications and enhance quality of life.

## Pain Management

Patients with cancer may experience pain for a variety of reasons as a result of tumor growth, advanced cancer, or treatment side effects. At San Antonio Regional Hospital, we are dedicated to helping patients manage pain. For patients who experience persistent chronic pain, help is available from physicians who specialize in pain management. Because chronic pain is a complex problem, treatment plans are individualized. An accurate diagnosis of the cause and type of pain is key to finding the most effective treatment.

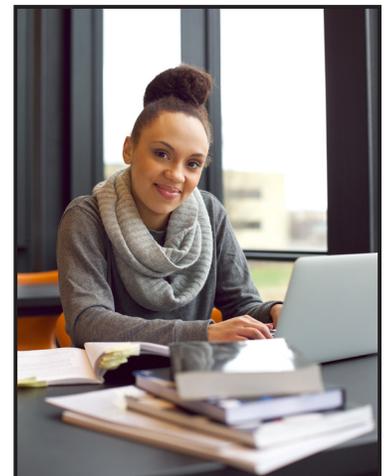


## Nutritional Services

Nutrition plays an important role in good health, but it can be especially critical when it comes to cancer prevention and treatment. Being diagnosed with cancer is a difficult experience for patients and their loved ones. At San Antonio Regional Hospital, we recognize that such a diagnosis can make proper nutrition very difficult. San Antonio Regional Hospital's Nutritional Services team helps patients make informed decisions and answers questions about the role nutrition plays in a cancer treatment plan. Individual nutrition consultations are available with our registered dietitians.

## Social Services

Social services play an important role in assisting cancer patients and their families through the variety of challenges faced when trying to understand and manage a cancer diagnosis. Using an individualized patient-centered approach, the social services team offers support during the many phases of a cancer journey, from initial diagnosis to treatment planning and execution, and from rehabilitation to survivorship. The social services team can also provide end of life services if needed. Social workers provide referrals to community resources, and patients and their families are encouraged to participate in the cancer classes and support groups held at the hospital. The social services team includes both licensed therapists and Masters-prepared social workers certified in oncology, which gives each member of the team the skill and competence to assist patients and families with their varied and complex needs.



## Palliative Care

Palliative care is active, total care for people with advanced medical illness, especially chronic and progressive conditions. The primary goal of palliative care is to help patients and their families live as fully and comfortably as possible and to have the best possible quality of life by helping to relieve their suffering. Patients who are facing serious illness often have special needs. Specialists treat pain, symptoms, and stress that can occur when fighting serious illness. The palliative care team at San Antonio Regional Hospital consists of a specially trained team of doctors, nurses, social workers, and chaplains. Ongoing education, support, and consultation is provided to healthcare professionals, seriously ill patients, and their families to assure relief of suffering and to improve the quality of living and dying.

## Community Outreach

In an effort to increase the health and wellness of the community, Community Outreach provides a comprehensive variety of health programs and services. Examples of community health improvement programs include health education seminars and screenings for breast, colon, and prostate cancer; health counseling and screenings at community centers; preventive services such as flu vaccines, diabetes education, and obesity management; and direct medical care for low income, uninsured and underinsured residents. The hospital conducts a comprehensive triennial community health needs assessment to further evaluate and prioritize community needs.



# ADVANCED TECHNOLOGY

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Medical technology is continually advancing and developing new innovations that improve the health and well-being of cancer patients. San Antonio Regional Hospital is committed to staying at the forefront of this quickly evolving technology.



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**Every day the power of modern medical technology is used to change lives.**

**— Unknown**

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# ADVANCED TECHNOLOGY FOR DIAGNOSING AND TREATING CANCER

San Antonio Regional Hospital is committed to bringing cancer patients the latest technology for early diagnosis and successful treatment of their disease.

## Diagnostic Imaging

San Antonio Regional Hospital was one of the first in the region to provide the latest technology in diagnostic radiology for a variety of health indications. This includes digital x-rays, an advanced 64-slice CT (Computerized Axial Tomography) scan and the latest in digital mammography.



## 3D Mammography

Our Women's Breast & Imaging Center features 3D digital mammography, which is an advanced type of imaging that uses a computer, rather than x-ray film, to record x-ray images of the breast. The 3D digital technology produces highly detailed breast images from different angles, allowing the radiologist to review and manipulate images of the breast for enhanced views.

## 1.5 Tesla Wide Bore and 3 Tesla MRI

MRI (Magnetic Resonance Imaging) technology is commonly used as a non-invasive medical test for diagnosing cancer and other medical conditions. San Antonio offers patients the latest 3Tesla standard bore and 1.5 Tesla Wide Bore MRI technology, which produce images with greater clarity and detail.



## Endoscopic Services

The Endoscopic Services Department performs a vital function in the early detection and identification of diseases and abnormalities. The colon, esophagus, stomach, and gallbladder can all be examined and evaluated using a videoscope or tiny camera. These short and simple procedures can provide an early diagnosis, which helps to save lives.

## Radiation Oncology

Radiation Oncology, also known as Radiation Therapy, is the medical specialty that treats cancer with radiation. It is administered in the form of gamma rays or x-rays designed to destroy cancer cells, while allowing the adjacent normal cells to repair themselves. Radiation is the preferred form of treatment for some types of cancer, and in other cases it is used in conjunction with surgery or chemotherapy.

## Gamma Knife

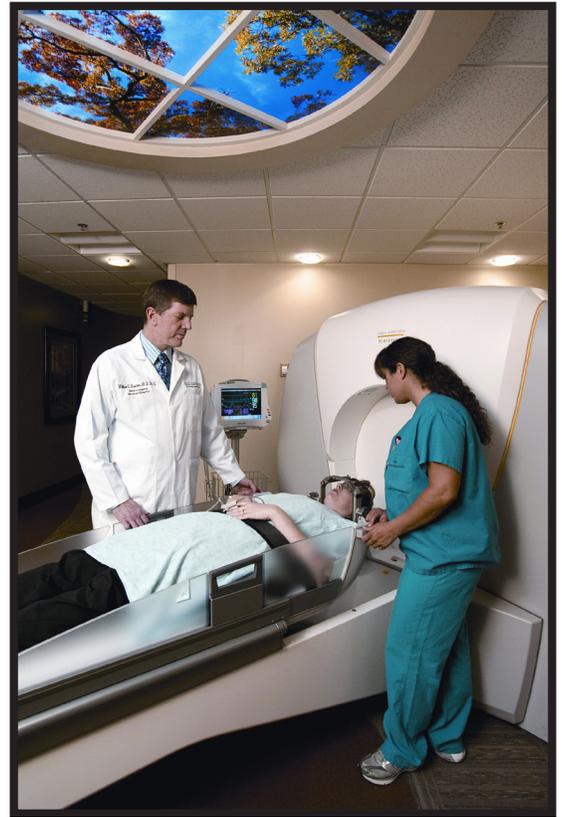
San Antonio Regional Hospital offers the only Gamma Knife radiosurgery system in the Inland Empire. The Gamma Knife is a revolutionary way of conducting noninvasive brain surgery. It is performed as an outpatient procedure with no incision, minimal discomfort, and a brief recovery. With unsurpassed and proven clinical outcomes, the Gamma Knife is the gold standard in cranial radiosurgery.

## Nuclear Medicine

Nuclear Medicine is a medical specialty that uses safe, painless, and cost-effective techniques to diagnose, treat, manage, and prevent serious diseases. Nuclear Medicine imaging procedures often identify abnormalities early in the progression of a disease, long before some medical problems are apparent with other diagnostic tests. Early detection may allow for earlier treatment of the disease and increase the potential for a more successful outcome.

San Antonio Regional Hospital's nuclear medicine capabilities include a triple head whole body scanner, a triple head cardiac scanner, and a multi-purpose single head scanner. This equipment represents the latest technology for conducting planar and SPECT (single photon emission computerized tomography).

A positron emission tomography (PET) scan is also an important technology component in San Antonio's nuclear medicine capabilities. A PET/CT scan is a medical imaging technique that combines a positron-emission tomography scanner and a computed tomography (CT) scanner into a simple device. The PET scanner uses a small amount of a radioactive isotope to detect areas of activity (like cell growth) in the body, and the CT scanner provides precise anatomic localization of the activity on the combined images. PET/CT is most frequently used in the diagnosis and staging of cancer.



# CANCER PREVENTION & SCREENING PROGRAMS

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## Commission on Cancer Standards

As part of the Commission on Cancer's (CoC) Cancer Program Standards: Ensuring Patient-Centered Care (2016 Edition), San Antonio Regional Hospital's cancer program must meet specified standards to earn and maintain CoC accreditation. Two of these standards are Standard 4.1 - Cancer Prevention and Standard 4.2 - Cancer Screening. The following pages detail the standards met and their accompanying outcomes.



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**The human spirit is stronger than anything  
that can happen to it.**

— C.C. Scott

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# CANCER PREVENTION PROGRAMS

Standard 4.1: Each year, the cancer committee provides at least one (1) cancer prevention program that is targeted to meet the needs of the community and designed to reduce the incidence of a specific cancer type. The prevention program is consistent with evidence-based national guidelines for cancer prevention. The Cancer Committee selected lung cancer as the primary prevention focus for 2017.

## 2017 Girl's Day Out — *Fun & Fancy*

The Cancer Committee selected lung cancer as the primary prevention focus for 2017. For several years, San Antonio Regional Hospital has hosted a series of cancer awareness events during the month of October, with a special prevention event called Girls' Night Out. In 2017, while maintaining the same prevention focus as previous years, the title was changed to Girls' Day Out. The event was held from 10 am to 3 pm and welcomed a total of 150 registered participants.

Health presentations were provided by a San Antonio doctor and representatives of the American Cancer Society and the American Lung Association. Kimberly Bekemeier, DO, presented on lung cancer prevention, with a focus on nutrition, exercise, mindfulness, and smoking cessation. Cathy Zappia of the American Cancer Society presented on the impact of tobacco use and tobacco-related illnesses. She highlighted the decline in smoking rates, as well as policies aimed at smoking prevention. Terry Roberts of the American Lung Association presented on overall lung health and the connection to air pollution. She emphasized lung cancer effects on women and provided information on lung cancer screening. Both guests provided resources and skills for preventing lung cancer as an individual and as a community.

A multitude of educational booths were present such as the American Cancer Society, San Antonio Cancer Center, San Antonio Women's Breast and Imaging Center, American Lung Association, San Antonio Heart Center, American Heart Association, 4URHealth Wellness Program, Stroke, and Nutrition. The event was broadly publicized and open to the entire community. Comprehensive screenings, including cholesterol, blood glucose, blood pressure, and BMI were also offered. The message of prevention was consistent with the educational materials distributed upon registration.



The following are examples of the educational posters that were displayed at various booths and strategically placed throughout the health events and along the walls of the event venue:

**Did You Know...**

Alcohol should be limited to no more than 2 drinks per day for men and no more than 1 drink per day for women.

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**Did You Know...**

2½ hours of moderate intensity or 1¼ hours of vigorous activity each week helps reduce your cancer risk.

SAN ANTONIO REGIONAL HOSPITAL

**Did You Know...**

Women 45 to 54 should get a mammogram every year.

SAN ANTONIO REGIONAL HOSPITAL

**Did You Know...**

Lung cancer is, by far, the leading cause of cancer deaths among men and women.

SAN ANTONIO REGIONAL HOSPITAL

**Did You Know...**

Individuals, age 55 to 74, who have been 30-pack-years smokers, are current smokers, or previous smokers who have quit within the past 15 years, may qualify for an early lung cancer screening.

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**Did You Know...**

Within minutes of your last cigarette, your body begins to recover:

20 minutes after quitting your heart rate and blood pressure drop

SOURCE: American Cancer Society | Cancer.org

**Did You Know...**

Within minutes of your last cigarette, your body begins to recover:

12 hours after quitting the carbon monoxide level in your blood drops to normal.

SOURCE: American Cancer Society | Cancer.org

**Did You Know...**

After your last cigarette, your body begins to recover:

2 weeks to 3 months after quitting your circulation improves and your lung function increases.

SOURCE: American Cancer Society | Cancer.org

**Did You Know...**

After your last cigarette, your body begins to recover:

1 to 9 months after quitting, coughing and shortness of breath decrease.

SOURCE: American Cancer Society | Cancer.org



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**Did You Know...**  
After your last cigarette, your body begins to recover:

1 year after quitting your risk of heart attack is half that of someone who still smokes.

SOURCE: American Cancer Society | Cancer.org



**SAN ANTONIO REGIONAL HOSPITAL**

**Did You Know...**  
After your last cigarette, your body begins to recover:

5 years after quitting, your risk of mouth, throat, esophagus, & bladder cancer is cut in half.

SOURCE: American Cancer Society | Cancer.org



**SAN ANTONIO REGIONAL HOSPITAL**

**Did You Know...**  
After your last cigarette, your body begins to recover:

10 years after quitting, your risk of dying from lung cancer is about half that of a smoker.

SOURCE: American Cancer Society | Cancer.org



**SAN ANTONIO REGIONAL HOSPITAL**

**Did You Know...**  
After your last cigarette, your body begins to recover:

15 years after quitting, your risk of coronary heart disease is that of a non-smoker.

SOURCE: American Cancer Society | Cancer.org



**SAN ANTONIO REGIONAL HOSPITAL**

**Did You Know...**

The life expectancy for smokers is at least 10 years shorter than non-smokers.

SOURCE: American Cancer Society | Cancer.org



**SAN ANTONIO REGIONAL HOSPITAL**

**Did You Know...**

Quitting smoking lowers your risk of diabetes, lets blood vessels work better, and helps your heart and lungs.

SOURCE: American Cancer Society | Cancer.org



**SAN ANTONIO REGIONAL HOSPITAL**

**Did You Know...**

Quitting smoking lowers your risk of diabetes, lets blood vessels work better, and helps your heart and lungs.

SOURCE: American Cancer Society | Cancer.org

At the event, participants were surveyed on cancer prevention knowledge, including alcohol consumption, physical activity, screening activities and leading cancer deaths. The pre-survey established a baseline of health knowledge related to cancer and cancer prevention. Survey participants were also encouraged to complete a post-survey. Those who completed both the pre-survey and post-survey were entered into a prize drawing to encourage participation. The post-survey included questions that identified knowledge gained from receiving education and participating in activities at the booths.

The following questions/statements were included on the pre and post-surveys:

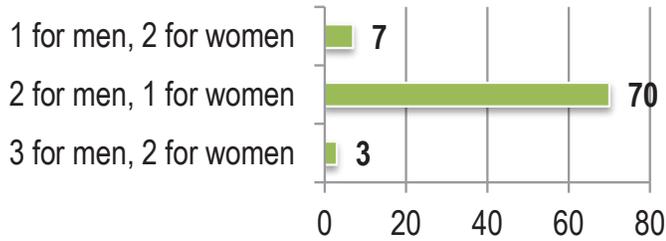
1. Alcohol should be limited to no more than (blank) per day for men and (blank) per day for women.
2. (Blank) hours of moderate intensity or (blank) hours of vigorous activity each week helps reduce your cancer risk.
3. Women (blank) of age should get a mammogram every year.
4. (Blank) cancer is the leading cause of cancer death among men and women.
5. Who would qualify for early lung cancer screening?

Participant results are summarized below:

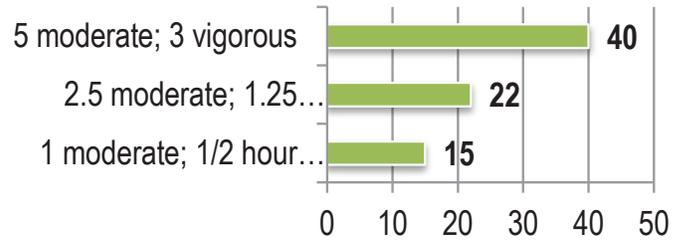
Question	Pre-Survey Correct	Pre-Survey Participants	% Correct	Post-Survey Correct	Post-Survey Participants	% Correct	% Increase
1 Alcohol consumption	70	80	87.5	70	76	92.1	4.6
2 Physical activity	22	77	28.5	36	71	50.7	21.5
3 Mammogram	27	75	36	38	74	51.3	15.3
4 Cancer death	53	83	63.8	74	75	98.6	34.8
5 Lung cancer screening	77	82	93.9	69	71	97.1	3.2

# 2017 Girls' Day Out Pre-Survey Results

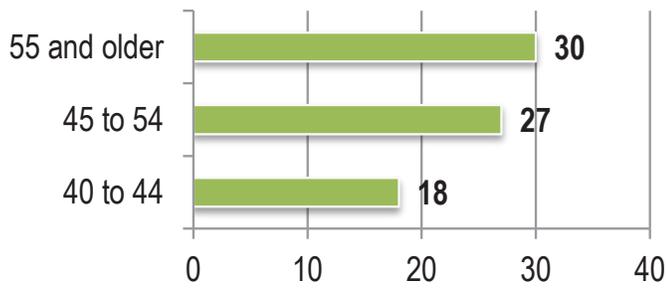
Alcohol should be limited to no more than \_\_\_ per day for men and \_\_\_ per day for women.



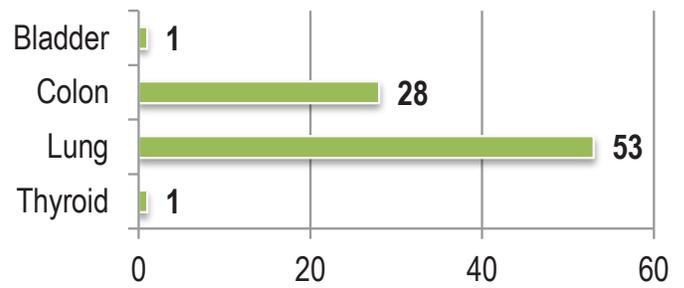
\_\_\_ hours of moderate intensity or \_\_\_ hours of vigorous activity each week helps reduce your cancer risk.



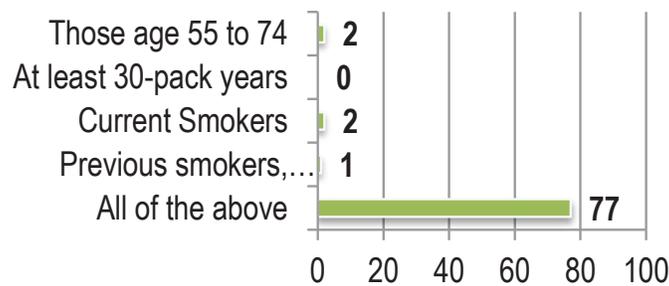
Women \_\_\_ should get a mammogram every year.



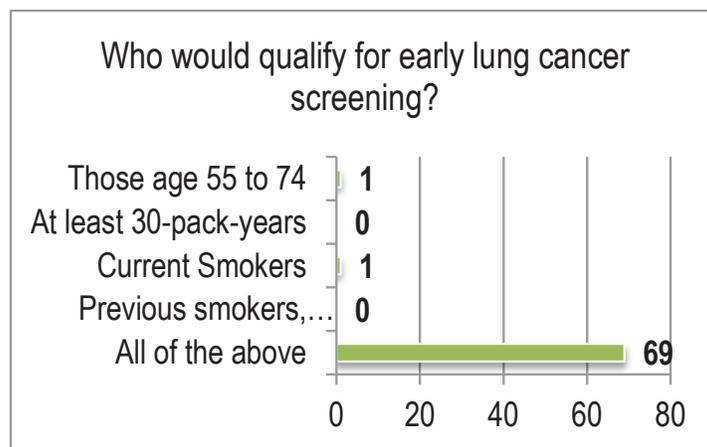
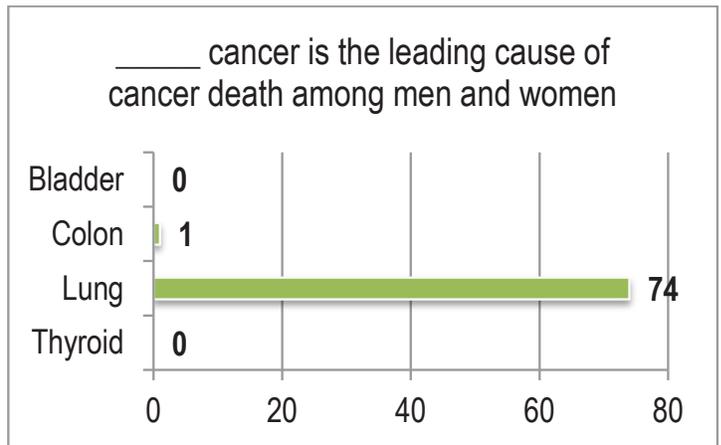
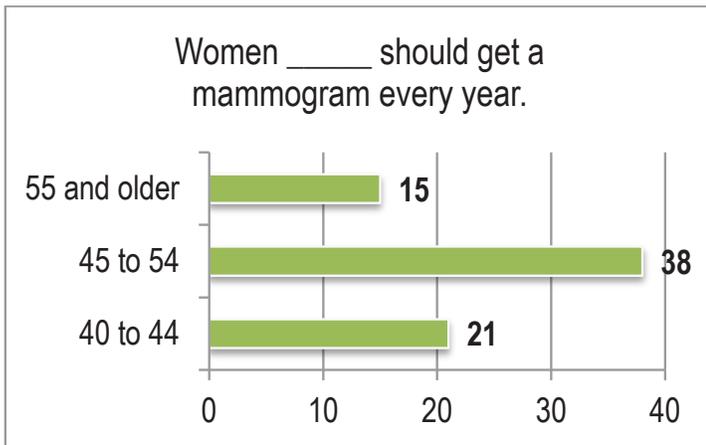
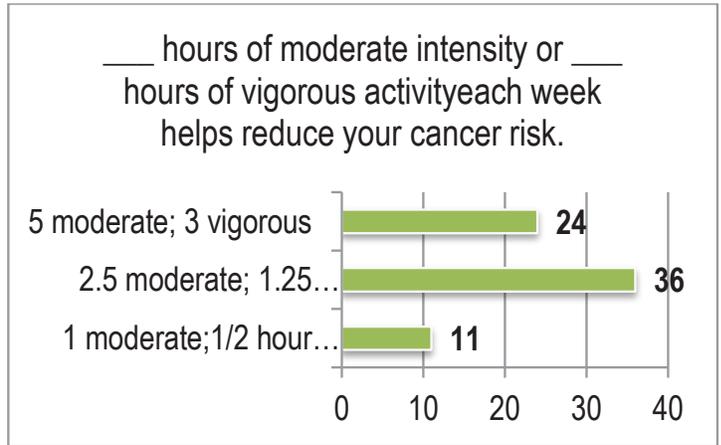
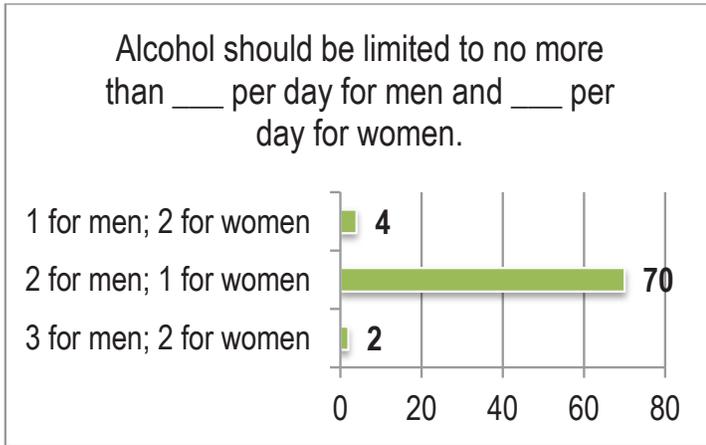
\_\_\_ cancer is the leading cause of cancer death among men and women.



Who would qualify for early lung cancer screening?



# 2017 Girls' Day Out Post-Survey Results



Our efforts for effective change are measured by an increase in knowledge and a commitment to adopt healthier behaviors based on the information, educational materials, and services participants received during the Girls' Day Out event.

## Barriers

Participants demonstrated an increase in knowledge on all topics but not all completed the survey in its entirety. The influx of people arriving and being processed through the registration area created a challenge in distributing a larger number of surveys, particularly due to the explanation required with each survey.

## Corrective Action or Recommendations

Future surveys will include a written explanation of the process for survey completion to permit a more rapid distribution of the surveys at registration. Future surveys will also be electronic to ensure effectiveness and ease.

# CANCER SCREENING PROGRAM OUTCOMES

Standard 4.2: Each year, the cancer committee provides at least one (1) cancer screening program that is targeted to decreasing the number of patients with late-stage disease. The screening program is based on community needs and is consistent with evidence-based national guidelines and evidence-based interventions. A process is developed to follow up on all positive findings.

## 2017 Lung Cancer Screening Program

To complement the hospital's prevention program, a lower cost lung screening program was implemented to address one of the hospital's top five late stage cancer diagnoses, lung cancer. Vouchers were distributed at various events to encourage lung screening activity. As noted in the description of the Girls' Day Out event, education about lung screening was presented and the screening certificates were explained and distributed to all event participants. Below are both the lung screening questionnaire and ordering form:



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### LUNG CANCER SCREENING

#### QUESTIONNAIRE

	YES	NO
Are you between the ages of 55 - 77?	<input type="checkbox"/>	<input type="checkbox"/>
Are you asymptomatic (no signs, symptoms, or history of lung cancer)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you smoked tobacco for at least 30-pack-years (1 pack/day for 30 years)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a current smoker?	<input type="checkbox"/>	<input type="checkbox"/>
Did you quit smoking within the last 15 years?	<input type="checkbox"/>	<input type="checkbox"/>

### \$150 CT Lung Cancer Screening

Complete this questionnaire and take it to your primary care physician for evaluation.

If you qualify, your doctor can order the CT Lung Cancer Screening.



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#### CT Lung Cancer Screening Order Form

Patient Name: \_\_\_\_\_ MRN: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Packs/Day (20 cigarettes/pack): \_\_\_\_\_ x Years Smoked: \_\_\_\_\_ = Pack Years: \_\_\_\_\_  
 Currently smoking? YES NO If not smoking, how many years since quitting? \_\_\_\_\_  
 Is patient asymptomatic (no signs or symptoms of lung cancer)? YES NO

Ordering Physician (print name): \_\_\_\_\_ Phone: \_\_\_\_\_  
 National Provider Identifier (NPI): \_\_\_\_\_ Fax: \_\_\_\_\_

CT Lung Screening Exam

Please circle type of exam: Initial Scan Repeat Study Follow-up Scan

Please instruct the patient to call 909.920.4726 to schedule a Low Dose Chest CT for Lung Cancer Screening. The patient must bring this order form with them when they arrive for their scan.

By signing this order, you are certifying that:

- The patient has participated in a shared decision making session during which potential risks and benefits of CT lung screening were discussed.
- The patient was informed of the importance of adherence to annual screening, impact of comorbidities, and ability/willingness to undergo diagnosis and treatment.
- The patient was informed of the importance of smoking cessation and/or maintaining smoking abstinence, including the offer of Medicare-covered tobacco cessation counseling services, if applicable.

Ordering Physician Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



SA000058

11-05-2015

**Facility 104742 National Comparison**  
**Jan- Dec 2016 with Follow-up through Sep 2017**

Measure		2016			
		Your Facility (104742)		All LCSR	
		Rate	Num-Den	Rate	Num-Den
All Exams		6	6	170173	170173
Appropriateness of Screening by USPSTF Criteria		66.67	(4/6)	88.00	( 149747 / 170173 )
Smoking Cessation Offered		100.00	(6/6)	76.05	( 129417 / 170173 )
Abnormal Interpretation Rate	(Lung-RADS 3, 4a, 4b, 4x)	0.00	(0/6)	18.63	( 31701 / 170173 )
Cancer Detection Rate		-	(NA/6)	4.77	( 811 / 170173 )

Measure	San Antonio		All LCSR	
	Rate	Num-Den	Rate	Num-Dem
All Exams	8	8	182404*	182404*
Appropriateness of Screening by USPSTF Criteria	80.0*	4/5*	90.39*	164867/182404*
Smoking Cessation Offered	100.0	8/8	77.2*	140810/182404*
Abnormal Interpretation Rate (Lung-RADS 3, 4a, 4b, 4x)	12.5	1/8	16.84	30708/182404*
Cancer Detection Rate	-	NA/8	2.72	496-182404*

Measure	San Antonio		All LCSR	
	Rate	Num-Den	Rate	Num-Dem
All Exams	5	5	182404	182404
Appropriateness of Screening by USPSTF Criteria	80.0	4/5	90.39	164867/182404
Smoking Cessation Offered	100.0	5/5	77.2	140810/182404
Abnormal Interpretation Rate (Lung-RADS 3, 4a, 4b, 4x)	0.0	0/5	16.84	30708/182404
Cancer Detection Rate	-	NA/5	2.72	496-182404

The screening program is consistent with NCCN guidelines.

## Barriers

Patient referral for the lung cancer screening.

**Follow-up:** The oncology nurse navigator will follow-up on all positive findings to provide education, social support, and to streamline care throughout treatment and survivorship.

## Corrective Action or Recommendations

Continuing to provide educational materials in physician offices and clinic locations, as well as capitalizing on other opportunities to market the program, may help to increase the number of screenings performed.

# ADDITIONAL CANCER PREVENTION AND SCREENING PROGRAMS — *Standard 4.1 & 4.2*

## Other Activities — Prevention

In addition to the required screening and preventative programs, the hospital also participated in numerous health fairs, lectures, special events and targeted health promotions. These activities enhance our prevention strategies aimed at minimizing the number of people diagnosed with cancer, particularly late-stage cancers. Through these activities we disseminate information about the importance of leading a healthy lifestyle focused on nutritious eating, regular exercise, avoiding high risk behaviors such as tobacco use, and increasing mindfulness, as well as offering literature about important cancer screenings. The tables below highlight 2017 activities. The screening and prevention programs are consistent with nationally recognized organizations.

## Additional Education, Prevention, and Screening Activities | 2017

Additional Screening Activities   2017	
Activity	Participants
Know Your Numbers -- Christian Life Center (1)	41
Know Your Numbers -- Sultana Elementary School (1)	118
Know Your Numbers -- De Anza Community Center (4)	224
Know Your Numbers -- Ontario Health Center (3)	113
HELP Cabrillo Elementary	15
wHealth/HOPE Academy (junior high and high school program)	165
Lewis Wellness Events (2)	300
<b>Total Participants</b>	<b>1,094</b>
Screenings include: cholesterol, blood glucose, blood pressure, triglycerides, and BMI.	
Special Events   2017	
Activity	Participants
Health & Hot Rods -- Men's Health Event Screening	185
ACS Relay for Life Cancer Survivor Tea	100
Girls' Day Out Tea	150
Upland ACS Relay for Life	150
<b>Total Participants</b>	<b>585</b>
Educational booths include: American Cancer Society, San Antonio Career Center, San Antonio Women's Breast and Imaging Center, American Lung Association, and Nutrition. Screenings include: cholesterol, blood glucose, blood pressure, triglycerides, and BMI.	
Health Lectures   2017	
Activity	Participants
Gynecologic Cancer (Community Lecture)	26
Breast Cancer Treatment (Community Lecture)	25
Breast Cancer after Menopause (Generations Ahead)	15
Smoking Cessation (Health & Hot Rods)	25
Lung Cancer Prevention (Health & Hot Rods)	25
Lung Cancer Prevention -- Dr. Bekemeier (Girls' Day Out)	150

### Health Lectures | 2017 Continued

Activity	Participants
Lung Cancer Prevention -- American Cancer Society (Girls' Day Out)	150
Lung Cancer Prevention -- American Lung Association (Girls' Day Out)	150
<b>Total Participants</b>	<b>566</b>

# Other Activities — Screening Women’s Breast & Imaging Center

## 2017 Breast Cancer Screening Program

To complement the hospital’s prevention program, a lower cost mammogram screening program was implemented to address breast cancer, one of the hospital’s top five late stage cancer diagnoses. This reduced \$49.95 pricing voucher program was in effect from October 1—December 31, 2017 to encourage breast cancer screening activity and was initially distributed at the Girls’ Day Out event on September 30, 2017.

In addition to other community-based events, certificates were distributed at physician offices and at the hospital’s imaging locations on the main campus and at its Rancho Cucamonga and Eastvale satellite locations. As noted in the description of the Girls’ Day Out event, education about breast cancer was presented and the screening certificates were explained and distributed to all event participants. The adjacent breast cancer survey screening certificate was throughout the 2017 breast cancer screening program.



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**Women’s Breast & Imaging Center**  
 at San Antonio Regional Hospital  
 901 San Bernardino Road, 3rd Floor  
 Upland  
 California 91786  
**909.579.6700**

**Rancho San Antonio Medical Plaza**  
 Radiology Department  
 7777 Milliken Avenue  
 Rancho Cucamonga,  
 California 91730  
**909.920.4726**

**Eastvale San Antonio Medical Plaza**  
 12442 Limonite Avenue  
 Eastvale  
 California 91786  
**909.393.3000**

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Patient’s Name \_\_\_\_\_

Date \_\_\_\_\_

DOB \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

### \$49.95 MAMMOGRAM

expires 12.31.2017

**Special Instructions:**

- Do not use powder or deodorant on the day of your test.
- Bring previous mammograms/ultrasounds, if performed at another facility.

**SCREENING MAMMOGRAM**

Clinical History \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Symptoms/Reason \_\_\_\_\_

\_\_\_\_\_

Physician Signature \_\_\_\_\_ M.D./D.O.

(Physician Signature Required)

The following were the results of the \$49.95 voucher screening program:

<b>Women's Breast &amp; Imaging Center</b> <b>01/01/2017- 12/14/2017</b> <b>Screening Mammography – Standard 4.2</b>					
<b>Facility</b>	<b>Screening Mammography</b>	<b>Diagnostic Mammography</b>	<b>Total Mammograms</b>	<b>Callback from Screening ONLY Birad"0"</b>	<b>BiRADS "4 or 5" Recommended Screen to Biopsy</b>
901 WBIC	6768	2932	9700	678	55
Rancho	2114	NA	2114	225	0
Eastvale	178	NA	178	18	0
<b>Total</b>	<b>9060</b>	<b>2932</b>	<b>11992</b>	<b>921</b>	<b>55</b>
<b>Total Practice Preliminary Recall Rate = Combined</b>					<b>921/11992 = 7.6%</b>

# 2017 Annual Men's Health Event — Health & Hot Rods

The annual men's health event took place on June 10, 2017 from 8 am to 12 pm. This event is offered to community members in our hospital service area, making it convenient for men to receive health screenings and education, while enjoying the display of classic cars and hot rods. The event was broadly publicized and open to the entire community. In 2017 we were able to serve nearly 150 guests and provide screenings to 85 participants.

Throughout the event venue educational opportunities were provided in the form of physician lectures, booths, posters and the materials included at registration. Booths included; San Antonio Cancer Center, San Antonio Women's Breast and Imaging Center, San Antonio Heart Center, 4URHealth Wellness Program, Stroke, and Nutrition. Representatives from the American Cancer Society (ACS), the American Heart Association (AHA), and the American Medical Response (AMR) organization were present to provide additional health education. In 2017, the education topics included lung cancer prevention and smoking cessation, presented by San Antonio doctors.



**Health & Hot Rods**  
SAN ANTONIO REGIONAL HOSPITAL  
CAR SHOW  
2017

**saturday June 10 2017**

**WILL YOUR HOT ROD BE THE WINNER?**  
2016 BEST IN SHOW WINNER  
Guglielmo Family — 1938 Buick Special Convertible

**8:00 AM — 12:00 PM**  
901 San Bernardino Road, Upland, CA (Adjacent to the hospital)

**\$20 / COUPLE \$15 / INDIVIDUAL**  
**ADVANCE REGISTRATION REQUIRED**  
For more information, call 909.920.6139  
or visit [SARH.org/MensHealthEvent](http://SARH.org/MensHealthEvent)

**HEALTHY EATS**  
Continental breakfast & healthy lunch.

**HEALTH CONVERSATIONS**  
Physicians will give 10–15 minute presentations on various health topics.

**HEALTH SCREENINGS**  
Cholesterol, Glucose, Blood Pressure, and more.

**HEALTH & HOT RODS T-SHIRT**  
Included with your registration.

 **SAN ANTONIO REGIONAL HOSPITAL**

## About San Antonio Regional Hospital

San Antonio Regional Hospital in Upland, California is a 363-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women's health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Regional Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The opening of its new Vineyard Tower represents the culmination of a major expansion project that added a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds on its main hospital campus. The expansion has positioned San Antonio as a hospital of the future, offering state-of-the-art healthcare services in a healing environment that is focused on the patient and family. To learn more, visit [SARH.org](http://SARH.org).



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