

Cancer
Committee
Annual
Report

2012

Northwestern Lake Forest Hospital is an Accredited
Comprehensive Community Cancer Program by the American
College of Surgeons



Accredited
Comprehensive
Community
Cancer Program



Northwestern Lake Forest Hospital

2012 Annual Cancer Report

A diagnosis of cancer can be an overwhelming experience and one that affects the entire family. Finding the right treatment options — and the right team — are crucial to fighting the disease and returning to an active life.

At Northwestern Lake Forest Hospital, we meet every patient with a cancer diagnosis with the most advanced treatment options, led by a talented team. Our experts use state-of-the-art technology and comprehensive services to treat a wide range of cancers, including:

- Breast cancer
- Prostate cancer
- Head/neck cancer
- Colon/rectal cancer
- Skin cancer
- Lung cancer
- Gynecologic cancer
- Kidney cancer
- Bladder cancer
- Brain cancer
- Testicular cancer
- Bone cancer



Our Accredited Comprehensive Community Cancer Program is distinguished by our dedicated cancer care team which includes board-certified **medical oncologists**, **surgeons** and **radiation oncologists**; nurses specifically trained and certified in the care of oncology patients; physical therapists, nutritionists and oncology social workers to provide psycho-social support. They all reach beyond their individual specialties and work together as a total support team, meeting weekly to discuss ongoing progress and including the patient and family as partners in decision-making and treatment.

At Northwestern Lake Forest Hospital, we coordinate an integrated approach for both inpatients and outpatients, including **diagnostic testing**, **comprehensive treatment**, disease management, if needed, and long-term follow-up. This ensures

that every effort is made to eradicate the cancer, improve survival rates, reduce symptoms and side effects, improve function, and manage or slow the disease's progression.

While treating the physical impact of cancer takes top priority, we also place the utmost importance on meeting emotional and spiritual needs. That's why Northwestern Lake Forest Hospital offers a wide range of **support services** for patients facing cancer diagnosis, treatment and recovery.

In addition, some of our medical oncologists participate in clinical trials—which offer access to the latest protocols and options available for treatment.

The annual report provides an opportunity to reflect on the programmatic achievements and collaboration of teams across the organization. In 2012 the American College of Surgeons implemented the new patient centered standards to include new standards that enhance patient centered functions and define performance criteria in quality measurement and outcomes.



Clinical Excellence

Diagnosis

Cancer diagnosis begins with the team that reviews a patient's medical history and diagnostic evaluation. Northwestern Lake Forest Hospital's diagnostic imaging specialists and pathologists work with an oncology specialists to provide the correct diagnosis and treatment of various forms of cancer, including breast, prostate, head and neck, gastrointestinal, skin, lung, brain, lymphoma, kidney, bladder and testicular cancers, to name a few.

Our state-of-the-art digital imaging technology, combined with the experience of our board-certified radiologists in seven subspecialties, offer the best expertise available in medicine today. And our board-certified pathologists are highly qualified experts in examining blood and tissue samples to identify cancer.

Multidisciplinary Treatment Approach

Successful EMR implementation supports new knowledge

In 2012, our highly integrated collaborative governance structure provided the framework for leading Northwestern Lake Forest Hospital through the successful implementation and stabilization phases of the electronic medical record (EMR). The success was evidenced by a seamless conversion from the former paper record to an electronic medical record, in which clinical, biographical and financial data was immediately available to caregivers the moment the system went live. By achieving Stage 1 meaningful use (MU) goals within the first three months of implementation, Northwestern Lake Forest advanced closer to successful compliance with the MU standards defined by the Centers for Medicare and Medicaid Services Programs that govern the use of EMRs.

Further development of the governance structure charged the Care Coordination Optimization Council—in which nurses play a significant leadership role—with continued guidance in the optimization and benefit realization of the EMR. Reaching the higher MU stages lays the foundation for an integrated clinical information system that allows clinicians to collect standardized data and convert that data into evidence and new knowledge. As we collect accurate, real-time data about nursing processes, our direct care nurses are in a key position to enhance their workflow while generating knowledge to further inform their practice and deliver exemplary outcomes.

Treatment: Surgery, Chemotherapy, Radiation Therapy

After cancer diagnosis and initial clinical staging, the cancer care team at Northwestern Lake Forest Hospital will discuss treatment options in a multidisciplinary conference that meets weekly. The goals of cancer treatment at Northwestern Lake Forest Hospital are to eradicate the cancer, improve survival rates, reduce symptoms and side effects, improve function, and manage or slow the disease's progression. We work collaboratively to weigh the benefits and risks of each cancer treatment to determine a customized treatment plan.

The three major types of treatment for cancer are surgery, chemotherapy and radiation. Depending on the unique situation, two or more of these types of treatment may be combined at the same time or used after one another.

At Northwestern Lake Forest Hospital, cancer treatment options may include:

- **Surgery.** The goal of surgery is to remove the cancer or as much of the cancer as possible. At Northwestern Lake Forest Hospital, we work with surgeons who specialize in the diagnosis and treatment of cancer, so they are uniquely trained to give you the best possible results.
- **Chemotherapy.** Chemotherapy uses drugs or other chemical substances to treat cancer. Northwestern Lake Forest Hospital provides this therapy in its [Outpatient Oncology & Infusion Center](#).
- **Radiation Therapy.** Radiation therapy uses high-powered energy beams, such as X-rays, to kill cancer cells. Radiation treatment can come from a machine outside the body (external beam radiation) or it can be placed inside the body (brachytherapy). Our [Center for Advanced Radiation Medicine](#) provides therapy options unique to hospitals in Illinois.

In addition to Northwestern Lake Forest Hospital and Northwestern Grayslake maintaining a three year accreditation certification from the (ACoS) American College of Surgeons Commission on Cancer and (NAPBC) National Accreditation for Breast Centers, we also were awarded a three year accreditation in Radiation Oncology as the result of a recent review by the American College of Radiology (ACR). This seal represents the highest level of quality and patient safety in Radiation Medicine. It is awarded only to facilities meeting specific Practice Guidelines and Technical Standards developed by the ACR after a peer-review evaluation by board-certified radiation oncologists and medical physicists who are experts in the field. Patient care and treatment, patient safety, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Radiation Oncology Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

Nurse Navigators

Our dedicated breast health navigators communicate with patients and their physicians to manage care from the time of diagnosis through recovery, including support, education and resources which are vital to the ongoing care of patients.



The role of the Breast Health Navigator is to help patients understand their treatment options and to guide them through the healthcare system.

Every question a patient might have about risk, treatment, care, and healing is answered clearly and directly. Every concern is dealt with sensitively and from the perspective of how medical and nursing expertise applies to each individual under our care. Our Nurse Navigators will personally coordinate physician appointments and follow-ups, as well as offer emotional and spiritual resources.

Any woman with breast questions or concerns —whether she has a cancer diagnosis or not—is encouraged to contact the Nurse Navigators at **nursenavigator@lfh.org** or 847.535.6401, our confidential hotline.

Palliative Care Services

Northwestern Lake Forest Hospital recently established a dynamic partnership with Midwest CareCenter to offer palliative care to patients in the hospital and after release. Palliative care improves quality of life and longevity for patients facing serious, complex illness.



Midwest CareCenter is one of the foundational palliative care programs in the country. The partnership with Northwestern Lake Forest provides some of the most comprehensive palliative care options in the Chicagoland area.

“Palliative care makes a tremendous difference because it reduces the stress of a major illness,” says Dr. Wood. “It also helps patients weather their treatment, and, because they understand their illness, they make better decisions about their care.”

Dr. Wood is actively engaged in our program and studied the education of nurses and allied staff on the Inpatient floor to access knowledge and understanding of Palliative Care Services. His results were astonishing and showed an improved awareness after educational sessions and a pre and post test was performed. See figures 1& 2 below for his results and improvements.

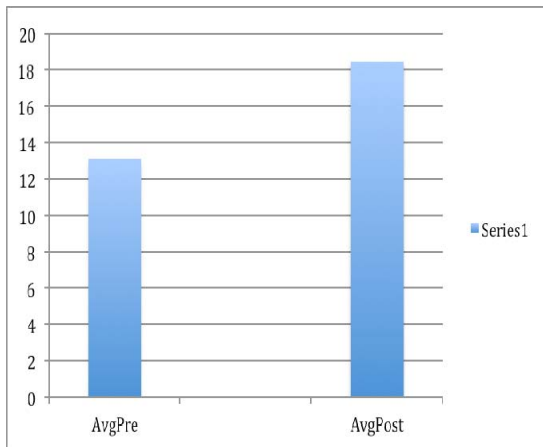


Fig1. Average pre-test/post test correct

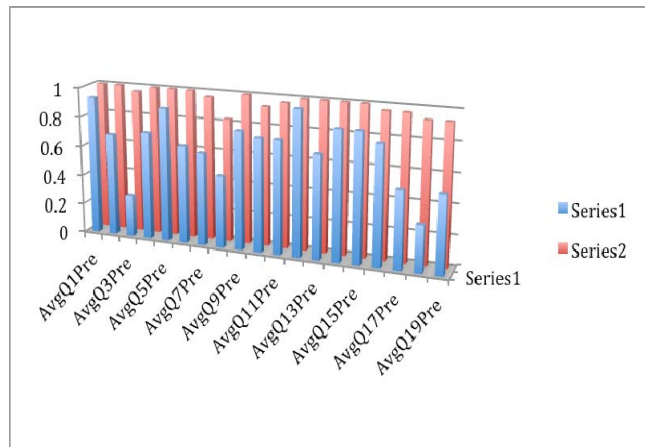


Fig2. Average percent correct per question (blue bars=pretest, Red bars=posttest)

Survive Well



We are pleased to report that there are about 12 million cancer survivors in the United States today and living life after a cancer diagnosis. In 2012, Northwestern

Lake Forest Hospital launched its SurviveWell Program to provide resources and support for the transition back to everyday life.

Life after cancer isn't just about surviving. It's about thriving.

While treating the physical impact of cancer takes top priority, we also place the utmost importance on meeting emotional and spiritual needs—whether one is facing cancer diagnosis, treatment or recovery.

At Northwestern Lake Forest Hospital, we offer a personalized follow-up plan and a range of programs to help ensure our patients' long-term health and wellness. Called **SurviveWell**, these unique programs connects our patients with dozens of resources—close to home in both Lake Forest and Grayslake, and most of them complimentary—to help regain strength, learn about nutrition, manage lingering symptoms, or attend to emotional or spiritual needs.

To get started, a physician or nurse navigator can create and describe a personalized SurviveWell plan, which includes post-treatment evaluation, follow-up dates and recommended survivor programs.

The next step would be to contact the Northwestern Lake Forest Hospital oncology social worker at 847.535.7441 for program information and to be connected with dozens of complimentary programs in Lake Forest and Grayslake.



[Lake Forest/Lake Bluff Relay for Life](#)

Join us on June 22 to raise funds and awareness in the fight against cancer.

HEALTHY LIFESTYLE

[Cancer Survivors' Celebration and Walk](#)

Held by the Lurie Cancer Center on June 3 in Chicago.

Celebrations

The month of June marked the first annual Posy Krehbiel Breast Cancer Center's *Summer Garden Party: Hope is Growing* at the home of Mr. and Mrs. John Krehbiel in Lake Forest. The day celebrated cancer survivors of all years to enjoy the gardens and to listen to an inspirational Breast Cancer Survivor along with our board certified Radiologist, Michelle Lee, MD, speak about technological advances in breast cancer detection.

The staff at Northwestern Lake Forest Hospital also supported the American Cancer Society's mission by cultivating the largest Strides for Breast Cancer team in October to support Breast Cancer Awareness along with cancer survivorship activities and a team at the Relay for Life in Lake Forest/Lake Bluff and Round lake Relay for Life.

Cancer Screening and Prevention



Early detection and screening provide improved outcomes and survival rates. With the support of Dr. Tina Venetos in 2012 we held a free Skin Cancer Screening evening open to the community. In addition we are able to provide complimentary Colorectal screening kits year round to all patients, with information posted on our website for community awareness, or to call our GI Lab for a kit. Northwestern Lake Forest also offers low cost screening mammography for early breast cancer detection and Lung CT scans for early detection of Lung Cancer.



Community Outreach

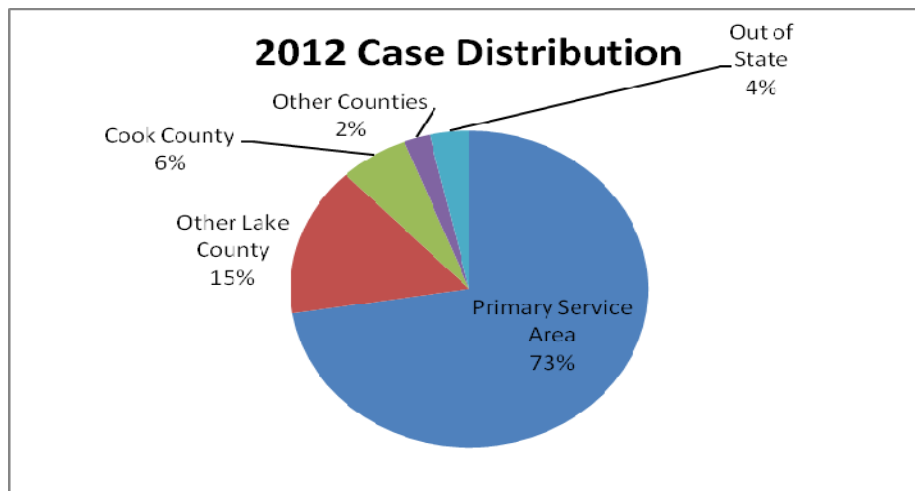
At Northwestern Lake Forest Hospital and Northwestern Grayslake we hosted several community events to touch more than 430 Cancer participants. Twenty-one unique supportive classes were held and offered 58 times in addition to six community events with an increase in staff participation of more than 50% to support our mission.

2012 Tumor Registry Report

Northwestern Lake Forest Cancer Tumor Registry ensures complete, timely and accurate data on all patients who have been diagnosed and/or treated for Cancer at the facility. This information allows clinicians to provide the best treatment available, assess clinical standards and outcomes, along with quality of care delivered.

2012 Case Distribution

	Number	
Primary Service Area	465	72.00%
Other Lake County	98	19.00%
Cook County	40	6.00%
Other Counties	15	0.80%
Out of State	23	2.20%
	641	100.00%



2012 Cancer Cases

County at Diagnosis 2012

County at Diagnosis	Count (N)	Percent (%)
IL-Lake	563	87.83%
IL-Cook	40	6.24%
WI-	17	2.65%
IL-Mchenry	10	1.56%

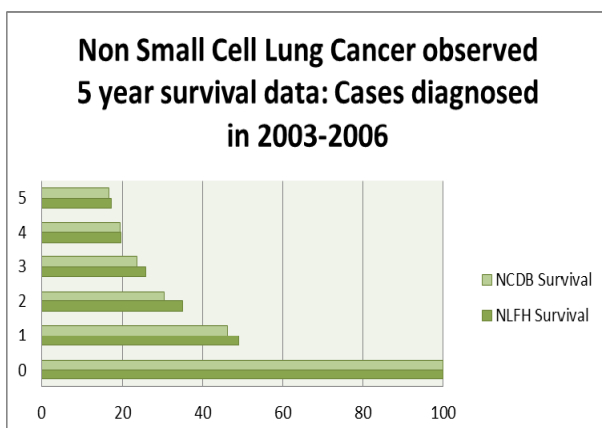
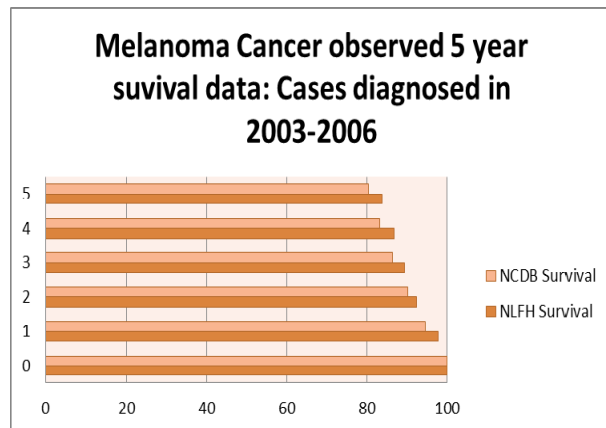
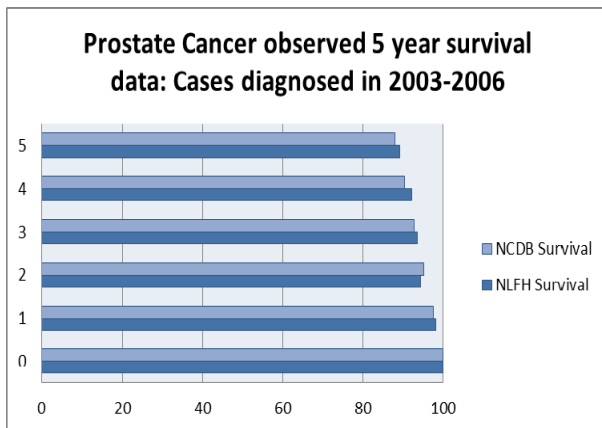
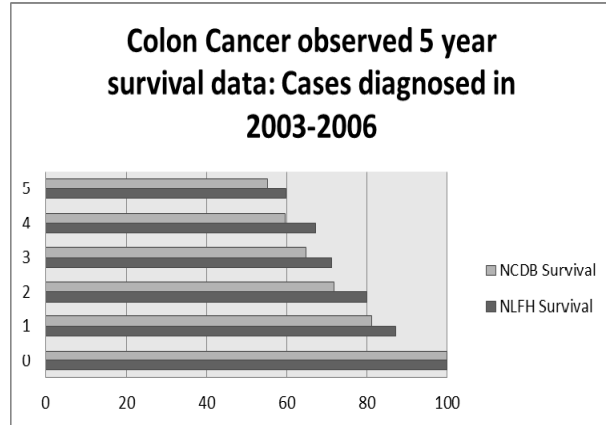
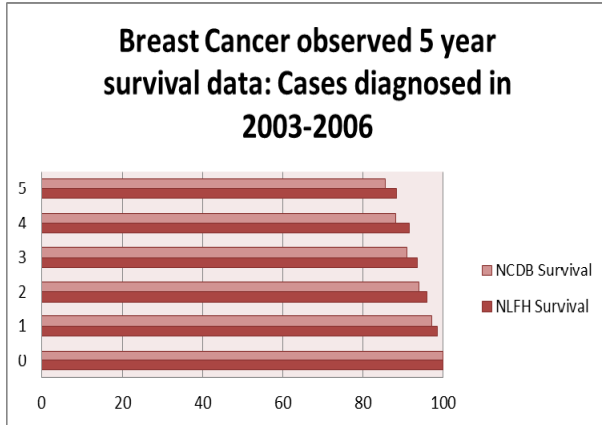
IL-Kane	2	0.31%
OK-	2	0.31%
IL-Carroll	1	0.16%
IL-Du Page	1	0.16%
IL-Will	1	0.16%
KS-	1	0.16%
MI-	1	0.16%
TX-	1	0.16%
WY-	1	0.16%
Total	641	100.00%

2012 Cancer Cases

Primary Site	Total (%)	Sex		Class of Case	
		M	F	Analytic	Non- Analytic
ORAL CAVITY & PHARYNX	17 (2.7%)	6	11	16	1
Lip	1 (0.2%)	1	0	1	0
Tongue	6 (0.9%)	2	4	5	1
Salivary Glands	3 (0.5%)	0	3	3	0
Floor of Mouth	1 (0.2%)	1	0	1	0
Tonsil	4 (0.6%)	2	2	4	0
Hypopharynx	2 (0.3%)	0	2	2	0
DIGESTIVE SYSTEM	75 (11.7%)	31	44	72	3
Esophagus	6 (0.9%)	2	4	6	0
Stomach	2 (0.3%)	1	1	2	0
Small Intestine	2 (0.3%)	1	1	2	0
Colon Excluding Rectum	34 (5.3%)	16	18	32	2
Cecum	4	1	3	4	0
Appendix	1	1	0	1	0
Ascending Colon	9	3	6	9	0
Hepatic Flexure	4	2	2	4	0
Transverse Colon	3	1	2	3	0
Descending Colon	2	2	0	2	0
Sigmoid Colon	8	4	4	8	0
Large Intestine, NOS	3	2	1	1	2
Rectum & Rectosigmoid	16 (2.5%)	5	11	15	1
Rectosigmoid Junction	7	1	6	7	0
Rectum	9	4	5	8	1
Anus, Anal Canal & Anorectum	4 (0.6%)	1	3	4	0
Liver & Intrahepatic Bile Duct	4 (0.6%)	1	3	4	0
Liver	3	1	2	3	0
Intrahepatic Bile Duct	1	0	1	1	0
Pancreas	7 (1.1%)	4	3	7	0
RESPIRATORY SYSTEM	56 (8.7%)	26	30	52	4
Larynx	2 (0.3%)	2	0	2	0
Lung & Bronchus	53 (8.3%)	24	29	49	4

Trachea, Mediastinum & Other Respiratory Organs	1 (0.2%)	0	1	1	0
SOFT TISSUE	4 (0.6%)	3	1	4	0
Soft Tissue (including Heart)	4 (0.6%)	3	1	4	0
SKIN EXCLUDING BASAL & SQUAMOUS	40 (6.2%)	23	17	38	2
Melanoma -- Skin	39 (6.1%)	22	17	37	2
Other Non-Epithelial Skin	1 (0.2%)	1	0	1	0
BREAST	246 (38.4%)	1	245	240	6
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FEMALE GENITAL SYSTEM	38 (5.9%)	0	38	37	1
Cervix Uteri	4 (0.6%)	0	4	4	0
Corpus & Uterus, NOS	24 (3.7%)	0	24	24	0
Ovary	7 (1.1%)	0	7	6	1
Vulva	1 (0.2%)	0	1	1	0
Other Female Genital Organs	2 (0.3%)	0	2	2	0
MALE GENITAL SYSTEM	41 (6.4%)	41	0	32	9
Prostate	39 (6.1%)	39	0	30	9
Testis	2 (0.3%)	2	0	2	0
URINARY SYSTEM	56 (8.7%)	41	15	51	5
Urinary Bladder	41 (6.4%)	30	11	38	3
Kidney & Renal Pelvis	12 (1.9%)	9	3	10	2
Ureter	3 (0.5%)	2	1	3	0
BRAIN & OTHER NERVOUS SYSTEM	6 (0.9%)	5	1	6	0
Brain	4 (0.6%)	3	1	4	0
Cranial Nerves Other Nervous System	2 (0.3%)	2	0	2	0
ENDOCRINE SYSTEM	20 (3.1%)	4	16	20	0
Thyroid	20 (3.1%)	4	16	20	0
LYMPHOMA	21 (3.3%)	13	8	20	1
Hodgkin Lymphoma	2 (0.3%)	2	0	2	0
Non-Hodgkin Lymphoma	19 (3.0%)	11	8	18	1
NHL - Nodal	15	10	5	14	1
NHL - Extranodal	4	1	3	4	0
MYELOMA	7 (1.1%)	5	2	5	2
Myeloma	7 (1.1%)	5	2	5	2
LEUKEMIA	8 (1.2%)	3	5	8	0
Lymphocytic Leukemia	4 (0.6%)	1	3	4	0
Acute Lymphocytic Leukemia	1	0	1	1	0
Chronic Lymphocytic Leukemia	3	1	2	3	0
Myeloid & Monocytic Leukemia	4 (0.6%)	2	2	4	0
Acute Myeloid Leukemia	2	1	1	2	0
Acute Monocytic Leukemia	1	1	0	1	0
Chronic Myeloid Leukemia	1	0	1	1	0
MESOTHELIOMA	2 (0.3%)	2	0	2	0
Mesothelioma	2 (0.3%)	2	0	2	0
MISCELLANEOUS	4 (0.6%)	4	0	4	0
Miscellaneous	4 (0.6%)	4	0	4	0
Total	641	208	433	607	34

Top 5 Cancer Sites at Northwestern Lake Forest Survival Rates comparison to National Cancer Data Base (NCDB) Commission on Cancer (CoC)



Source: NCDB, CoC

The overall five-year survival rate at Northwestern Lake Forest Hospital compares very favorably with the National Cancer Database data.