St Francis Hospital, The Heart Center®

A MESSAGE FROM THE EVP & CHIEF ADMINISTRATIVE OFFICER

The Cancer Institute at St. Francis Hospital is quickly evolving into the go-to center of excellence for cancer care on Long Island. Our all-inclusive Cancer Institute places all the related oncological disciplines under one roof – inclusive of medical oncology, surgical oncology, infusion therapy, and now radiation oncology. Our patients benefit by having their entire medical team working collaboratively to tailor a medical strategy suited to each individual’s needs. Our support services assist patients in their cancer journey each step of the way, from our dedicated oncology social workers, nurse navigators, and dieticians, to our pastoral care chaplains, a hallmark of St. Francis Hospital.

Led by distinguished oncologist Bhoomi Mehrotra, M.D., several of our exceptional physicians have been named on Castle Connolly’s “America’s Top Doctors” and New York magazine’s “Best Doctors” annual listings. Our oncology-certified nurses are also recognized for excellence in the care they provide, being part of a team that has earned Magnet® designation by the American Nurses Credentialing Center (ANCC). Magnet® designation is an honor achieved by only seven percent of hospitals in the United States. The Commission on Cancer (CoC) of the American College of Surgeons (ACS) awarded The Cancer Institute at St. Francis Hospital three years of full accreditation as a comprehensive cancer center - the highest recognition the commission can award a new program.

Our Cancer Institute also benefits as an outgrowth of St. Francis Hospital, the Heart Center® as seen in last year’s launch of our cardio-oncology program to study cancer treatment’s potential effect on the heart. This program tracks patients who are beginning chemotherapy, helping us to monitor, treat, and possibly reverse, any treatment-related heart disorders before they become life-threatening. This past year, St. Francis Radiation Oncology moved from its Garden City location to our East Hills campus, bringing all Cancer Institute resources under one roof. Our Radiation Oncology team is now joined by distinguished board certified radiation oncologist Alan Katz, M.D., a highly recognized physician who pioneered the use of radiosurgery for prostate cancer.

Learning you have cancer can be devastating, both to the patient diagnosed and to his or her loved ones. At The Cancer Institute at St. Francis Hospital we work at the highest level to replace fear with confidence, providing the same high level of care our hospital is long known for in the area of cardiovascular treatment and recovery.

My great thanks to Bhoomi Mehrotra, M.D., Director of The Cancer Institute at St. Francis Hospital, as well as Gary Gecelter, M.D., Chairman of Surgery, and our entire team of outstanding physicians, nurses, administrators, chaplains, staff, and volunteers, for their commitment to our mission. I would also like to personally acknowledge Alan D. Guerci, M.D., CHS President & CEO, for his leadership of Catholic Health Services of Long Island. Finally, I would like to thank our Bishop, the Most Reverend John Barres, for his spiritual leadership of Catholic health care on Long Island.

Ruth E. Hennessey
Executive Vice President & Chief Administrative Officer
Dear Friends,

It gives me great pleasure to present the annual report of The Cancer Institute at St. Francis Hospital. This is the fifth year of our operations and we are delighted to have had an opportunity to provide compassionate, leading edge care to our community with the help of outstanding colleagues, a culture for which St. Francis Hospital has consistently achieved national recognition.

Our growing number of affiliated physicians, our Magnet recognized Nursing staff who are oncology certified, the strong experienced cadre of mid-level practitioners, enhanced oncology pharmacy staff, nurse navigators, social workers, pastoral, nutrition, palliative care, genetics counseling services, community out reach activities, research infrastructure and the support staff come together to form the back bone of the daily activities at the institute. Our collaborative and real-time multi-disciplinary programs in breast, thoracic, gynecologic-oncology, gastro-intestinal, neuro-oncology, malignant hematology and general oncology provide forums for reviewing each individual’s unique care plan and also to provide educational opportunities for our staff. With the assistance of philanthropic support from our community, we have now established a world class grand rounds educational series program for our colleagues to learn, review and discuss the latest advances in cancer care.

There has been a major paradigm shift in the treatment of several cancers over the past few years with greater emphasis on understanding the tumor biology of each individual’s cancer cells, then providing ‘precise’ and ‘personalized care’. This approach, along with the advances in immuno-oncology, have revolutionized modern cancer care with significant progress – not just in the longevity of life, but also in the quality of life of those diagnosed with cancer. However, the medical community is still learning these new approaches, new benefits and their associated unique side effects, which are different from traditional treatments. To that end, in collaboration with our outstanding Department of Cardiology we have established a Cardio-Oncology research program to evaluate the potential risks of these newer therapies on the heart. To maintain the highest safety standards, we have also implemented electronic order entry of cancer therapies that follow evidence based guidelines.

As we look forward, we renew our focus on enhancing the highest quality of cancer care delivery with the ‘special human touch’ that is interwoven in the fabric of the culture of St. Francis Hospital. Our goals would not be realized without the unwavering support of the executive leadership of the hospital and without the full participation of our friends and colleagues in the community we serve.
When people need life-saving care, specialists at the Cancer Institute at St. Francis Hospital deliver the best outcomes and change lives for the better. They diagnose and treat cancer as a team. Together, our goal is to transform the care experience of every cancer patient we treat.
Every day the Cancer Institute at St. Francis Hospital is creating a better patient experience. With a commitment to service, we are driven to continuous improvement and to the highest degree of excellence. Our goal is to bring the best quality care to our communities, so patients can receive the care they need as close to home as possible.

Our remarkable work since our founding has earned recognition. We received the highest award for a new program with the accreditation of the Cancer Institute by the Commission on Cancer of the American College of Surgeons.

A hallmark of excellence, accreditation is awarded to cancer care programs that have made a commitment to providing high quality, comprehensive patient-centered care.

“We are proud of our achievements, and remain vigilant in working to provide exceptional care to our community,” says Dilip Patel, M.D., Director, Malignant Hematology. “A treatment plan and a multidisciplinary team approach are all part of how we deliver innovative therapies to treat this complex disease.”

Key to advancing care and innovation are our tumor boards, comprised of specialists from all disciplines, as well as our navigation programs, all working collaboratively to determine and steward the best treatment plan for each individual patient.

Through early detection, state-of-the-art screenings, accurate diagnosis, multidisciplinary treatments and access to research, clinical trials and support groups - we are continually raising the bar on the quality of care for our patients.
“We are proud of our achievements, and remain vigilant in working to provide exceptional care to our community.”
The complete coordination and communication of care under one roof is now possible with the addition of the Radiation Oncology Center joining the Cancer Institute facilities at 2200 Northern Boulevard.

“Being able to easily communicate with oncologists located just down the hall improves the continuity of care and facilitates a comprehensive treatment plan,” says Anne Vinokur, M.D., a board certified radiation oncologist.

At St. Francis, our radiation oncology services combine leading-edge techniques with the expertise and compassion of the clinical staff. Being centered in one common facility, radiation oncologists can easily confer with medical oncologists, surgeons, and imaging technicians, all to determine the most appropriate care.

The new radiation oncology facility offers state-of-the-art equipment that includes the latest therapies in Stereotactic Radiosurgery (SRS) and Stereotactic Body Radiotherapy (SBRT), a non-surgical radiation therapy that treats tumors aggressively and shortens treatment time.

“The Linear Accelerator delivers high doses of radiation to specific sites with extreme precision so that often fewer treatments are needed,” explains Jay Bosworth, M.D., F.A.C.R., Director of Radiation Oncology. “We’re seeing excellent results in the treatment of small lesions in the brain to complex tumors in the liver, pancreas, and lung.”

St. Francis has one of the few Radiation Oncology programs to hold the prestigious recognition of the American College of Radiology accreditation, recognizing the highest level of patient safety and quality services.
“Being able to easily communicate with oncologists located just down the hall improves the continuity of care and facilitates a comprehensive treatment plan.”
Developments in the detection and treatment of cancer has dramatically improved survival for patients over the past few decades. However, these aggressive therapies can also cause damage to other parts of the body, including the heart.

St. Francis’ Cardio-Oncology program, one of only a handful of such programs in New York State, brings together specialists in both cardiology and oncology to provide specialized cardiac care for cancer patients.

“As a heart institution with a thriving, successful Cancer Institute, we are well positioned to provide the best cardiac care to cancer patients,” explains Jane Cao, M.D., M.P.H., F.A.C.C., Director of Research and Cardiac Imaging. “We have an obligation to not only treat patients who put their faith in us, but to ensure that they are able to live meaningful, productive lives.”

Anytime oncologists suspect a potential interaction of an individual’s cancer treatment with their heart, they seamlessly work with cardiologists to initiate medications to prevent further damage to their heart function.

“Our ability to fine tune cancer treatments with our cardiology partners allows us to treat what is more life threatening and maximize longevity,” says Bhoomi Mehrotra, M.D., Director of the Cancer Institute. “It is no longer an option, but a necessity for us to work hand in hand.”

The program is also leading important research into the cardiac needs of cancer patients and has started a registry of patients who are just beginning chemotherapy.

“We want to better understand how to effectively identify those patients at high risk of developing cardiotoxicity and to effectively monitor patients to protect their heart throughout their cancer treatment,” says Haoyi Zheng, M.D., a cardiologist and head of the new program, with a clinic dedicated to cardio-oncology.

As researchers look at the effects of novel therapies on the heart for individuals with and without heart disease, the underlying goal is to ensure that patients receive the best possible cancer therapy.

“This partnership allows us, as oncologists, to continue to push the frontiers and boundaries of cancer treatments while our partners in cardiology allow the individual to undergo the therapies that they need for cancer management,” adds Dr. Mehrotra.
“We have an obligation to not only treat patients who put their faith in us, but to ensure that they are able to live meaningful, productive lives.”
Our immune system protects us from disease and fights infection; yet, this protection is thwarted by diseases such as cancer. Tumor cells find ways to become invisible to the body’s defense, overpowering the immune system as unhealthy cells grow and expand.

“Cancer cells can have molecules on their cell surface; they can interact with our immune cells to switch off the immune system, allowing cancer to take advantage and proliferate,” explains Wallace P. Chan, M.D., attending physician in Hematology/Oncology.

Because the immune system is unable to identify and fight off cancer cells, researchers are finding ways to help these immune system cells do their job better. This new class of treatment, known as immunotherapy, is designed to boost the immune system to defeat cancer.

“Immunotherapy activates the immune system to recognize tumor cells and attack the cancer,” says Dr. Chan. “Immune therapies were discovered to be effective against kidney cancers and melanoma. Now their use has been tremendously expanded to treat different types of solid tumor malignancies and even some form of lymphomas and leukemias. Research continues to investigate its ability to treat other cancers.”

While this promising treatment offers more options and hope to cancer patients, it also poses certain risks.

“These therapies can sometimes create a severe immune storm that can attack any part of the body, leading to immune mediated inflammation of different organs including the lung, bowel, and pituitary gland,” notes Dr. Chan. “Patients are closely monitored for symptoms, and in those cases, treatments are temporarily discontinued and a course of steroid is necessary to suppress the hyperactive immune system.”

With further research and clinical trials, the body’s immune system can be modified to become one of the best defenses and treatments against cancer.
“Cancer cells can have molecules on their cell surface; they can interact with our immune cells to switch off the immune system, allowing cancer to take advantage and proliferate.”
Teams of highly skilled surgeons at St. Francis deliver the most advanced treatments, using the latest techniques and newest technologies for better outcomes.

Surgical oncologists here are recognized experts in delivering focused and advanced care in a wide range of tumors, including cancers of the gastrointestinal tract, esophageal, colorectal and pancreatic cancer. Our surgeons are leaders in minimally invasive procedures, such as robotic esophagectomy, 3D laparoscopic colorectal surgery, and the Whipple procedure, a complex operation to remove pancreatic tumors.

“An integral part of our approach is to continuously innovate and deliver the most effective treatment,” says Gary Gecelter, M.D., Chairman of the Department of Surgery. “One of our goals is to further expand our colon and lung program, and 2017 showed significant growth.”

As a key component of the Cancer Institute’s multidisciplinary team, surgeons work closely with medical and radiation oncologists, as well as other specialists, to determine the best treatment options for each patient.

“Innovative and integrative treatment strategies developed in multidisciplinary tumor boards has been demonstrated to optimize diagnosis, treatment and patient navigation,” says Dr. Gecelter.
“An integral part of our approach is to continuously innovate and deliver the most effective treatment.”
At the Cancer Institute, we are driven to progress medical knowledge to improve healthcare delivery and patient outcomes.

The mission of the Continuing Medical Education (CME) Program is to disseminate current information relating to advances in the field of oncology. The Institute is accredited by the Medical Staff Society to offer CME credits in three areas: continuing medical education for healthcare professionals, medical Grand Rounds, and educational conferences.

Within the setting of the Tumor Boards, clinicians from all areas of medicine and research share knowledge and work together for the benefit of the patient and continuous quality improvement. The Hematology/Oncology Grand Rounds, a didactic lecture series held monthly, provides an opportunity for professional staff to learn from leaders and innovators in cancer treatment and research. St. Francis also hosts an annual oncology symposium to educate primary care physicians and subspecialists in decision making related to cancer diagnosis, treatment and follow-up care.

“It is important that oncologists, primary care physicians, and other healthcare professionals have the forum to communicate and educate each other about all aspects of patient care,” says Rajasree Roy, M.D., Attending Physician, Hematology/Oncology. “Our goal is to not only treat that particular cancer, but the person.”

The Cancer Institute is also committed to improving the quality of care through the education of our nurses. Morning rounds are held weekly to educate the nursing staff about the development of new drugs and therapies.

“We encourage our staff’s professional development to give excellent quality and safe care to our patients every day,” says Eileen Dwyer, R.N., OCN, Infusion Unit Nurse Manager. “The staff responded and we have achieved and maintained an astounding 100% Oncology Certification.”

Our nurses are active members of the National Oncology Nursing Society and have attended national conferences, where they presented a poster abstract on patient care. A team of nurses have begun a research project and poster abstract for the 2018 conference on compassion fatigue, a very real issue for oncology nurses in caring for this patient population and their families.

“In order to care for our patients, we must take care of each other,” adds Dwyer. “As caregivers, we’re constantly learning and challenging ourselves to always exceed expectations.”
“We are proud of our achievements, and remain vigilant in working to provide exceptional care to our community.”
Our approach to care, our medical experience and our compassionate staff are why so many trust St. Francis to provide exceptional cancer and hematology care.

“St. Francis has a very signature model, where the recruitment for any services looks for clinical excellence and compassion,” says Bhoomi Mehrotra, M.D., Director of the Cancer Institute. “For oncology, this is particularly true. Anyone we recruit must have the highest level of clinical excellence, initiative for exploring new treatments and have a special bond with the community that they are one of them and on the same side.”

Every doctor at the Cancer Institute is board certified in all aspects of hematology/oncology. That includes recent recruitments including George Zervos, M.D., a highly recognized hematologist/oncologist based in Glen Cove for many years and also Natalya Krichmar, M.D., our Cancer Institute’s new liaison to St. Joseph Hospital, representing our efforts to extend our expertise to other Catholic Health System (CHS) hospitals.

To meet growing demand for patient care, St. Francis is increasing the recruitment of disease and entity site specific talent. Pankaj Singhal, M.D., MS, MHCM, FACOG, was named the Chair of Obstetrics & Gynecology/women’s health initiatives for the Catholic Health System (CHS) and chief of gynecologic oncology. He is actively recruiting gynecologists with interests in minimally invasive surgeries for women, both benign and malignant, which is an unmet need for our community. Dr. Wallace Chan, immunotherapy expert, focuses on melanomas, sarcomas and brain tumors. Dr. Rajasree Roy’s interest is in women’s cancers, including breast and gynecological malignancies.

“We diagnose over 300 cases of breast cancer every year,” said Dr. Mehrotra, explaining the need to provide enhanced breast services. “We want to become active participants in their multidisciplinary care and survivorship.” The Cancer Institute will also focus on the expansion of two other critical areas: colorectal surgery and urology.

As chair of cancer services at CHS, Dr. Mehrotra’s role is to integrate the Cancer Institute’s relationship with the health system’s various hospitals.

“Our goal is that no matter where an individual is being treated within our six sister hospitals, they all have access to the same level of high-quality and compassionate, evidence-based guided cancer services,” explains Dr. Mehrotra.

Towards that end, cancer centers are being built at Good Samaritan Hospital and St. Joseph Hospital. Live, web-based conferences allow colleagues from other institutions to discuss care in real-time. To remain on the cutting edge of cancer breakthroughs, the Cancer Institute also aims to expand the clinical trials available at St. Francis and Good Samaritan.

“By using the collective experience of the entire CHS cancer community in difficult situations, we can try to find the right path forward for our patients,” says Dr. Mehrotra.
“We want to become active participants in their multidisciplinary care and survivorship.”
The Cancer Institute provides the most specialized care for patients with the most complex conditions. With a commitment to comprehensive care, we are dedicated to exceptional patient care, from prevention and diagnosis to treatment and management to support and follow-up care.

Cancer Care Navigation
A cancer diagnosis can be the start of an emotionally and physically challenging journey. Our Cancer Care Navigators provide individualized assistance every step of the way, from diagnosis through survivorship. As specially trained registered nurses, our navigators help patients, their families, and caregivers through their path of care - from coordinating appointments and facilitating access, to emotional support, to assisting with insurance challenges and follow-up care.

Cancer Registry
As a Commission on Cancer (CoC) accredited facility, the Cancer Institute maintains a cancer registry, which helps to advance evolving treatments and solutions in cancer care. This information system maintains a digital database of all St. Francis Hospital patients diagnosed with and/or treated for cancer to help us better understand the disease in our local population. Information obtained from these records improves cancer care and provides statistics to the National Cancer Data Base (NCDB), a joint program of the CoC and American Cancer Society (ACS), the largest clinical disease registry in the world. Under the direction of the Cancer Committee, the Cancer Registry team conducts two studies each year to monitor the quality of care provided to cancer patients. The Cancer Registry team also coordinates weekly tumor boards and conferences encompassing all major sites diagnosed and treated at St. Francis Hospital with multidisciplinary physician participation.

Clinical Research
Clinical trials are critical for translating scientific discoveries into improved cancer treatments. At any given time, the Cancer Institute offers a variety of clinical trials to patients for their voluntary participation. Prior to any clinical trial commencing, it is first reviewed and approved by both the St. Francis Hospital Scientific Review Committee (SRC) and the St. Francis Hospital Institutional Review Board (IRB). The Cancer Institute has met the Commission on Cancer (CoC) clinical trial standard for the past three years and is on track to once again earn accreditation for 2018.

Current trials underway include:
- A cardiotoxicity and cardiac imaging study to gain insights into possible undesirable effects chemotherapy may have on the heart. Patients are followed at three month intervals for a whole year. Nearly 130 patients have participated in this study since it launched in 2014.

- Research aimed at discovering information about the treatment course and responses of patients living with Myelodysplastic Syndrome (MDS) and Acute Myeloid Leukemia (AML).

- A study to evaluate the effects therapies may have on patients with Chronic Lymphocytic Leukemia (CLL) who are about to start their treatment.
• A non-interventional, observational study of the presentation, treatment patterns and outcomes in Multiple Myeloma patients.

• A cardio-oncology registry of patients will provide opportunities to systematically and comprehensively evaluate features of cardiac toxicity in cancer patients receiving traditional chemotherapies, biological therapies, and immunotherapies. By way of identifying cardiac toxicity at an early stage, patients will be able to receive cardiac protective therapy promptly, thereby preventing cardiac morbidity and mortality.

Genetics Counseling
Genes hold a vital key to our understanding of cancer and its underlying causes. Our Cancer Genetics Program helps identify those individuals and families with a hereditary predisposition to cancer. By offering personalized risk assessment and management recommendations, we aim to empower patients to make decisions that will lead to risk reduction and cancer prevention.

Inpatient Care
Through thoughtful design, our inpatient unit supports our vision of truly comprehensive cancer care in a supportive and healing space. Patients receive coordinated care from medical oncologists, surgeons, hematologists, immunologists, and an interdisciplinary team of navigators, social workers, and dieticians and oncology certified nurses. St. Francis proudly received Magnet™ designation for excellence in nursing care three years in a row. This is the highest level of nursing excellence and recognizes our exceptional level of nursing quality and patient care.

Infusion Services
Our extraordinary new campus allows us to offer the highest quality, state-of-the-art outpatient care to more people. Designed to foster health and wellness, our infusion service centers are equipped with all the amenities to make for a private and comfortable area. Staffed by oncology certified registered nurses, the Cancer Institute’s infusion therapists provide specialized, personalized care to all patients.

Psychosocial Services
To cope with cancer, patients need more than medical treatment. That’s why our team of psychosocial support specialists - social workers, psychologists, and psychiatrists - is available to all our patients and their families. Our professional counselors help people manage the emotional and social challenges of cancer and its treatments.

Radiation Therapy
Radiation Oncology is an integral component of cancer services, and its presence on-site at the East Hills campus strengthens the continuity of care. Our highly qualified radiation team work together with our board certified providers to tailor treatment to each patient’s needs. St. Francis Radiation Oncology is accredited by the American College of Radiology, which recognizes practices with the highest level of quality and patient safety.

Radiology
St. Francis Diagnostic, located adjacent to the Cancer Institute, features advances in precision imag-
including CT, 3T MRI, PET, and diagnostic radiology. Located just steps away from several of our affiliated physicians’ offices, it serves as an added convenience to our patients. Promising new research currently underway uses MRI to assess the impact of chemotherapy on the hearts of cancer patients.

**Surgical Services**
Offering leading-edge surgery, the Cancer Institute is equipped to provide technologically sophisticated surgical care - including minimally invasive and robot-assisted procedures. This technology combined with the expertise of our surgeons and multidisciplinary teams allows us to perform surgeries that typically required hospitalization to be performed safely on an outpatient basis.

**The Women’s Health Center**
After 15 years at the Dematteis Center, the Women’s Health Center of St. Francis Hospital will be moving into a brand new space at 2200 Northern Blvd in East Hills. Specifically designed for comfort and convenience, the opening of the new Women’s Health Center will usher in a new era of personalized treatment and services for the women of Long Island. This new modern facility will offer state-of-the-art technology including two new 3D Mammography units and three new Ultrasound units. With accreditations in all diagnostic modalities from the American College of Radiology, the center will be a complementing component to the Cancer Institute in the diagnosis and treatment of breast cancer. The center additionally offers prevention programs specifically designed to identify women who are at risk for women’s heart disease.

**Nutritional Counseling**
Registered Dietitians, including two Certified Specialists in Oncology Nutrition (CSO), are available on site to all cancer patients to offer education and support throughout the cancer continuum. Cookbooks, healthy meal recommendations, and ongoing support classes are also available post treatment. The development of a personalized nutrition care plan can improve response to therapy and promote recovery.

**Palliative Care**
Our interdisciplinary Palliative Care Program allows team members to work alongside clinicians who are treating cancer, to provide care that improves the quality of life for patients as well as their families. The program focuses not only on the physical needs, but also the spiritual, emotional, and social aspects of life.

**Pastoral Care**
Inspired by St. Francis Hospital’s overall mission, the integration of spiritual, emotional, social, psychological, and physical care are all deemed as necessary components of the healing process. By working collaboratively with oncological health care providers, chaplains provide spiritual care to patients and their families of all religious affiliations.

**Cancer Committee**
The Cancer Committee, which is comprised of board certified physicians from all medical specialities and subspecialties, participates in patient care quality assurance programs and monitors all patient care evaluations included in the Cancer Registry. The committee’s mission is to ensure that the best comprehensive cancer care is provided to all communities served.
For more than two decades, the Community Outreach Program at St. Francis Hospital has provided the community with an array of wellness programs, which have benefitted thousands of residents in Long Island, Queens and beyond.

The Outreach team offers a broad range of cancer-specific initiatives, including education, prevention, risk-reduction programs, and screenings for breast and prostate cancer. In 2016, the program expanded its community outreach into other areas, including skin cancer awareness lectures.

Committed to engaging and building collaborations with our diverse communities, the St. Francis Hospital’s Outreach Bus offered cardiovascular, BMI, and diabetes screenings to underserved neighborhoods with an increased risk of colon and breast cancer.

The Community Health department successfully increased participation for many of its cancer support programs, including a stop smoking clinic, restorative yoga series, and the annual Women’s Health Seminar held in October in honor of breast cancer awareness month.
The Cancer Institute at St. Francis Hospital partners with our neighbors at the Sid Jacobson Jewish Community Center to offer highly tuned health and wellness programs. Throughout the year, a range of educational presentations, fitness events, and nutritional and food demonstrations provides patients and families with support to deal with the side effects of cancer and boost healing.

Newly introduced in 2017 was a 12-week nutrition and exercise program, called “EAT. CHAT. MOVE.” Individuals with breast and gynecological cancer participated in weekly nutrition lectures led by Registered Dietitians from the Cancer Institute and aerobic activity and resistance exercises led by a Certified Cancer Exercise Specialist. Participants were encouraged to set weekly goals and learned how to make healthy lifestyle changes to improve their quality of life. Through a grant received by the Oncology Nursing Society, the program was held twice with plans to be held annually.

The innovative partnership between the Cancer Institute and the JCC also brings complementary care to those living with cancer. Volunteers hand knit more than 100 lap blankets for patients undergoing chemotherapy. Additionally, patients and caregivers had the opportunity to participate in therapeutic paint sessions thanks to a grant from The Manhasset Women’s Coalition Against Breast Cancer.

“I really appreciated the therapeutic paint party event because it forwarded me the opportunity to interact with other people going through the same thing as I am,” said patient and participant Lisa Stone. “At the same time it gave us all a moment to forget about the negativity in our lives and just relax and have fun!”
At the same time it gave us all a moment to forget about the negativity in our lives and just relax and have fun!”
The Cancer Institute’s 5th Annual Cancer Survivors Day Celebration, held on June 10, 2017 at the DeMatteis Center in Greenvale, brought together 176 survivors and their loved ones, as well as physicians and staff, for a day of celebration, joy and inspiration.

Along with Ruth E. Hennessey, EVP and Chief Administrative Officer, and Dr. Mehrotra, Director of the Cancer Institute, guests were touched by survivor Will Hutchins, who shared something of his personal journey in his trademark lighthearted style.

The “Taste of Texas” celebration included lunch, musical entertainment by DJ Johnny singing golden oldies, as well as line dancing. All cancer survivors had the opportunity to win raffle prizes, graciously organized by the Nutrition team. Prizes included gift cards for local restaurants, spas, and supermarkets, creative gift baskets, and tickets to many events including Broadway, sporting, local theater, and musical concerts.

“Our annual Cancer Survivors Day is a time for survivors to come together with their loved ones and celebrate life,” said Dr. Mehrotra. “It’s also an incredible day for us as healthcare providers to celebrate our successes with our patients.”
“Our annual Cancer Survivors Day is a time for survivors to come together with their loved ones and celebrate life.”
Life for anyone diagnosed with cancer changes. Routines like work and socializing that once filled the day may no longer be a part of their life. Redefining one’s self within this process is challenging and inevitably provokes anxiety.

At the Cancer Institute at St. Francis Hospital, patients sit side-by-side with Maria Vitsentzos, M.S.N., RN, A.N.P.-C, Adult Nurse Practitioner for Palliative Care, in a private and serene environment to express difficult emotions and experiences through art. Engaging in art work can help focus attention, assist with non-pharmacologic management of anxiety, and improve an individual’s quality of life.

“We offer patients a venue for unleashing their inner creativity, which assists in the therapeutic experience,” explains Vitsentzos.

For one patient, the process of creative expression through watercolor painting has extended past the walls of the infusion clinic where it was initiated and into her home. It unleashed a personal reckoning with creative talent she was unaware she possessed.

She verbalized her appreciation stating, “The creative side of me was cultivated and supported at the infusion clinic. Engaging in art work positively impacts my life as I continue with my cancer treatment.”
“We offer patients a venue for unleashing their inner creativity, which assists in the therapeutic experience.”
“Comfort, give comfort to my people.” - Isaiah 40

Being in touch with the spirit can give one dealing with cancer an improved sense of well-being, hope, and peace. It can also help one find an anchor of control, empowerment, motivation, forgiveness of oneself and others, and a renewed appreciation of life.

“It’s common for people to ask themselves ‘Why me?’ and question who they are as a person,” says Sister Stella Slonski, CSJ, BCC. “As chaplains, we enter a unique relationship with patients and caregivers on what is often a winding and twisting journey. We care for the whole being of the person.”

The Pastoral Care Department at St. Francis Hospital is fully integrated into our mission to heal, providing spiritual and emotional support to patients, families, and staff. An interfaith team of board certified chaplains serves people of every faith and background to offer a listening ear and a compassionate, non-judgmental presence.

As one of our patients put it, “The trust and confidence that comes with a Chaplain’s visit tends to help me understand my hopes, my beliefs, and the meaning of life.”
“The trust and confidence that comes with a Chaplain’s visit tends to help me understand my hopes, my beliefs, and the meaning of life.”
In 2016, the Cancer Institute continued to build on previous achievements, while maintaining a positive trajectory towards achieving our strategic goals. Individually and collectively, our people possess a single-minded commitment to deliver outstanding results.

Recognition
- Received the Excellence Award, recognizing Eileen Dwyer, RN, OCN for nursing excellence in education and clinical practice.
- Achieved and maintained 100% oncology certification of all nurses in the infusion suite.

Investments
- Acquired several specialists to augment our Cancer Care Services:
  - **Hematology/Oncology**
    Wallace Chan, M.D., Attending Physician joined the Cancer Institute, Oncology Associates. Certificated in Internal Medicine, Hematology and Oncology. Named Outstanding Resident Physician for two consecutive years at Forest Hills Hospital. Recognized for excellence in teaching as chief resident physician. He completed his Fellowship at LIJ Medical Center, Monter Cancer Center, and Hofstra Northwell School of Medicine.
  - **Gynecologic Oncology Service**
    Pankaj K. Singhal, M.D., CHS Chairman of Obstetrics & Gynecology/Women's Health Initiatives and Chief of Gynecologic Oncology joined St. Francis Hospital and Good Samaritan Hospital. A multi-disciplinary GYN Tumor Board was established. These conferences bring cancer care specialists together to discuss care management, review national treatment guidelines and research trials, in order to create the best treatment plan for individual patients.
  - **Thoracic Surgery**
    Albert DiMeo, M.D., Board Certified Cardiothoracic Surgeon, brings the latest minimally invasive procedures and robotic techniques for lung cancer surgery to SFH. He completed his internship, residency and fellowship at New York Weill Cornell Medical Center and New York Presbyterian Hospital.
  - **Introduced Tomosynthesis (3D) Mammography in July 2016 at the SFH Women’s Health Center, one of the few facilities in the region to offer this technology. Tomosynthesis has been proven by many studies to increase cancer detection rates, up to 40% for invasive cancers, as well as decrease recall rates and the need for additional views. The Women’s Health Center has been a pioneer in utilizing the newest technology called “C-View”, which generates 2D images directly from the 3D tomosynthesis data. This allows for improved visualization without increased radiation exposure.**
  - Acquired the Affirm upright stereotactic biopsy unit, which provides 3D biopsy capability at the SFH Women's Health Center. This allows for biopsy of subtle mammographic findings, detecting cancers at their earliest stage, while improving patient comfort during the biopsy experience.
Innovation
• Offered promising new chemotherapy treatments designed to stimulate the body’s own ability to fight cancer. Dr. Mehrotra explains how the regimens work: “They are unique in that they allow the body’s immune system to recognize the tumor cells, which were until then camouflaged.” This revolutionary therapy works better for some types of cancer than for others. Ongoing studies will impact how we treat cancer in the future.

• Established a cardio-oncology registry of patients who are just beginning chemotherapy. Headed by Haoyi Zheng, M.D., a cardiac researcher at SFH, the registry will allow him and his colleagues to track patients and to treat, and possibly reverse heart disorders before they become life-threatening.

• Implemented a web-based solution through Cerner and mTuitive. The current system receives automatic updates when CAP protocols change, and demands completion of all required elements within a synoptic report. It is anticipated that this will facilitate some compliance with CoC Standards on an automated basis.

Facilitation
• Expanded our psychosocial services and patient support programs:
  • Ongoing oncology social worker assessments and supportive counseling visits
  • Continued distress screening - 223 screens completed in 2016; 101 indicating distress
  • Oncology summer series: May-August - 13 participants
    • Nutrition Throughout Your Cancer Journey: Eat & Move As a Survivor
    • Cancer and the Workplace: Before, During and After Treatment
    • Planning For Your Future: Advance Directives: Health Care Proxy, Living Will, Power of Attorney, and Last Will & Testament; and Medicaid

• Annual programs
  • Look Good Feel Better - Monthly program - 14 participants in 2016
  • Restorative Yoga - 23 participants in 2016
  • Connections Peer Support Program - Four new registrants in 2016

• Collaboration with the JCC:
  • Knitting for a Cause - JCC volunteers knitted blankets for Infusion Center patients
  • Genetics Education - LeAnn McCoy presented about BRCA at a JCC community gathering
  • “Stronger than Cancer” 5K Run - SFH team participated on May 22

• Adelphi Breast Cancer Peer Support – Produced flyer and distributed to patients.

• Encouraged participation in the annual Women’s Health Seminar held at the Women’s Health Center:
  • Genius 3D Mammography: A Better Mammography
  • Breast Cancer Screening Technology
  • Colon Cancer Prevention and Early Detection: You Have Options
Collaboration

- Entered a partnership with Life Infusions, a concierge specialty pharmacy, which facilitates the process of obtaining authorization and co-payment information for specialty medications. If an excessive insurance co-payment amount is identified, the patient can be enrolled in an appropriate co-payment assistance program. This streamlines the process of procuring specialty medications for patients and increases the availability of the Nurse Navigator to address more primary clinical needs of patients.

- Launched a healthy living program for cancer survivors, in partnership with the JCC. The program, consisting of exercise and nutritional education, was developed in response to a survey conducted during Survivorship Day to address the concerns of patients transitioning into survivorship.

- Expanded our oncology nursing community and unit based activities and partnerships:
  - “Stronger Than Cancer” 5K Run - Collaboration with the JCC in support of the Nancy Marx Cancer Wellness Program
  - Relay For Life - Port Washington event; collaboration with the ACS to support cancer patients and survivors
  - Cancer Survivors Day - Our annual “Celebration of Life” luncheon
  - Making Strides Against Breast Cancer - Collaboration with the ACS to support breast cancer research
  - Lustgarten Foundation Walk - To support pancreatic cancer research
  - Blue Ribbon Run - To support prostate cancer research
  - Care for the Caregiver - Collaboration with the Haller Foundation

Development

- Strengthened the quality of our oncology nursing services:
  - Initiated a yearly oncology certification exam for all RNs and completed testing for all clinical nurses.
  - Increased clinical ladder status for professional development - CN3 & CN4 from 61% to 65%.
  - Revised oncology education for employee orientation: “Care of the Oncology Patient”.
  - Received acceptance of poster abstract titled “Pre-Initial Telephone Call Abstract to Reduce Patient Anxiety” to be presented at the ONS National Conference in May 2017 and at the Magnet Conference in October 2017.
  - Revised chemotherapy administration policy approved by P&T and Med Safety Committees.
  - Integrated art therapy into the Palliative Care Program to enhance well-being and improve quality of life for patients. Creating art is a therapeutic experience and can assist with adapting to stress during times of health-related fear and anxiety. The creative process can be emotionally restorative and can ease the expression of deep emotions about illness that are not easy to talk about. Self-esteem and pride is fostered through the displaying of patient artwork on the clinic’s Art Exhibit.

- Increased the availability of Pastoral Care services for patients, families, and the staff five days a week. Quality improvements include:
• Chaplains sees all new patients, adding their spiritual assessment in Epic and records all follow-up visits.
• A Healing Blessing Prayer was written and put on a bookmark that is given to all patients.
• “Selected Prayers for Health and Recovery” written by NY Board of Rabbis is given to all new Jewish patients.
• Prayers and supportive materials are available for all religions.
• Pastoral Care provides a monthly debriefing for the nursing staff at the request of their Unit Based Council. Some topics include: How do you care for yourself, how do we cope with the death of our patients, how do you not work 24/7, how do you balance being caring and compassionate and letting go of the patients and families at the end of the day, and how do you balance work life and your personal life? Feedback from the staff has been positive.

• Enhanced several quality improvements for our nutrition services:
  • Julie Ceyhan, RD, CDN, CSO passed exam for Board Certified Specialist in Oncology Nutrition, March 2016.
  • Survivorship Day 2016 – Obtained donated food-based raffle gifts for all attendees; opera singing by Stefani Pappas, RD, CDN.
  • Health Fair, DeMatteis Center – Registered dietitians represented the Cancer Institute; food demo, posters/handouts and nutrition strategies for cancer prevention.
  • Oncology Nutrition Lending Library – 30 cookbooks in circulation.
  • Health-e-Recipes Binder – Copies of recipes are available for patients in the Oncology Associates waiting room.

• Contributed to grant proposal writing to develop community programs:

  The Care Cookshop
  • Grant received by The Junior Coalition of The Manhasset Women’s Coalition
  • Free program for teens who have family or friends affected by cancer
  • Empowers teens to help their loved ones through healthy eating
  • Led by a professional chef and Oncology Dietitians

  Surviving Women’s Cancers Through Nutrition and Exercise
  • Grant received by Oncology Nursing Society Foundation in partnership with the JCC
  • Free 12 week series for breast and gynecological cancer patients
  • Weekly nutrition group lecture led by Oncology Dietitians and concurrent physical activity classes led by a Certified Oncology Exercise Physiologist
**Cancer Registry Activity**

### 2016 Statistical Summary of Registry Data

The Cancer Registry at St. Francis Hospital is an integral part of the cancer program. The Registry’s computerized information system is designed for the collection, management, and analysis of data for all cancer patients. The data collected includes information on primary site, stage of disease, treatment modalities, current patient status, and basic demographic information. A detailed annual follow-up system has a 90% success rate and yields end-results on disease status, treatment and survival.

**Total Cases for 2016 = 2,063**  
**Total Analytic = 1,886**  
**Total Non-Analytic = 557**

**Analytic Cases**: Cases diagnosed and/or treated at St. Francis Hospital for their 1st course of treatment.

**Non-Analytic Cases**: Cases diagnosed & treated elsewhere for 1st course of treatment and seen at St. Francis for subsequent treatment.

#### Class of Case

**Analytic Cases**

Non-Analytic Cases

#### 2016 Cancer Cases Chart

- **Breast**: 29%
- **Blood & Bone Marrow**: 12%
- **Bronchus & Lung**: 10%
- **Prostate**: 9%
- **Gynecologic**: 9%
- **Lymphatic System**: 6%
- **Pancreas**: 5%
- **Bladder**: 5%
- **Brain & CNS**: 3%
- **GYN**: 3%
- **Kidney**: 2%
- **Stomach**: 2%
- **All Other Cancers**: 5%
2016 CANCER COMMITTEE

Physician Members
Bhoomi Mehrotra, M.D., Director of Oncology and of The Cancer Institute; Cancer Committee Chair
Dilip V. Patel, M.D., Director of Malignant Hematology
Gary Gecelter, M.D., Chairman, Department of Surgery
Mitchell Chorost, M.D., Director, Surgical Oncology
Jay Bosworth, M.D., Director of Radiation Oncology
Lawrence Durban, M.D., Thoracic Surgery
Felix Badillo, M.D., Chief of Urology
Scott J. Sherman, M.D., Chief of Radiology
Carolyn Birnbaum, M.D., Women’s Imaging Center
Jeffrey Hamilton, Chair, Department of Pathology
Eugene Rubach, M.D., Cancer Liaison Physician
Rajasree Roy, M.D., Quality Improvement Coordinator
Richard Johnson, M.D., Director of Neurosurgery
Rick Madhok, M.D., Neurosurgery
Kenneth Kahaner, M.D., Psychiatry
Anne Vinokur, M.D., Radiation Oncologist
Wallace Chan, M.D., Hematology/Oncology
George Zervos, M.D., Hematology/Oncology
Joseph Pipala, M.D., Hematology/Oncology
Rita Weiss, M.D., Hematology
Ronald J. Gulotta, M.D., VP Medical Affairs & Chief Medical Officer
Marvin J. Tenenbaum, M.D., Associate Medical Director & Chairman of Medicine

Non-Physician Members
Christina Adduci, RD, CSO, Oncology Dietitian
Anna Leah Apil, RN, Nurse Manager, 2W
Gilbert Baerga, Oncology Administrator
Anna Baracchini, RN, AVP, Performance Improvement
Karen Berg, RD, CCDN, Oncology Dietitian
Teresa Birnbaum, RN, Nurse Navigation
Steven Cabble, Director, Cancer Institute & Pharmacy
Ann Cella, RN, VP, Patient Care Services
Julie Ceyhan, RD, CSO, Oncology Dietitian
Sophia Colquhoun, RN, Nurse Navigator
Samantha Conti, LCSW, OSW-C, Oncology Social Worker
Patricia Daye, VP Ambulatory Services
Eileen Dwyer, RN, OCN, Nurse Manager, Infusion Unit
Mary Elbert, Director, Medical Staff Affairs
Karla Gaynor, CTR, Cancer Registry
Sister Pauline Gilmore, Pastoral Care
Elaine Halloran, Director, Care Management & Social Work
Ruth Hennessey, EVP & Chief Administrative Officer
Kendra Hoepper, RN, Clinical Nurse Specialist
Sherly Jacob-Perez, RN, Research Nurse
Dan Loen, VP, Oncology Service Line
Dawn Manuel, Director, Physical Therapy
Lee Ann McCoy, MS, CGC, Genetic Counselor
Elaine Montchal, RN, OCN, Nurse Navigator
Sister Katherine Murphy, CNS, Nursing Education
Donna Rebele, RN, AVP, Patient Care Services
Diana Salta, LCSW, Asst. Director Care Management
Sister Stella Slonski, Pastoral Care
Adrienne Thomas, CTR, Cancer Registry Manager
Dawn Tropeano, RN, American Cancer Society
Julia Vinsky, Director, Prevention, Research & Education
Maria Vitsentzos, RN, ANP-BC, Palliative Care
Ann Way, ANP-C, Research Nurse