Letter from the Cancer Committee Chair

The Mid Coast Hospital Center for Cancer Care is a Commission on Cancer accredited program offering a comprehensive, multidisciplinary approach to patient care.

Throughout the past year, Mid Coast Hospital has made crucial advances to the cancer care we provide to the community. From a brand-new cancer care center that opened in spring of 2018, to introducing a new Integrative Therapy for cancer patients that need it most, we are continuously looking for ways to improve patient experiences and outcomes.

In December 2018, the program was re-accredited for another three years, receiving commendation for public reporting, accuracy of data and synoptic reporting. With the addition of our new facility offering patients the most private, comfortable and modern care available, Mid Coast Hospital is looking forward to continuing its legacy of excellent cancer care in 2019.

We also continue to be grateful for our ongoing partnership with MaineHealth Cancer Care Network, and for our patients’ trust in the care that we deliver every day.

Guy Tillinghast, MD  
Chairman, Commission on Cancer Committee

Commission on Cancer Committee Members & Roles

Guy Tillinghast, MD, Chairman  
Patricia Greatorex, MD, Cancer Liaison  
Physician, General Surgeon  
Ramesh Gaindh, MD, Cancer Conference Coordinator, Coordinator and Pathologist  
Jamie Kline, MD, Diagnostic Radiologist  
Kristin Anthony, RN, MSN, NEA-BC – CNO, Cancer Program Administrator  
Barb McCue, RN, Quality Director, Quality Improvement Coordinator  
Jayne Cloutier, RN, Oncology Nurse Leader, Clinical Research Coordinator  
Cate Parker, RN, Community Outreach Coordinator  
Maggie Gardiner, FNP, Palliative Care Rep  
Dory Holmes, MPH, OTR/L, Coordinator for Cancer Registry Quality  
Mary Maloney, CTR, Certified Tumor Registrar  
Suzie Satterfield, RN, Case Management Rep  
Deb Siegel, RN, Psychosocial Services Coordinator

Cancer Management Physicians & Board Certifications

Miguel Arguedas, MD, Gastroenterology, Internal Medicine  
David Benton, MD, Medical Oncology, Hematology, Internal Medicine  
Ira Bird, MD, General Surgery  
Ian Bristol, MD, Radiation Oncology  
Ryan Campbell, MD, Surgery – Urology  
Matthew Cheney, MD, Radiation Oncology  
Jamie Kline, MD, Diagnostic Radiologist  
Michael Curtis, MD, Urology  
Carl Demars, MD, Hospice, Palliative Medicine, Internal Medicine  
Keith Fleming, MD, Neuroradiology  
Marybeth Ford, MD, Ophthalmology  
Ramesh Gaindh, MD, Anatomic & Clinical Pathology  
Gregory Gensheimer, MD, Ophthalmology  
Gregory Gimbel, MD, OB-GYN, Female Pelvic Medicine  
Patricia Greatorex, MD, General Surgery – Oncological  
Brian Haney, MD, Medical Oncology, Hematology  
Craig Hawkins, MD, Urologic Oncology  
Yu Ho, MD, Pulmonary, Critical Care, Internal Medicine  
Sarah Holland, MD, Plastic Surgery  
Nathaniel Hyde, MD, General Surgery  
Patrick Keaney, MD, Pulmonary, Critical Care, Internal Medicine  
Kurt Kelley, MD, Ophthalmology  
James McCormick, MD, Pulmonary, Critical Care, Sleep Medicine  
Ola Melhus, MD, Anatomic & Clinical Pathology  
Elena Nackos, MD, Medical Oncology, Hematology  
Gregory Penner, MD, Otolaryngology  
Rodger Pryzant, MD, Radiation Oncology  
Helge Riemann, MD, Dermatology  
Michael Sampson, MD, Otolaryngology  
Hal Sreden, MD, Pulmonary, Critical Care, Sleep Medicine  
Steven Stern, MD, Diagnostic Radiology  
Calin Stoicov, MD, Gastroenterology, Internal Medicine
Creating Opportunities for Prevention & Screenings

CANCER PREVENTION EDUCATION
In addition to its in-center programs, the Center for Community Health & Wellness strives to reach community members and educate them about cancer prevention through regular lectures.

Over the course of eight months, from March until November 2018, 226 members of the community attended a Food for Health or Health Within Reach lecture.

Each of the lectures included as part of Food for Health, a series offered in spring and fall, provided cooking demonstrations and education showing how chronic diseases can be prevented, treated, and reversed with a plant-based diet. Topics this year included:

- Healthy Soil, Healthy Plants, Healthy People
- Impact of Lifestyle Choices
- Maximizing Immune System Function

Health Within Reach is a lecture series that connects community members with a variety of health and wellness topics. In March 2018, the Health Within Reach lecture discussing the prevention of colon cancer led by Dr. Stoicov drew 46 community members.

SKIN CANCER SCREENING REVEALS CANCER RISK
Each year, Mid Coast Hospital holds a community skin cancer screening aimed at promoting early detection and prevention of skin cancer. Offered at no cost to the public, this year’s event was held on Saturday, May 19, 2018.

Of the 146 individuals screened, 29 had positive findings requiring biopsy or follow up. They were given names of local dermatologists and advised to seek further medical care.

All who participated were also given education materials on skin cancer prevention and treatment.

The screening was a collaboration of The American Academy of Dermatology, the American Cancer Society, and Mid Coast Center for Community Health & Wellness, as well as Mid Coast-affiliated dermatology experts.

ACCESS TO TOBACCO CESSATION AND EDUCATION
Managed by Mid Coast Hospital, Fit for Life screens Bath Iron Works’ employees onsite during work hours for cholesterol, blood pressure, Body Mass Index (BMI), body fat, blood sugar (Including HbA1c), and other health risks including tobacco use.

Through this program more than 3,200 people were screened in 2018 for tobacco use and 119 were provided with tobacco cessation counseling and one-on-one support to quit.

The Center for Community Health & Wellness also hosted a variety of Health Fairs around the community, which provided information on smoking cessation. In total, more than 2,880 participants attended these health fairs, and 30 of them made Smoke Free Home Pledges.
Treating the Total Patient

ACCESS TO DIVERSE WELLNESS PROGRAMMING
As part of offering cancer patients more diverse and integrated therapy options going forward, the Mid Coast Hospital Center for Cancer Care has introduced a massage therapy-certified (LMT) intern to its staff. The intern, together with the integrated cancer team, initiated a six-week Integrative Therapy pilot program. The center’s plan is for the program to comprise 90-minute sessions that will be available three days per week. The sessions are projected to include craniosacral therapy, oncology massage, reiki, talk treatment for anxiety and depression, and additional referral to mental health providers when appropriate.

To participate in this program, patients can either be referred by a provider, or qualify by scoring >5 on the Distress Scale.

In addition to the therapy sessions, each participant will also complete a variety of assessments including a sleep assessment and fatigue assessment before and after the 6 weeks of therapy. Data collection on the program will be complete by mid-January, and will then be shared with the Commission on Cancer team.

PSYCHOSOCIAL DISTRESS SCREENING
In order to address patients’ psychosocial health needs, Mid Coast Hospital Center for Cancer Care asks patients to fill out the NCCN Distress Thermometer at the initial consult. The provider and nurse navigator review and discuss with the results with the patient, and referrals are made as needed.

Patients identified as at risk and in need of immediate help with psychological concerns are referred to counselors who are skilled at assessing and treating cancer-related diagnoses. Patients in a crisis situation are referred to the Emergency Room.

In 2018, Mid Coast Hospital was fortunate to have a grant-funded Oncology-focused social worker join the cancer care team. The social worker primarily sees patients at Mid Coast Medical Group—Breast and Surgical Oncology, Mid Coast Medical Group—Cancer and Blood Disorders, and Bath Radiation Oncology.

Distress screening is one of the tools utilized by staff to refer patients to the social worker who is also available to patients if an immediate need is identified. The social worker role has proved to be a huge asset to cancer patients.

Focused on Quality

STRIVING FOR EARLIER DETECTION OF LUNG CANCER
To achieve earlier detection and diagnosis of lung cancer in Mid Coast Hospital patients, in 2018 the Cancer Care Committee completed a quality study on lung cancer screening done throughout the care network.

From the study, the committee created an education packet in collaboration with Dr. Patrick Keaney and his clinical team at Mid Coast Medical Group–Pulmonology. A committee member then met with clinical staff in each of the Mid Coast Medical Group Primary Care offices for an in-service on lung cancer screening education, and provided talking points to each practice.
ASSESSING PATIENT SLEEP QUALITY DURING TREATMENT

At the beginning of 2018, the Cancer Committee voted to implement a process to evaluate sleep quality in patients undergoing active cancer treatment. In November, the committee opted to create a revised distress screening tool that captures both psychosocial distress and sleep problems.

By December 2018, Mid Coast Medical Group–Cancer & Blood Disorders had evaluated the majority of its patients for sleep quality. The process will be continuously reviewed during weekly clinical meetings next year and revised to best meet the needs of patients.

Celebrating Survivorship

2018 MAKING STRIDES AGAINST BREAST CANCER

In October 2018, Mid Coast Hospital was the Survivorship sponsor of the American Cancer Society’s Making Strides Against Breast Cancer Walk held at the Brunswick Mall. The team was proud to have contributed to the community event, which raised $48,429 dollars in total to fund vital breast cancer research.

SURVIVORSHIP CARE PLANS

Mid Coast Hospital continues to emphasize survivorship through creating Survivorship Care Plans, (SCPs), with cancer patients who are completing their first course of treatment. The SCPs provide a comprehensive care summary and follow up-plan that is clearly and effectively explained.

YOGA FOR CANCER

Mid Coast Hospital and Maine Pines Racquet & Fitness partner to offer a weekly yoga program designed to limit stress, reduce fatigue, and promote healing for cancer patients. Yoga for Cancer is free and open to cancer patients before, after, or during treatment.

The Yoga for Cancer program helps cancer patients develop a better sense of wellbeing, stimulates the immune system, and increases flexibility and strength. In 2018, Yoga for Cancer saw 246 participants.
Building the Continuum

UPDATED CARE OFFERINGS
In June 2018, Mid Coast-Parkview Health celebrated the $6.2 million renovation and re-opening of its Parkview Campus, which includes the new Mid Coast Hospital Center for Cancer Care.

Located within the center is the Mid Coast Medical Infusion Center, which was updated and re-designed to allow for maximum patient privacy and comfort during visits. The Infusion Center offers blood transfusions, oncology infusions, central line and blood draws, as well as IV infusions.

The Center for Community Health & Wellness also provides a state-of-the-art space for patients and community members to address wellness needs, including medical exercise for cancer patients.

ASSISTING PATIENTS WITH NAVIGATION
Patient navigation in cancer care refers to individualized assistance offered to patients, families and caregivers to help overcome barriers and facilitate timely access to quality medical and psychosocial care.

Last year, Mid Coast Medical Group–Cancer & Blood Disorders implemented a new documentation system to assist caregivers in capturing healthcare needs and identifying specific barriers for every patient. In 2018, The Mid Coast Hospital Center for Cancer Care continued to expand on navigation.

The enhanced program includes a nurse navigator in Mid Coast Medical Group–Breast and Surgical Oncology, two nurse navigators in the Mid Coast Medical Group–Cancer and Blood Disorders office, and an oncology social worker.

Enhancements to the program in 2018 allowed for:

• The oncology social worker to act as a much-needed source of patient assessment, support, and identifier of available community resources. The social worker also worked between multiple sites, allowing for continuity of care for patients being seen in multiple locations.

• All three nurse navigators to become members of the newly formed local chapters of Academy of Oncology Nurse & Patient Navigators (AONN+); the breast navigator is part of the Maine Health Nurse Navigator Quality Work-Group. The groups allow Mid Coast navigators to participate in meetings and network with their peers throughout the state.

• The nurse navigators, oncology social worker and financial advocate to attend the Maine Cancer Foundation's Nurse Navigator Program in Augusta.
WOMEN WITH CANCER SUPPORT GROUP
Breast nurse navigator Kim Lynch, RN, facilitates the Women with Cancer Support Group at Mid Coast Hospital. It is open to all women either in active treatment or surviving cancer. Female caregivers, friends, or family members of those with cancer are invited to attend the once monthly meetings.

RIDING TO SUPPORT HEALTHY LUNGS
Mid Coast Hospital employees, providers, friends and family took part in the 34th Annual Trek Across Maine in June 2018. The cycling team raised thousands of dollars in support of the American Lung Association and healthy lungs in Maine.

SUPPORTING THE CANCER COMMUNITY
Mid Coast Hospital continues to be active in the cancer community through sponsorship, partnership and American Cancer Society, Making Strides Against Breast Cancer
• American Lung Association, Trek Across Maine
• Maine Cancer Foundation, Tri for a Cure
• Patrick Dempsey Center for Hope and Healing
• Dean Snell Cancer Foundation
• Oasis Free Clinics

THE MAINEHEALTH CANCER CARE NETWORK
Cancer patients at Mid Coast Hospital have access to world-class, coordinated cancer treatment due to Mid Coast Hospital’s membership in the MaineHealth Cancer Care Network. MaineHealth Cancer Care Network is a coordinated system of care in which 12 MaineHealth member and affiliate hospitals work together to deliver the highest quality cancer care as close to home as possible. The MaineHealth Cancer Care Network is supported by a grant from The Harold Alfond Foundation.