

# 2018

Annual Report Steeplechase Cancer Center  
Cancer Innovations Close to Home



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**Robert Wood Johnson  
University Hospital  
Somerset**

Steeplechase Cancer Center



# Cancer Innovations Close to Home



Kathleen C. Toomey, MD



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**At the Steeplechase Cancer Center** at Robert Wood Johnson University Hospital (RWJUH) Somerset, we are proud to offer a world-class team of oncology specialists and researchers, skilled and compassionate staff and the latest advances in technology in a warm, community-based setting. Looking back over the past year, we have grown in both outreach efforts and innovation.

In 2018, we added unique, cutting-edge approaches to our scope of breast cancer treatment options, along with an on-site gynecologic oncology program for patients with ovarian, endometrial, cervical and vulvar cancers. Through a partnership with the Rutgers Cancer Institute of New Jersey (RCINJ), the state’s only National Cancer Institute-designated Comprehensive Cancer Center, we have expanded access to dynamic providers for patients and the diverse communities we serve. This partnership also enables us to offer access to a robust clinical research trials program, and we are privileged to be at the forefront of findings that will impact care for future generations.

In addition to our multidisciplinary diagnostic, treatment, support and survivorship efforts, we

are collaborating with the hospital’s Community Health Department to focus on cancer prevention. Our outreach is helping to ensure that people from all cultures and backgrounds in our community understand the importance of early detection and the steps they can take to reduce their cancer risk.

We also are planning many exciting initiatives for the coming year. These include expanding our oncology registered dietitian, nurse navigator and nurse practitioner services, introducing a technology that spares more healthy tissue in men with prostate cancer receiving radiation therapy, and adding new gynecologic oncology clinical trials to our research roster.

These efforts would not be possible without our incredible team that collaborates to ensure the best care for our patients. As we work to make a difference in the lives of people throughout our community, we remain committed to advancing cancer care across many fronts on behalf of our patients.

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Bilingual patient navigator Angela Lee explains a procedure to a cancer patient.



## Community Outreach

### Connecting with the Community

The Steeplechase Cancer Center continued to expand its presence in the community in 2018 through outreach and education efforts. Staff attended corporate and community health fairs, held lunch-and-learn programs, participated in cancer awareness walks and facilitated cancer prevention lectures. The hospital’s Community Health Department contributed to these efforts by reaching more than 7,500 people through more than 400 programs focused on cancer prevention. In addition, 218 people received cancer screenings, including those for prostate, skin, and oral, head and neck cancers. Of these, 59 were referred for follow-up care.

### Expanding Culturally Sensitive Care

In 2018, RWJUH Somerset launched two new programs aimed at ensuring culturally and linguistically competent care for patients of different ethnicities and backgrounds, including those undergoing cancer treatment.

The Chinese Medical Program offers a bilingual patient navigator, Angela Lee, who assists in coordinating care for Chinese patients. A Hong Kong native, she speaks fluent Cantonese, Mandarin and Toishanese dialects. The Indian Medical Program features a trilingual patient navigator, Shisha Patel, a Gujarat native who speaks Gujarati and Hindi languages fluently.

Both patient navigators assist with arranging round-trip transportation to appointments, filling out forms, accompanying patients to appointments and providing interpretation and translation services. These programs are

expanding access to care for those who previously may have delayed seeking preventive health services or treatment due to language and cultural barriers.

### Breast Health Outreach

In addition to providing 14,615 exams and procedures in 2018, the Sanofi US Breast Care Program provided more convenient access to mammograms by coordinating six corporate screening events with area organizations. The Breast Care Program is fully accredited by the National Accreditation Program for Breast Centers and has been named a Breast Imaging Center of Excellence by the American College of Radiology.

Breast health awareness efforts also were aimed at culturally diverse populations, including Make Time for Mammography programs targeted to African American and Asian Indian audiences. In addition, through funding from the Susan G. Komen organization, eight Senos Sanos (Healthy Breasts) programs were coordinated by the hospital’s Community Health Department for Hispanic/Latino women, with nearly 100 percent of attendees improving or maintaining their knowledge of breast health following the program.

**The Lung Cancer Screening Program at RWJUH Somerset screened 257 patients at high risk for lung cancer in 2018.**



## New Technologies and Treatments

### Innovations in Breast Cancer Treatment

In 2018, the Steeplechase Cancer Center added three innovative approaches to its range of options for surgical breast cancer treatment.

“Having any of these technologies is cutting-edge, but the ability to offer all of them is very unique,” says Deborah Lue, MD, Medical Director of the Sanofi US Breast Care Program at the Steeplechase Cancer Center. “Each is aimed at improved outcomes and a better quality of life for our patients.”

- **BioZorb™ marker for radiation therapy.**

This bioabsorbable 3D tissue marker is placed in the breast during lumpectomy surgery, enabling radiation oncologists to more precisely target radiation therapy while sparing healthy tissue. Because it has size options designed to fit the lumpectomy cavity, the device also replaces volume while allowing the body’s own natural tissue to remodel the cavity as the marker dissolves, which can result in a better cosmetic outcome.

- **Oncoplastic Breast Surgery.** This approach combines the latest plastic surgery techniques with the expertise of surgical oncology. “It’s a way of thinking that engages plastic surgeons very early in the surgical planning process so that outcomes reflect the best of both worlds,”

explains Dr. Lue. “We work together to plan incision sites and sculpt tissue in a way that provides a more natural symmetry, contour and overall appearance.”

- **LOCalizer™.** The LOCalizer miniature radiofrequency tag is a new guiding system that localizes breast lesions for surgical excision in a way that’s easier and more convenient for patients. Unlike traditional guidewires that are placed on the morning of surgery, the tag can be implanted by a radiologist up to 30 days before surgery, enabling scheduling flexibility and an improved patient experience. The tag communicates with a probe used by the surgeon to easily identify the surgical site.

### Specialized Gynecologic Oncology Program Now Available

The Steeplechase Cancer Center broadened its scope of services in 2018 to focus on women’s reproductive cancers. Mihae Song, MD, a board-certified physician who is fellowship-trained in gynecologic oncology and on staff at Rutgers Cancer Institute of New Jersey, joined the medical staff of RWJUH Somerset as part of this service expansion. With her arrival and the support of a new nurse practitioner, patients with ovarian, endometrial, cervical and vulvar cancers now have access to services like chemotherapy and minimally invasive laparoscopic and robotic surgery close to home. A clinical trial on platinum-resistant ovarian cancer also is underway.

“Facing a cancer diagnosis is challenging for patients and their families, but the need to travel for specialized care is an added burden,” says Dr. Song. “Now, we offer a highly advanced level of gynecologic oncology care right here in the community.”

Deborah Lue, MD (far left)  
Mihae Song, MD (left)



RWJUH Somerset has worked to reduce inpatient length of stay for cancer patients and address complications due to opioids.

## Improving Care Protocols to Benefit Patients

Aligning with the efforts of the Steeplechase Cancer Center, hospital departments at RWJUH Somerset work collaboratively to provide the best care for patients with cancer. This includes adjusting and improving protocols to ensure optimal outcomes.

### Lymphedema Assessments and Interventions

The Occupational Therapy Department at RWJUH Somerset is working with the Steeplechase Cancer Center to ensure that patients scheduled for sentinel node removal are referred to an occupational therapist for presurgical baseline arm measurements and education about lymphedema signs and symptoms, as well as postsurgical follow-up to assess for any changes.

“Our three certified lymphedema therapists teach patients how to minimize the risk of lymphedema, assist with early detection and help manage the condition if it develops,” says Karen Smith, OTR, MHA, Supervisor of Occupational Therapy. “When it’s detected early, patients generally need less intensive treatment and have more favorable outcomes.”

### Reducing Length of Stay for Surgical Inpatients

In a protocol that is part of the Enhanced Recovery After Surgery (ERAS) perioperative program, RWJUH Somerset has established positive outcomes in the enhanced use of the IMPACT Advanced Recovery immunonutrition drink for patients undergoing colon resection, including those with colon cancer. Length of stay and complications were reduced in

patients consuming the drink for five days before and five days after surgery. In the fourth quarter of 2018, the length of stay was 5.1 days for those consuming the supplement, compared to 6.4 days for those not using it.

“We’re enhancing the immune system and building up nutrients that help patients handle the stress of surgery while augmenting the healing process after surgery,” explains Karen Connelly, RD, CSO, Oncology Dietitian, who is studying outcomes with Clinical Nutrition Manager Theresa Freeden, MS, RD. “By keeping patients stronger throughout treatment, we can ease the transition into survivorship.”

### Addressing Opioid-Induced Complications

When Oncology Services Nursing Director Marilyn Omabegho, MSN, RN, NE-BC noticed an uptick in the number of oncology inpatients experiencing constipation, she began examining opioid prescription protocols. She discovered an opportunity to increase awareness about consistently prescribing a bowel regimen for any patient receiving opioids for pain. Omabegho, oncology nurse Boguslaw Wawszkowicz, BSN, RN, OCN and the Oncology Pain Management Committee launched an ongoing initiative to communicate this information to oncologists, hospitalists and surgeons while educating patients, nurses and staff.

“The comfort of our patients is a top concern, and now everyone is on the same page with this prescribing regimen,” says Omabegho. “As a result, we’ve dramatically reduced this opioid-related side effect.”

## Advancing Clinical Research

### Access to New Therapies

RWJBarnabas Health's partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center and one of only 49 centers in the United States with this designation, enables the Steeplechase Cancer Center to provide a wide range of cutting-edge clinical trials close to home. This important research gives patients access to new treatment approaches while laying the groundwork for the next generation of cancer therapies.

In 2018, 221 patients were enrolled in clinical trials at the Steeplechase Cancer Center. On average, about 25 protocols are open to enrollment at any given time, with an additional 25 protocols following patients previously enrolled in studies. Clinical trials include those for breast, colorectal, prostate, bladder and lung cancers, as well as multiple myeloma and quality of life studies.

### TAILORx Findings Released

The multinational Trial Assigning Individualized Options for Treatment (Rx), or TAILORx trial, examined whether chemotherapy improved outcomes in more than 10,000 women with early-stage breast cancer. The Steeplechase Cancer Center was a participating site, with 14 women enrolled. In 2018, findings were released showing that for 70 percent of women with the most common type of breast cancer, hormone receptor (HR)-positive, HER2-negative, axillary lymph node-negative breast cancer, treatment with chemotherapy and hormone therapy after surgery is not more

beneficial than treatment with hormone therapy alone.

"This amazing finding shows that women with early-stage breast cancer who have a low oncotype recurrence score can avoid chemotherapy as part of their treatment," says Kathleen C. Toomey, MD, Medical Director of the Steeplechase Cancer Center.

### A New Gynecological Oncology Trial

Bevacizumab and liposomal doxorubicin are approved by the FDA to treat recurrent platinum-resistant ovarian cancer. A new clinical research study at the Steeplechase Cancer Center is evaluating how well these approved chemotherapy drugs work with an immunotherapy drug, atezolizumab, in treating patients with ovarian, fallopian tube or primary peritoneal cancer that has recurred.

### Comparing Lymph Node Dissection with Radiation

A randomized phase III clinical trial at the Steeplechase Cancer Center is examining axillary lymph node dissection to see how well it works compared with axillary radiation in patients with node-positive breast cancer treated with neoadjuvant (pre-surgery) chemotherapy. Traditionally, if cancer is found in the lymph nodes during surgery, the majority of the lymph nodes are removed. This study is comparing the effectiveness of that approach with one in which only some of the lymph nodes are removed, followed by radiation therapy.



Medical director Kathleen Toomey, MD, talks with patient Lori Monaghan about her treatment plan.

### Multidisciplinary Course of Care Includes Clinical Trial

When a mammogram and ultrasound found a suspicious lymph node in Lori Monaghan's left armpit, it set off a series of tests that led to a diagnosis of estrogen, progesterone and HER2-positive breast cancer. From there, more testing ruled out an initial suspicion that the cancer had spread beyond her breast.

While the diagnosis was overwhelming, Lori was reassured to have access to the right course of treatment close to home at the Steeplechase Cancer Center. In weighing her options, Lori chose to have a bilateral mastectomy – and to take the opportunity to participate in the lymph node dissection vs. radiation clinical trial.

"I've benefited so much from those who participated in research trials in the past, because it's led to the level of care we now receive," says Lori, a 49-year-old Branchburg resident. "What if my daughter or niece needed treatment in the future? I wanted to make a difference, too."

In addition to completing chemotherapy prior to surgery, Lori received radiation and additional HER2 targeted therapy following surgery. She is now scheduled for reconstructive surgery. She's had a multidisciplinary team on her side to help her through the treatment journey – including a medical oncologist, radiation oncologist, breast surgeon, plastic surgeon, oncology nurses and a nurse navigator, research nurses, therapists, a dietitian, a social worker and the manager of the Sanofi US Wellness Boutique. She also participated in the six-week Cancer Transitions program at the Steeplechase Cancer Center.

"The Cancer Center team has provided amazing care," says Lori. "They offer everything you'd find at a larger cancer center, but with an approach and setting that feels like home."

*In 2018, the Steeplechase Cancer Center's Radiation Oncology Department provided 5,518 radiation treatments. The department is accredited by the American College of Radiology's Committee on Radiation Oncology Practice Accreditation Program.*



Breast cancer survivor Janet McCrea ran the 5K in the Steeplechase Distance Run.



Oncology nurse navigator Lenore Rubino Rogers, MSN, RN, CHPN, OCN connects a patient to support services.

## Support for the Body, Mind and Spirit

### Donation Funds Patient Assistance Programs

In 2018, RWJUH Somerset received a \$100,000 donation from the Far Hills Race Meeting Association to support the basic needs of cancer patients at the Steeplechase Cancer Center, helping to alleviate stress during cancer treatment. Made through the Somerset Health Care Foundation, this donation is funding transportation to and from appointments along with supportive needs, such as financial assistance for wigs and prostheses offered at the Sanofi US Wellness Boutique, groceries, medications and other living expenses.

### 10th Annual Distance Run Benefits Cancer Center

When Janet McCrea of Hillsborough ran the 5K at the 10th Annual Steeplechase Distance Run on September 30, she was celebrating a personal milestone: she had recently marked the first anniversary of completing treatment for breast cancer at the Steeplechase Cancer Center.

“The care that I received at the Steeplechase Cancer Center was excellent,” says McCrea, a mother of two. “The doctors and staff are wonderful. They always made me feel comfortable and safe.”

In addition to the 5K run, the Steeplechase Distance Run featured a 10K run, a 2 mile walk and Kids’ Sprints. More than 1,000 community members, cancer survivors, family members, physicians and friends convened for the event, which raised nearly \$50,000 to benefit

educational and support services at the Steeplechase Cancer Center.

The 10th Annual Distance Run was organized by the Somerset Health Care Foundation with the help of numerous sponsors, including Diamond Sponsor CareOne Management and Titanium Sponsor The Peer Group: Colin Failey, MD. The event was founded by Cynthia Lee, MD, a board-certified surgeon at RWJUH Somerset.

### Enhanced Nurse Navigator Support

The Steeplechase Cancer Center added a new oncology nurse navigator in 2018. In this position, Lenore Rubino Rogers, MSN, RN, CHPN, OCN provides support and guidance to patients with all types of cancer and their families throughout diagnosis, treatment and recovery. This includes coordinating referrals, providing education, connecting patients to resources and offering comfort and compassion. Beyond this role, breast cancer navigator Kimberly Cromwell-Piniella, BSN, RN had more than 1,000 patient encounters in 2018.

### Giving Back a Gift of Comfort

When Carolita Lewis of Warren was diagnosed with stage 1 breast cancer in her right breast and ductal carcinoma in situ in her left breast, she successfully completed treatment with the help of the Steeplechase Cancer Center team. She was so grateful for the support she received that she wanted to give back to others.

“My security blanket was my mastectomy pillow,” she says. “It goes over your breasts and under your armpit to protect those areas, which is especially helpful during car rides and while sleeping.”

Carolita decided to make mastectomy pillows for others with the assistance of her coworkers and her company, which donated all the supplies. Staying after work, they made 63 pillows to donate to Steeplechase Cancer Center patients and support group attendees.

“So many people came together to support me, so I was very happy to be able to in turn help other patients,” says Carolita.

### Expanded Genetic Counseling Services

The Rutgers Cancer Institute of New Jersey’s Hereditary Oncology Prevention and Education (HOPE) Program provides comprehensive genetic counseling and cancer risk assessment on site at the Steeplechase Cancer Center for individuals with a personal or family history of cancer. In 2018, this program counseled 125 new patients and expanded from five to nine

clinics per month, creating more capacity to see patients and their families sooner.

### Palliative Care Outreach Grows

The Palliative Care Program at RWJUH Somerset became more robust in 2018 under the direction of Sheryl Ciccarelli, APN, with the addition of coordinator/chaplain Raul Pamplona. Together, they focus on meeting patient needs throughout the trajectory of a serious illness, helping with symptom management, emotional and spiritual considerations and overall care goals. Palliative care consultations increased from 226 in 2017 to 569 in 2018, including helping more than 100 oncology inpatients.

### Boutique Celebrates 10 Years of Supporting Patients

The Sanofi US Wellness Boutique, located at the Steeplechase Cancer Center, recently celebrated its 10th anniversary. The Boutique is managed by certified fitter Lisa Lindenberg, who helps patients select wigs, breast prostheses and lymphedema garments. It also sells a range of other products, from head scarves to swimsuits.

### A Wide Range of Support Options

From support groups, yoga and cooking programs to a Wellness Workout class and tai chi, support programs facilitated through the Steeplechase Cancer Center had more than 5,500 patient encounters in 2018. In addition, the Survivorship Care Planning Program – designed to streamline and enhance post-treatment care – supported 177 patients.



Carolita Lewis provided support for other patients following her own treatment.



Palliative care team members Chaplain Raul Pamplona with Sheryl Ciccarelli, APN, focus on meeting patient needs.



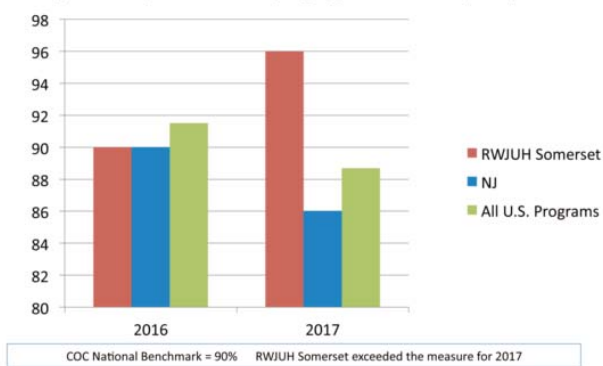
# Quality Measures

Compared to other cancer programs in New Jersey and across the U.S., the Steeplechase Cancer Center at RWJUH Somerset exceeds a number of performance standards for Rapid Quality Reporting System (RQRS) measures from the American College of Surgeons. RQRS is a reporting and quality measurement tool that provides clinical assessment of hospital-level adherence to quality of cancer care measures.



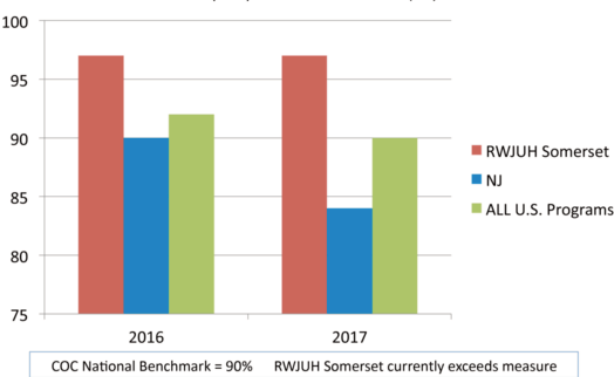
## RQRS Measure: Radiation Therapy Administration Following Breast Cancer Surgery

RT is administered within 1 year (365 days) of diagnosis for women under the age of 70 receiving breast-conserving surgery for breast cancer. (BCSRT)



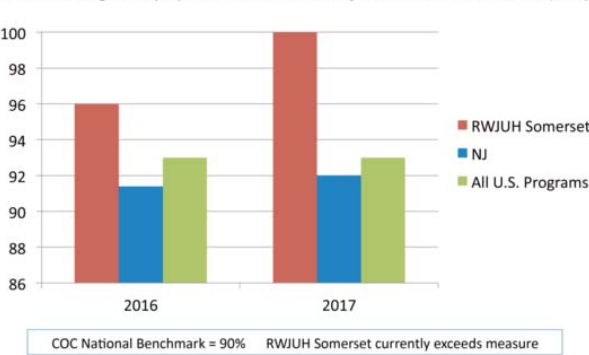
## RQRS Measure: Tamoxifen or Aromatase Inhibitor Administration in Breast Cancer Patients

Tamoxifen or aromatase inhibitor is considered or administered within 1 year (365 days) of diagnosis for women with AJCC T1cN0M0, or Stage II or III hormone receptor positive breast cancer. (HT)



## RQRS Measure: Lymph Node Removal in Colon Cancer Patients

At least 12 regional lymph nodes are removed for resected colon cancer. (RLN)



## Clinical Cancer Services

The Steeplechase Cancer Center offers a broad range of clinical services, including:

- Diagnostic services, including 3D mammography and the Lung Cancer Screening Program
- Genetic counseling
- Infusion therapy
- Laboratory services
- Medical oncology
- Oncology rehabilitation services
- Pathology
- Plastic and reconstructive surgery
- Radiation therapy
- Radiology, including PET/CT
- Surgical oncology, including minimally invasive and robotic techniques

## Quick Access Numbers

Administration	908.927.8714
Breast Cancer Patient Navigator	908.252.4053
Breast Center	908.704.3740
Cancer Registry	908.704.3755
Chinese Medical Program	908.595.2322
Genetic Counseling	908.243.8692
Indian Medical Program	908.595.2348
Infusion Center	908.927.8720
Lobby Reception	908.927.8721
Lung Cancer Screening	908.595.2633 or 1.855.RWJ.LUNG
Oncology Dietician	908.704.3784
Oncology Patient Navigator	908.685.2902
Oncology Research	908.685.2481
Palliative Care	908.200.1767
Radiation Oncology	908.927.8777
Sanofi US Wellness Boutique	908.927.8779
Social Work	908.595.2363
Survivorship Care Planning	908.243.8660
Tobacco Quitcenter	908.685.2442

## Cancer Support Services

The Steeplechase Cancer Center's support services include:

- Complementary medicine and exercise programs
- Nutrition counseling and education
- Palliative care, pain management and hospice
- Patient resource library
- Patient support groups
- Social work services
- Tobacco Quitcenter
- Sanofi US Wellness Boutique
- Survivorship program

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