

Outreach and Insight: Advancing Cancer Care

Steeplechase Cancer Center | 2019 Annual Report



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Let's beat cancer together.



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OUTREACH AND INSIGHT: ADVANCING CANCER CARE

A strong cancer program requires not only insight, innovation and support to provide patients with the highest quality care, but also the type of outreach that makes prevention and early detection accessible and convenient. At the Steeplechase Cancer Center at Robert Wood Johnson University Hospital (RWJUH) Somerset, we embrace this approach – and we make it personal. In partnership with Rutgers Cancer Institute of New Jersey – the state’s only NCI-designated Comprehensive Cancer Center – we provide close-to-home access to the most advanced treatment options.

In 2019, we broadened our connections with the community through a variety of outreach efforts, including expanded screenings and education programs, participation in more than 40 community events and on-site mammogram appointment scheduling with seven area businesses. We also improved access to culturally competent services by creating a transgender mammogram program and working directly with various cultural organizations.

Throughout the year, we continued to invest in quality across all areas of care. Patients with prostate cancer now have access to an innovative SpaceOAR® Hydrogel that minimizes radiation side effects. A new mammography information system and an OR specimen imaging system have contributed to streamlined care. We also received a glowing report from the National Accreditation Program for Breast Centers (NAPBC) granting full three-year accreditation of the Sanofi US Breast Care Program. This well-deserved designation was earned through the extraordinary collaboration and commitment of our team members at the cancer center and throughout the hospital.

Our multidisciplinary approach to care is evident in our daily interactions with patients as well as in our multidisciplinary tumor board conferences, which now include gynecologic oncology conferences. In these meetings and in all aspects of care – from diagnosis to our expanded survivorship services – team members have an intimate knowledge of each patient’s unique situation that facilitates the highest level of ongoing support.

Looking ahead, we’re already working on a number of exciting advances for 2020, including:

- A comprehensive screening and risk reduction program for women at high risk for developing breast cancer
- Grant-funded access to the Paxman Scalp Cooling treatment to help prevent hair loss caused by certain chemotherapy drugs
- A food pharmacy initiative for patients and households at risk for food insecurity
- A more robust Quitcenter tobacco cessation program through a partnership with RWJBarnabas Health’s Institute for Prevention and Recovery
- An employee-driven Quality Improvement Council to enhance care processes
- A new financial coordinator to provide patient guidance

Through the efforts of our world-class oncology specialists and researchers, skilled and compassionate staff and dedicated volunteers – along with the support of our community – we are helping patients feel safe and supported while offering cutting-edge approaches to care in a personalized, community setting. We’re incredibly proud to bring this breadth and depth of services to our patients all in one place, close to home.



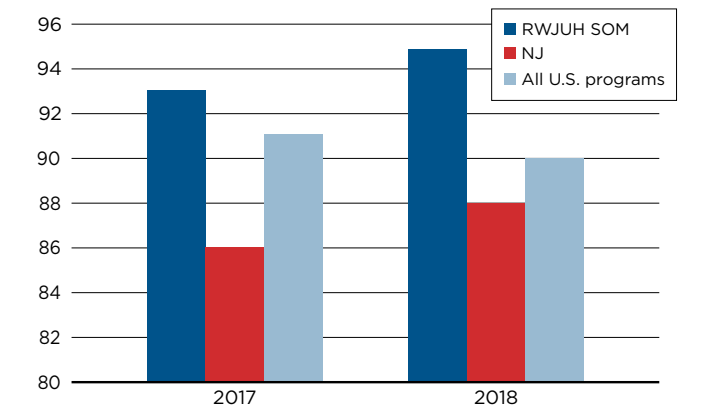
EXEMPLARY QUALITY

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*

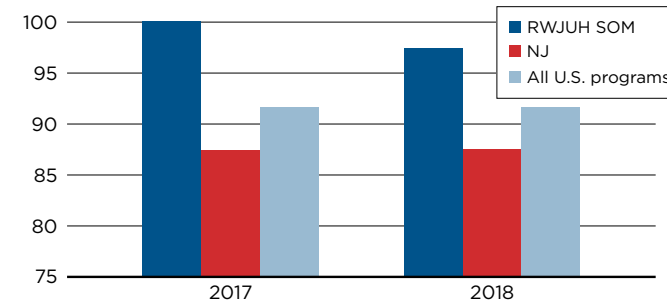
COC National Benchmark = 90% RWJUH SOM currently exceeds measure



*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*

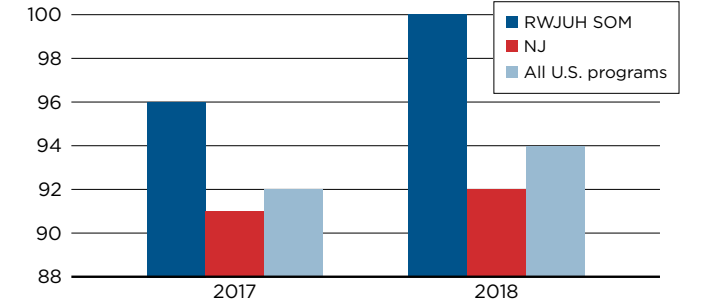
COC National Benchmark = 90% RWJUH SOM currently exceeds measure



*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*

COC National Benchmark = 90% RWJUH SOM currently exceeds measure



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

Breast center earns full re-accreditation

In 2019, the Sanofi US Breast Cancer Program received full three-year reaccreditation from the National Accreditation Program for Breast Centers (NAPBC), a quality program of the American College of Surgeons (ACS), following extensive preparation by the Steeplechase Cancer Center and RWJUH Somerset multidisciplinary team and a site visit from NAPBC surveyors. To achieve this voluntary accreditation, the Breast Center demonstrated compliance with NAPBC standards that examine leadership, clinical services, research, community outreach, professional education and quality improvement.



“The team provides a human touch that is very apparent as soon as one enters the facility...There is always attention to improving quality and looking to the future. This is an excellent example of an amazing center. They have a lot to be proud of, as does the community they serve. Well done!”

After commending each aspect of the program, the surveyors commented:

COMMUNITY OUTREACH AND SCREENINGS

Transgender breast screening now available

Further expanding the LGBTQ+ health care services provided by RWJUH Somerset, the Sanofi US Breast Care Center now offers mammography screenings customized for transgender men and women. Annual mammography screenings are recommended beginning at age 40 for transgender women who have been taking feminizing hormones for at least five years and transgender men who have not had a mastectomy.

Staff members have been specially trained in the care of LGBTQ+ patients and work collaboratively with the hospital's Babs Siperstein PROUD Center, which offers specialized primary care services for the LGBTQ+ community in an evidence-based, culturally competent manner. Screenings are provided in a supportive environment in which every patient is treated with respect and dignity.

Multicultural outreach expands

The Steeplechase Cancer Center has expanded its multicultural cancer awareness outreach and linguistically competent care with the assistance of the Chinese Medical Program's bilingual patient navigator, who is fluent in Cantonese, Mandarin and Toishanese dialects, and the Indian Medical Program's bilingual patient navigator, who speaks Gujarati and Hindi languages fluently. In 2019, networking and education events were held in partnership with area Asian/Indian, Chinese American and Jewish Federation organizations, as well as the Somerset County Business Partnership. The Steeplechase Cancer Center also offered culturally competent screenings, including a prostate cancer screening for Asian men, with three individuals referred for follow-up care.



Shisha Patel, Indian Medical Program navigator, right, provides information about health care services at community outreach events.



Breast cancer survivor Lori Allen, star of TLC's "Say Yes to the Dress: Atlanta," fifth from left, headlined the hospital's annual Breast Cancer Awareness Month event which featured a bridal fashion show with breast cancer survivors.

Education and screenings

In 2019, Steeplechase Cancer Center staff attended nearly 40 community events and health fairs to raise awareness about early detection, screening and prevention. A total of 432 people received cancer screenings, including those for skin cancer, sun damage, prostate cancer and lung cancer.

Educational programs held at RWJUH Somerset throughout the year included well-attended colorectal and breast health events. The hospital's Community Health Department played a key role in education and awareness efforts by reaching more than 44,000 people through more than 1,700 programs focused on cancer prevention.

Making mammograms more convenient

The Sanofi US Breast Care Program coordinated a mammography education campaign for seven area businesses, with a senior technologist visiting sites to discuss the importance of early detection. During these visits, employees were able to easily schedule mammograms – including early morning, evening and Saturday appointments – with no prescriptions necessary provided they had no history of breast cancer or new issues. RWJUH Somerset employees also had access to two special mammogram screening days with extended hours, with 143 employees receiving mammograms. Overall, the breast center performed 12,548 exams and procedures in 2019.



Anne Moch, MD, co-medical director of the Sanofi US Breast Care Program, reviews breast images.

“Early detection is vital for breast cancer survival. Life gets busy, so we're making it easier for people to schedule their mammograms on the spot. One of our senior technologists handles the details on their behalf, with no judgment, no matter how long it's been since their last mammogram.”

– Diane Quigley, BS, RT (R) (M), CBPN-IC, Director of the Sanofi US Breast Center

Grant funding for lung and colorectal health

Through a grant received from Screen NJ in 2019, the Steeplechase Cancer Center is offering free lung cancer screenings for first responders, including police, firefighters and emergency medical service personnel. The Lung Cancer Screening Program, in partnership with Rutgers Cancer Institute of New Jersey (CINJ) and University Radiology Group, includes low-dose CT screening to identify lung cancer early, when it is most treatable. Program staff assists with scheduling, pre-authorization and referral to the Steeplechase Cancer Center's Tobacco Quitcenter if needed. Last year, 75 patients received lung cancer screenings at the Steeplechase Cancer Center.

The Steeplechase Cancer Center also received a grant from Screen NJ to provide free colorectal cancer education and prevention. This program facilitates GI consults and a screening colonoscopy, if appropriate, for both insured and uninsured populations.

NEW PROTOCOLS, TREATMENTS AND TECHNOLOGIES

Breast cancer Second Opinion Program now available

The Steeplechase Cancer Center recently launched a Second Opinion Program to help those who have been diagnosed with breast cancer make informed decisions about the best plan of care. The program reviews prior test results with patients and provides recommendations about treatment options and clinical trial opportunities.

“Our Second Opinion Program brings all of our cancer experts together in one place to answer questions and help patients create a personalized treatment plan,” says Deborah Lue, MD, medical director of the Sanofi US Breast Care Program. “Patients benefit from seeing the multidisciplinary team – including a medical oncologist, radiation oncologist, surgeon and nurse navigator – all in a single visit. It’s a streamlined way to gain a better understanding of the big picture and treatment options to give patients peace of mind and help them make decisions.”



Kimberly Cromwell-Piniella, CBCN, BSN, RN, breast cancer patient navigator, left, meets with a patient.

Expanding lymphedema education and interventions

Because the incidence of breast cancer-related lymphedema can be as high as 40% for patients who undergo axillary lymph node dissection and adjuvant radiation, RWJUH Somerset’s Occupational Therapy Department works closely with the Steeplechase Cancer Center team to provide education, assessments and intervention for patients undergoing lymph node removal. Board-certified lymphedema therapists provide presurgical baseline arm measurements and education about the signs and symptoms of lymphedema. At a three-month postsurgical follow-up, the team assesses for any changes and implements a treatment plan if needed. Any co-occurring issues like arthritis or a previous shoulder injury also can be addressed. The team presented the program’s successful results at the RWJUH Somerset Quality Fair in 2019.



Karen Smith, MHA, OTR, supervisor, Occupational Therapy, takes arm measurements of a breast cancer patient.

“At around the three-month postsurgical mark, some patients may experience soft tissue issues, scar formation or the early onset of lymphedema, and these issues can be more easily treated and even reversed at this point,” explains Karen Smith, OTR, MHA, supervisor of Occupational Therapy. “We’re currently working on a prospective surveillance model that will extend these assessments to include six-, nine- and 12-month intervals, with the goal to further ensure favorable outcomes.”

In addition to these efforts, the Steeplechase Cancer Center participates in a national clinical trial studying how well reverse axillary mapping works in preventing lymphedema. With this approach, breast surgeons work to preserve the lymph node drainage system to the greatest extent possible during surgery.

SpaceOAR minimizes radiation side effects

Patients undergoing radiation treatment for prostate cancer at the Steeplechase Cancer Center now have access to SpaceOAR® Hydrogel, an absorbable hydrogel that acts as a cushion to temporarily create space between the prostate and the rectum. SpaceOAR helps protect the rectum from radiation exposure, sparing healthy tissue and minimizing potential side effects.

Urologists surgically inject the hydrogel into place using ultrasound guidance prior to the start of treatment, and it is gradually absorbed by the body after the completion of radiation therapy. Clinical trials have demonstrated the safety of SpaceOAR, and outcomes reported by patients three years after treatment showed significantly fewer long-term rectal side effects, a greater likelihood of maintaining sexual function and higher scores for urinary and bowel quality of life.

In 2019,
the Steeplechase Cancer
Center’s Radiation
Oncology Department
provided
5,852
radiation treatments.

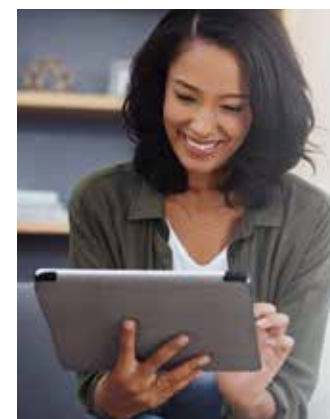
The department is accredited
by the American College of
Radiology’s Committee on
Radiation Oncology Practice
Accreditation Program.

Tissue sampling technology streamlines OR time

A new Trident specimen radiology system is now available at RWJUH Somerset to maximize workflow for the rapid specimen verification of breast tissue samples in patients undergoing breast cancer surgery. Using this system, high-quality digital images of breast tissue can be sent immediately from the operating room to radiologists to optimize communication and surgical decision-making. With this innovative technology, the surgical team can receive confirmation on the next steps in surgery within minutes, eliminating extra steps in the verification process, improving safety and reducing the time patients are in the operating room.

Full compliance achieved for biomarker testing

Some patients with non-small cell lung cancers have mutations in the epidermal growth factor receptor (EGFR) found on cell surfaces. When these mutations are identified, patients have the opportunity to benefit from targeted cancer therapies like EGFR inhibitors. Collaborative research conducted by the College of American Pathologists, the International Association for the Study of Lung Cancer and the Association for Molecular Pathology has established clinical standards for EGFR testing. In 2019, all 33 patients who were diagnosed with non-small cell lung cancer and eligible for EGFR testing were appropriately tested at the Steeplechase Cancer Center, showing 100% compliance with these recommendations.



Upgraded breast center information system

In 2019, the Sanofi US Breast Center upgraded its information system to a PenRad dedicated mammography system designed to streamline processes, increase efficiency and improve productivity. Patients now have the ability to check in using an iPad that tracks their medical history more conveniently. The system also provides a lifetime risk assessment model that the team can review with patients, which is helpful in determining when more aggressive screening or genetic testing is recommended.

HARNESSING THE POWER OF CLINICAL RESEARCH



Access to new treatment approaches

Patients at the Steeplechase Cancer Center have access to a wide range of clinical trials close to home, thanks to a partnership between RWJBarnabas Health and Rutgers Cancer Institute of New Jersey. Rutgers Cancer Institute is the only center in New Jersey designated as a Comprehensive Cancer Center by the National Cancer Institute.

Clinical trials are research studies that offer patients access to the latest treatment strategies while examining new approaches that may benefit other patients in the future. In 2019, 237 patients were enrolled in clinical trials at the Steeplechase Cancer Center. At any given time, there are approximately 20 to 25 protocols actively enrolling patients,

and an additional 20 protocols that continue to follow previously enrolled patients. The clinical trial portfolio includes treatment-focused studies for breast, colorectal, genitourinary, lung and gynecologic cancers, along with screening, quality of life and nursing trials.

The Steeplechase Cancer Center recently marked its tenth year of participation in the prostate cancer screening longitudinal study sponsored by the Prostate Conditions Education Council (PCEC). Free screenings, including a prostate-specific antigen test and a digital rectal exam, are offered annually during Prostate Cancer Awareness Month in September. In 2019, 126 patients participated in this trial.

Big Ten clinical trials

Rutgers Cancer Institute is part of the Big Ten Cancer Research Consortium (BTCRC), which is designed to transform cancer research through collaborative, hypothesis-driven cancer research trials that leverage the scientific and clinical expertise of Big Ten academic institutions. These institutions have the resources and patient population to conduct genomic-specific trials across all diseases. The BTCRC promotes a team-based research culture that drives science more rapidly from ideas to new approaches in cancer treatment.

Through the Rutgers Cancer Institute partnership, patients at the Steeplechase Cancer Center now have access to BTCRC clinical trials, including biologically specialized trials, close to home. These include a trial testing the efficacy of atezolizumab, an immunotherapy drug, in patients with metastatic lung cancer.

Testing combination therapy for endometrial cancer

A phase III gynecologic oncology clinical trial now available at the Steeplechase Cancer Center is studying whether it's beneficial to add the drug pembrolizumab to treatment with paclitaxel and carboplatin in patients with stage III, stage IV or recurrent endometrial cancer. Paclitaxel and carboplatin are chemotherapy drugs used as part of the usual treatment approach for this type of cancer. The trial is examining whether the addition of immunotherapy, such as pembrolizumab, may help the body's immune system attack the cancer and interfere with the ability of tumor cells to grow and spread.

Paving the way for future care protocols

For many years, Denise Kelly of Bridgewater put off having a mammogram as she was dealing with certain hardships in her life, like the loss of her husband. When her niece passed away from breast cancer at age 39 and Denise began to notice messages about early detection, she knew it was time to schedule an appointment.

"It was like the universe was telling me something," she says.

In 2017, a mammogram at the Steeplechase Cancer Center detected a suspicious spot, and a biopsy confirmed stage II breast cancer. After considering her options, Denise had a mastectomy. She has been under the care of Kathleen Toomey, MD, medical director of the Steeplechase Cancer Center, ever since.

When Dr. Toomey asked if Denise was interested in participating in the ABC/Aspirin Trial to help determine whether aspirin could lower the risk of breast cancer recurrence, Denise immediately thought of her niece.

"Every day, researchers put their blood, sweat and tears into discovering new treatment options," she says. "If I can contribute to this research even a little and help future generations, why wouldn't I?"

A retired first grade teacher who takes joy in walking dogs part-time, Denise now focuses on appreciating the little things in life each day.

"It may not be in my lifetime, but I hope that during the lifetime of my younger nieces and nephews, we will see a cure," she says.



Denise Kelly, left, with Stacey Alphas, RN, BSN, OCN, oncology clinical research nurse, center, and Siby Varughese, BSN, MA, RN, OCN, CCRP, director, oncology research, right.

Trial examines the impact of aspirin on breast cancer recurrence

Some studies have suggested that aspirin may lower the risk of breast cancer recurrence, while others have not shown these results; thus, more research is needed to determine whether there is a benefit. The ABC/Aspirin Trial, available at the Steeplechase Cancer Center, is evaluating whether taking one 300 mg aspirin each day will reduce breast cancer recurrence compared to taking a placebo in women who have completed their course of chemotherapy, surgery and/or radiation therapy for breast cancer. Patients undergoing hormonal therapy continue that therapy as directed during the clinical trial.



SUPPORT AND SURVIVORSHIP

Survivorship program held

In partnership with the Regional Chronic Disease Coalition, the Steeplechase Cancer Center held a Thriving and Surviving workshop for all patients and caregivers. This free program focused on topics such as techniques to deal with issues like frustration and uncertainty, exercises for maintaining and regaining flexibility and endurance, making decisions about treatment and complementary therapies, setting priorities, learning nutrition strategies and communicating effectively with family, friends and caregivers. The workshop was co-sponsored by the Regional Morris & Somerset County Chronic Disease & Cancer Coalition.

Educational series for breast cancer survivors

Through a grant from Susan G. Komen, the Steeplechase Cancer Center recently developed a wellness series for breast cancer survivors. Facilitated by a representative from the Cancer Support Community, the initial program focused on healthy food options and how to create lasting change, and it concluded with participants sharing favorite healthy dishes. Participants also received ShopRite gift cards for healthy food shopping.

Navigating breast cancer surgery

In 2019, breast cancer navigator Kimberly Cromwell-Piniella, BSN, RN, CBCN, OCN began breast cancer preoperative education classes to help patients and their support individuals understand every aspect of the care journey, from hospital logistics to postoperative care instructions on topics like showering and drain management. By providing this level of detail before surgery, the program aims to ease patient anxiety, make the treatment process easier and improve outcomes.



Gynecologic oncology APN joins cancer team

Jasmine Simpson, APN joined the Steeplechase Cancer Center team in 2019, working with gynecologic oncologist Mihae Song, MD to care for patients with ovarian, uterine, cervical, vulvar and vaginal cancers. Simpson provides day-to-day clinical care and patient education for both inpatients and outpatients.

A renewed focus on spirituality

In partnership with the Pastoral Care Department at RWJUH Somerset, the Steeplechase Cancer Center launched a quarterly spirituality series that helps patients explore concepts related to life's meaning and the human spirit. The first session, held last December, focused on "Heartache at the Holidays," which honored the experiences of those dealing with difficult emotions during the holiday season.

Support in many forms

Comprehensive support services at the Steeplechase Cancer Center include personalized guidance from oncology nurse navigators, palliative care outreach to help patients achieve care goals, social work and nutrition counseling, assistance with needs like transportation, and genetic counseling and cancer risk assessments for those with a personal or family history of cancer. The Sanofi US Wellness Boutique, now in its 11th year of service, helped 921 patients with wigs, breast prostheses, lymphedema garments and other items in 2019. In addition, support programs facilitated through the Steeplechase Cancer Center – including support groups, exercise classes and wellness programs – had more than 6,200 patient encounters last year.



Lisa Lindenberg, manager of the Sanofi US Wellness Boutique, styles a wig for a patient.

Community gathers for Steeplechase Distance Run

Nearly 1,200 cancer survivors, family members, friends, caregivers and community members convened on September 29 for the 11th annual Steeplechase Distance Run, which benefited the Steeplechase Cancer Center through the Somerset Health Care Foundation. Raising nearly \$115,000 to benefit the center's educational and support services, the Distance Run featured 10K and 5K runs, a 2-mile walk and kids' sprints.



Breast cancer survivor Janine Dolce-Weith, third from left, with family and friends after completing the 2019 Steeplechase Distance Run.

The event marked the fourth time Raritan resident Janine Dolce-Weith participated in the 10K run. A bodybuilder and cross-fit enthusiast, the mother of two previously ran for fun and fitness. This past year, it was more personal. The 2019 race was her first time running as a breast cancer survivor after taking a year off to undergo treatment.

"The care that I got at the Steeplechase Cancer Center was by far the best around," she says. We are so fortunate to have this center in our community."

The Titanium Sponsor for the Steeplechase Distance Run was The Peer Group for Plastic Surgery, PA: Colin Failey, MD. The event was founded by Cynthia Lee, MD, a board-certified surgeon at RWJUH Somerset.



Laurie's Legacy celebrates a decade of caring

In December, Stephen Wurst of Hillsborough, pictured second from right, joined the Steeplechase Cancer Center for the 10th annual lighting of the Hope and Remembrance Tree, which has now raised nearly \$104,000 to support cancer patients by assisting with needs not covered by insurance, such as transportation, groceries, household bills and prosthetics. The tree is part of a fundraising campaign for Laurie's Legacy, a fund he established in memory of his mother, Laurie Parlin, who died of breast cancer. Wurst helped light the first Hope and Remembrance tree a decade ago, when he was just 12 years old. Each year, the ornaments on the tree are donated and placed in honor of loved ones fighting cancer as well as those who lost their battles.

New volunteer education program

Volunteers have a consistent presence at the Steeplechase Cancer Center in roles ranging from greeting patients to assisting them to their appointments. In 2019, the center launched a bimonthly cancer-specific education program and lunch series to help volunteers remain informed and enhance patient support. Beginning with a comprehensive overview of the Steeplechase Cancer Center's services and goals, sessions will continue with topics like understanding cancer basics and clinical research.

Young women's cancer support group

Led by a clinical oncology social worker, a new Young Women's Cancer Support Group provides a safe space for young adults coping with cancer to connect and support one another. The group is designed to help participants decrease feelings of anxiety and isolation, develop coping strategies, feel more empowered and learn practical tips about treatment and care resources.

Clinical cancer services

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

- Clinical research trials • 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



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 programs



Quick access numbers

Administration	908-927-8714
Breast Cancer Patient Navigator.....	908-252-4053
Breast Imaging 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
Occupational Therapy	908-685-2945
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

For a referral to an RWJBarnabas Health cancer specialist, call **844-CANCERNJ (844-226-2376)**.

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