

# Cancer Program 2019



2019 Public Reporting  
of Outcomes

# 2019 Public Reporting of Outcomes

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# Cancer Prevention Program – Standard 4.1

## Standard 4.1 Skin Cancer Prevention Program Report

### Cancer Related Prevention (Educational) Needs Identified in the Community Health Needs Assessment (CHNA) completed in 2017/2018:

The CHNA process was guided by the fundamental understanding that much of a person's and community's health is determined by the conditions in which they live, work, play, and pray. In gathering information on the communities' served by the SJMC, the health conditions of the population were reviewed as well as socioeconomic factors, physical environment, health behaviors, and the availability of clinical care. This framework focuses attention on the social determinants of health to learn more about opportunities for intervention that will help people become and stay healthy within their community.

St. Jude Medical Center serves the city of Fullerton and surrounding communities. The SJMC vision, mission and goals have a significant commitment to serving the community and is financially supporting health care to the area. One of the top services at SJMC is oncology with Melanoma as the fifth top site of cancer incidence.

The primary ethnicity in the service area is Latino (43%) followed by White (29%) and Asian (21%) and a black population of 2%. NIH (Peterson, 2016) indicates that skin cancer is higher in whites than non-whites but non- whites are more likely diagnosed in later stages.

Melanoma specific of Orange County, Ca

- There were 4,525 new cases of skin melanoma between 2011 and 2015 and 426 died from Melanoma
- With an age-adjusted melanoma rate of 27.2 – 31.8 per 100,000 people OC is ranked as the 27th most likely county to get melanoma in the country.

The rates of melanoma have been rising for the last 30 years (American Cancer Society, 2016)

### Analysis of Community Needs Assessment Information/Data and Site selected

- Skin cancer is the most common cancer in the United States 1-2
- More than 1 million Americans are living with melanoma<sup>10</sup>

Based on the above information, the Cancer Committee identified skin cancer as the priority need for the prevention program. The focus is to educate the community on how helpful increasing awareness & identifying ways for skin protection so we can decrease the risk and incidence of skin cancer in the SJMC community

### Program Goals:

#### At the conclusion of the program the participants will:

- Increase awareness on sun protection
- Identify ways for sun protection
- Be provided information to assist in making healthy and informed decision on UV exposure
- Participate in a skin cancer prevention activity and be quizzed on their knowledge of skin protection basics
- Receive free sun screen samples for sun protection as well as self-exam cards on detecting Melanoma

### Evidenced-Based Guidelines were used: American Academy of Dermatology

### Educational Materials utilized: Attached in appendix

- St. Joseph Health – Did you know flyer: 9 Tips for staying safe in the sun
- Skin Cancer Foundation – Sun & Skin News: How much do you know about skin cancer? (activity questions)
- American Academy of Dermatology
  - Infographic: How to be a Skin Cancer Hero
  - Infographic: The sun's hot. Skin cancer's not.
  - Infographic: ABCDE's (Asymmetry, Border, Color, Diameter, Evolving) of detecting melanoma self-exam cards

# Cancer Prevention Program – Standard 4.1

## Overview of the Program:

- Participants who attended the Relay for Life event
- **When:** Saturday, 5/18/19 & Sunday, 5/19/19 Relay for Life Event at Splash Aquatics, La Mirada
- **What:** Attendees were presented the educational materials and a description educated regarding the process of skin cancer prevention on a one to one teaching methodology
- **Program presenters:** St. Jude Crosson Cancer Institute/ Relay for Life volunteers (specifically educated on program content)

## Educational Process

- Relay for Life attendees took educational skin resources as well as the sunscreen samples
- Relay participants were attracted to the booth by colorful displays



## After the one on one education the following questions were asked to those willing to participate

- Participants selected cards that had the following questions. The questions were multiple choice or True or False. Any questions missed were reinforced
- What is the most common form of skin cancer?
- True or false: If you have a family history of melanoma, you are at greater risk for developing the disease.
- True or false: Skin cancer is found only on areas of your body which are exposed to the sun?

- Which of the sun's rays cause skin cancer?
- What is SPF?
- True or false: People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent.
- Complete the following sentence: "Infants under the age of six months...."
- Which of the following celebrities passed away from melanoma?
- True or false: One in five Americans will be diagnosed with skin cancer in the course of a lifetime.
- What can be done to help prevent skin cancer?

## Outcome of Quiz: Determining Program effectiveness

- There was a total of 128 participants that came to our booth
- 103 participants (80%) answered the questions correctly
- 25 participants (20%) missed the questions
- 12 out of the 25 participants (48%) who missed the question had content reinforced

## Program Summary/Effectiveness Summary

This cancer prevention educational activity was integrated into the American Cancer Society Relay for Life event in La Mirada, CA. After the staff completed one on one education with the participants, the participants were quizzed on the material presented.

On the first try, 80% of the participants successfully answered the quiz questions. Program providers in conjunction with the Cancer Committee believed this was an effective program. In future programs, data should be kept on each individual question to determine where the emphasis on education improvement opportunities is needed.

Cancer Committee remarked that this activity was a collaborative effort with The ACS and SJMC prevention Education was integrated into the Relay for Life

# Study of Quality

## CoC Standard 4.7 Assess Metastatic Breast Cancer Patient Needs by Survey.

**Study Title:** "Feedback Survey for Patients with Breast Cancer"

**Study Topic:** Develop a survey to obtain information on the needs of women with metastatic breast cancer, in our community, to be completed by November 2019.

**Background:** Metastatic breast cancer carries with it considerable psychosocial morbidity. Patients with metastatic breast cancer experience anxiety, depression and traumatic stress symptoms. Supportive-expressive group psychotherapy was developed to help patients with cancer face and adjust to their existential concerns, express and manage disease-related emotions, increase social support, enhance relationships with family and physicians, and improve symptom control.

Advanced disease is a stressful time for someone living with metastatic breast cancer.

- Cancer support groups have demonstrated positive effects on psychosocial adjustment, physical status and survival.
- Supportive-expressive group therapy improves mood and the perception of pain, particularly in women who are initially more distressed.
- Patients who attend a support group are looking for mutual support, opportunity to express their emotions about cancer and the effects on their life, (physical, emotional, social and spiritual), education about breast cancer and its treatment, relaxation and nutrition, changes in their self-image, coping skills, and relationships with their family and friends.
- "Talking with others facilitates cognitive and emotional processing of the cancer experience, which, in turn, enhances psychological well-being."

### Reason for the Study:

- Current literature states patients with metastatic breast cancer want a place to go for support, but they don't feel like they fit in with patients who are newly diagnosed and don't have metastatic disease.
- Women living with metastatic breast cancer feel they don't have the same concerns as someone with curable disease.
- Patients do worry about recurrence and those living with metastatic disease fear their presence will bring about fear in a newly diagnosed patient with curable disease
- St. Jude Medical Center data base identified 50 women living with metastatic breast cancer
- Currently there is no support program available in surrounding community/service area specifically for women living with metastatic breast cancer
- St. Jude Medical Center offers a support group called "Hope", for newly diagnosed patients, metastatic patients, and also survivors for any cancer diagnosis
- In South Orange County Hoag Hospital offers a "Recurrent & Metastatic Support Group" and Mission Hospital offers "Our Journey Together: for woman who have recurrent or metastatic breast cancer"

At St. Jude Medical Center, we offer many support programs, however, none specific to women living with metastatic breast cancer. SJMC has received calls and emails from its patients asking for this type of support offered to close to home. Monthly support groups currently offered to patients are:

- HOPE: Cancer Patient and Family Support
- Ladies Night Cancer Support Group
- Craft Night for Cancer Survivors and Support People
- Relaxation & Visualization for Well Being
- Health enhancement and Wellness classes, including yoga and tai chi chuan.

# Study of Quality

In addition patients were provided information and encouraged to attend –

- Komen Metastatic Breast Cancer Patient Conference
- Komen MBC Impact Series: Metastatic Breast Cancer Clinical Trials Symposium
- Komen MBC Impact Series: Art Therapy

In our previous Patient Satisfaction with SJMC Cancer Support Groups, we had this action plan:

- Develop a survey for metastatic breast cancer patients to determine what kind of support groups, formats, topics and/or programs would help them achieve their highest level of coping with living with metastatic breast cancer.

## Study Criteria

The study included feedback from metastatic breast cancer patients who were identified through SJMC Cancer Registry from 1-1-2017 to 2-28-2018 in addition to data collected by SJMC Oncology Nurse Navigator patient list collected over the last 5 years and updated 5-28-2019. The patients were asked to complete the "Feedback Survey for Patients with Breast Cancer" which had 10 questions. Patients living with Metastatic Breast Cancer were probed a survey link: (<https://www.surveymonkey.com/r/VBYZV8X>) to complete in the privacy of their home. The window for completing the "Feedback Survey for Patients with Breast Cancer" was October 4, 2019 through November 1, 2019.

The survey was developed by the Breast Oncology Nurse Navigator, the Oncology Social Worker, and Manager of Oncology Services. The survey was reviewed and approved by the Cancer Committee.

## Data results

Survey link was provided to 46 metastatic breast cancer patients. The number of completed surveys was 17 (37% response rate). Of the 17 surveys received 100% of the questions were answered. Responses were received 10/4/19 through 11/1/19.

Survey Questions as follows:

1. If you were to attend a class, support group, or event, what day of the week would be most convenient?
  - a. Monday: 3 responses (18.75%)
  - b. Tuesday: 4 responses (25%)
  - c. Wednesday: 7 responses (41.18%)
  - d. Thursday: 6 responses (37.5%)
  - e. Friday: 5 responses (31.25%)
  - f. Saturday: 9 responses (56.25%)
  - g. Sunday: 1 response (6.25%)
2. If you were to attend a class, support group, or event, what time of the day would be most convenient? (17 responses)
  - a. Weekdays late mornings 12% (2 responses)
  - b. Saturdays mid-late mornings 6% (1 response)
  - c. Evenings 6-9pm 24% (4 responses)
  - d. Lunchtime (11-1) 6% (1 response)
  - e. Friday afternoons 6% (1 response)
  - f. Monday afternoons 6% (1 response)
  - g. Any time Saturday 12% (2 responses)
  - h. Weekday afternoons 17% (3 responses)
  - i. Weekdays 10am-1pm or 4-6pm 6% (1 response)

## Study of Quality

3. What best describes the type of opportunities you are looking for? (Rated answers)

TABLE #1

	1st	2nd	3rd	4th	5th	Score
Education (Conference, class, webinar)	41.18%	11.76%	29.41%	5.88%	11.76%	3.65
	7	2	5	1	2	
Support (Support group, retreat)	17.65%	35.29%	23.53%	23.53%	0%	3.47
	3	6	4	4	0	
Social (Meeting people in like situations, connections with others)	11.76%	29.41%	17.65%	35.29%	5.88%	3.06
	2	5	3	6	1	
Health Enhancement and Wellness (Yoga, Tai Chi, Mindfulness, Reiki, Healing Touch)	17.65%	17.65%	23.53%	35.29%	5.88%	3.06
	3	3	4	6	1	
Other	11.76%	5.88%	5.88%	0%	76.47%	1.76
	2	1	1	0	13	

4. What best describes the format that would work best for you? (Select all that apply)

TABLE #2

Response	Percentage	Number of Responses
A one-day event (approx. 5-8 hrs in length)	23.53%	4
A half-day event (approx.. 2-4 hrs in length)	41.18%	7
An event 1-2 hrs in length	82.35%	14
Webinar/Online (1-2 hrs in length)	41.18%	7

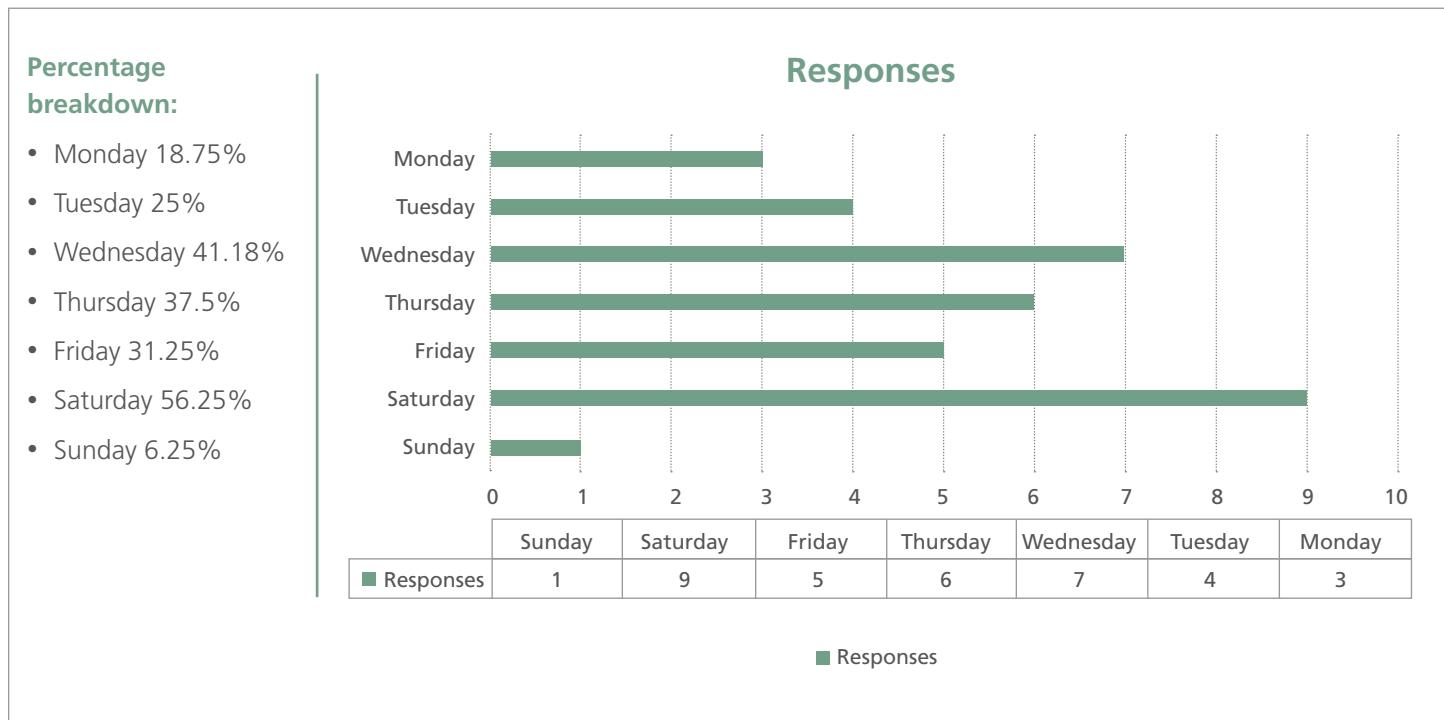
# Study of Quality

## Data results

Total of 17 responses out of 46. This is a 37% response rate. 100% completion rate. We collected responses from 10/4/19 through 11/1/19.

5. If you were to attend a class, support group, or event, what day of the week would be most convenient?

TABLE #3



6. If you were to attend a class, support group, or event, what time of the day would be most convenient?  
(17 responses)

- a. Weekdays late mornings 12% (2 responses)
- b. Saturdays mid-late mornings 6% (1 response)
- c. Evenings 6-9pm 24% (4 responses)
- d. Lunchtime (11-1) 6% (1 response)
- e. Friday afternoons 6% (1 response)
- f. Monday afternoons 6% (1 response)
- g. Any time Saturday 12% (2 responses)
- h. Weekday afternoons 17% (3 responses)
- i. Weekdays 10am-1pm or 4-6pm 6% (1 response)

## Data Analysis/Study Results

- Patients seem to prefer weekday evenings or Saturday events lasting 1-2 hours.
- Patients are most interested in education (1st) and support (2nd). The topics that they would find most helpful are treatment related, nutrition, health enhancement, and complementary therapies. SJMC currently offers programs that fit all of these categories.
- It was surprising to learn that 41% of patients are aware of our programs but not utilizing them. 29% of patients aren't aware of our programs. 82% of patients responding are not currently attending our programs. If they are attending, a majority of people attend Art for the Soul.
- Biggest barriers to attending include work and family obligations.

# Study of Quality

## Actions as a Result of the Study

- Consider developing a support group for metastatic breast cancer patients. Include topic nights/speakers to focus on the educational needs/topics identified in this survey (ie. Nutrition)
- Bring back the Survivorship Educational Series for all patients to promote education among our patients.
- Improve communication to patients of SJMC events and groups and also events offered by other organizations or sister hospitals (ie. Komen events). This could include a patient information board to post all fliers of upcoming events. We can also send a monthly email with this information to the MBC email distribution list.
- Email the MBC patients to thank them for their participation in the survey and ask them how we can best communicate with them to help them be aware of events and programs.
- Educate ourselves on the MBC events and support programs offered by other entities and also pass along this information to the MBC patients (ie., Komen online webinars, Fran's Place)
- Consider a 1-2 hour Saturday event/program.
- When hosting a MBC program/event, try to offer a school-aged activity at the same time to assist with childcare barriers for patients.
- Personally invite our MBC patients to the Untie Your Ribbon Retreat, Healing Odyssey Retreat, and WeGive events.
- As a multidisciplinary team, refer patients to individual counseling where appropriate.

## References:

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2. Goodwin, P., Leszcz, M., Ennis, M., Koopmans, J., Vincent, L., Guther, H., Drysdale, E., Hundleby, M., Chochinov, H., Navarro, M., Specia, M., Hunter, J., The Effect of Group Psychosocial Support on Survival in Metastatic Breast Cancer. The New England Journal of Medicine, 2001; 345: 1719-1726
3. Mosher, C., Johnson, C., Dickler, M., Norton, L., Massie, M., DuHamel, K., Living with Metastatic Breast Cancer: A Qualitative Analysis of Physical, Psychological and Social Sequelae. Breast J. 2013;19(3): 285-292

# Community Outreach Activities for 2019

## Community Outreach Activities

The St. Jude Comprehensive Cancer Institute recognizes the importance of reaching out to our community in a multitude of ways. By reaching out in various manners and with different community populations, the Cancer Institute touches and connects with more of our community and has a bigger impact on the health and well-being of those in our service area. The following report is a summary of the community activities hosted by the St. Jude Comprehensive Cancer Institute for 2018 and includes supporting evidence from the Community Needs Assessment.

### Preoperative Prostatectomy Class

Offered monthly; facilitated by Rebecca Peebles, RN, BSN and the Pelvic Rehab Therapy Team

Knowledge deficit is identified as a top priority from the Community Health Needs Assessment, especially for those who are underserved. Education is a key nursing role to help with knowledge deficit as well as decrease distress and set expectations for hospital stay and recovery. The Preoperative Prostatectomy class offers patients and their caregivers the opportunity to learn about a prostatectomy surgery, what will occur in the hospital, and what to expect for recovery. It encourages patients to take a more active role throughout the perioperative period. Patients are also educated on the Pelvic Floor Rehab Program and pelvic floor rehab concepts in light of a recent prostatectomy.

#### Objectives

- To educate patients and their families about prostatectomies and the Pelvic Floor Rehab Program
- To inform patients of the post-operative expectations and care in the hospital and at home

#### Outcomes

- Hospital nurses caring for these patients report a significant difference in the patients' level of anxiety (less) as well as increased involvement in their own recovery.
- Patients state they appreciate the information and feel better educated on the perioperative needs and expectations.

- Number of classes for 2019: 3
- Number of attendees for 2019: 10
- Number of one to one education sessions: 12
- Number of attendees for one to one education sessions: 22

### We Give Day- January 24th & May 8th, 2019

Facilitated/Coordinated by Marie Sloan

The Community Health Needs Assessment reports that cancer is the second leading cause of death in the SJMC community. At SJMC, we provide our community with the highest quality of healthcare for all cancer patients through the care continuum, honoring the whole person – body, mind, and spirit. Breast cancer patients often begin their journey feeling fear and a sense of uncertainty. Partnering with The Breast Cancer Fundraiser, Inc. to bring WeGive Day to SJMC has allowed us the opportunity to deliver WeCare packages to newly diagnosed breast cancer patients. These packages are complete with a variety of items that will help patients and their families get through the initial stages of diagnosis. From informative reading materials to comforting socks, this package is full of resources and materials to help breast cancer patients in a tangible, caring way.

#### Objectives

- To partner with the Breast Cancer Fundraiser, Inc. to distribute WeCare packages to newly diagnosed breast cancer patients.
- To provide resources and tools to St. Jude's breast cancer patient population that will alleviate a number of emotions that may be endured along their journey.

#### Outcomes of the Event

- January event: 30 bags given out to patients
- May event: 37 bags given out to patients
- Total number of patients given WeCare packages in 2019: 67
- Partnering with The Breast Cancer Fundraiser, Inc. allowed SJMC to offer support to our patients in a tangible way. This fostered our patients' faith in our ministry to serve others as we champion for a healing outcome.

# Community Outreach Activities for 2019

## Komen Orange County's 1st Annual Metastatic Breast Cancer Conference - March 30, 2019

Attended/Table hosted by Gianna Durocher and Paula Reese

The Community Health Needs Assessment reports that cancer is the second leading cause of death in the SJMC community. At SJMC, we provide our community with the highest quality of healthcare for all cancer patients through the care continuum, honoring the whole person – body, mind, and spirit. Breast cancer patients often begin their journey feeling fear and a sense of uncertainty. Partnering with Komen Orange County, SJMC wanted to specifically partner to support our patients with metastatic breast cancer. With advancements in treatment, patients are being managed and living longer with advanced or metastatic disease. This requires continued mental and emotional support by their caregiving team.

### Objectives

- To partner with Komen Orange County to support our metastatic breast cancer population with education and supportive topics.
- To provide resources offered at SJMC to the metastatic breast cancer population attending the conference.

### Outcomes of the Event

- Total number of attendees: 150
- Questions answered and information provided to attendees that came to the SJMC table.

## Love Is In the Hair – April 11, 2019

Facilitated by Marie Sloan

Patients in the North Orange County and surrounding communities, enduring hair loss and/or thinning due to cancer treatment, were invited to receive 2 free wigs courtesy of Vogue Wigs, Inc. Each patient also received a free fitting and styling from compassionate, licensed cosmetologists, complete with special care instructions and wig stand. Additionally, American Cancer Society partnered with Vogue Wigs to distribute stylish head coverings. Cancer support materials were offered to patients in attendance on behalf of SJMC. This was the first event of its kind for St. Jude.

### Outcomes

- To serve our patient population undergoing or having recently received cancer treatment, with free wigs, which are very costly making them unattainable for many.
- To build a strong partnership with Vogue, Inc. alongside American Cancer Society.
- To provide our patients alternative hair options in the form of cranial prosthesis and support during a difficult and trying time.

### Outcomes of the Event

- Total number of patients served: 36
- Patients left the event feeling confident and grateful. The staff heard positive feedback from their patients.

## Celebration of Life – Honoring the Community in Life and Death – April 18, 2019

Facilitated by ONN's

The Community Health Needs Assessment reports that cancer is the second leading cause of death in the SJMC community. At SJMC, we honor our diverse community in life and in death, regardless of their race, ethnicity, socioeconomic status, or whether they are insured or uninsured. While we provide our community with the highest quality of healthcare for all cancer patients through the care continuum, we also continue to support them even at end of life.

All SJMC staff is welcomed to attend. The celebration occurs on the top of our parking structure at the medical plaza, or the Healing Garden located at St. Jude Medical Center. It begins with an opening prayer or reflection, followed by inspirational songs led by some of our gifted singers at St. Jude Cancer Center. The ceremony concludes with a blowing bubbles to help symbolize the releasing of emotions. It's just one way we express support for our community and each other so we can continue to care for our community.

### Objectives

- To provide our employees an opportunity twice a year to reflect and celebrate the lives of those cancer patients who have died and had an impact on our lives.
- This celebration has been repeated year after year because of the heartfelt response of all those who attend.

# Community Outreach Activities for 2019

## Outcomes

- Staff reports a feeling of comradery and support through the use of this program.
- Staff also reports that it is a beneficial opportunity to reflect and memorialize patients whom we have cared for.
- This year we hosted the April event at the outpatient plaza, but re-located the November event to the inpatient oncology garden area. This was better suited to include inpatient staff members and so moving forward, we will offer one of the Celebrations at the inpatient oncology gardens.
- April 18, 2019: 15 staff members attended

## Happy Nurses' Week! – Healing Touch for Nurse Wellness - May 6 & 7, 2019

Facilitated by Denise Yoshihara, MSW and Sister Teresa Yoon, MSW

Oncology nursing is about caring for patients who all too often experience a lot of trauma, suffer and in some cases pass away. Caring for oncology patients can cause work-related stress and mental exhaustion. This can cause burnout and compassion fatigue. Oncology staff are often at high risk for compassion fatigue and at St. Jude's Crosson Cancer Institute, we care about our staff and their well-being.

## Objectives

- To emotionally support our caregivers to help prevent burnout and compassion fatigue
- To offer healing touch to nurses during nurses week

## Outcomes of the Event

- 24 oncology nurses received a healing touch session (30 minutes)

## Relay for Life – American Cancer Society- May 18-19, 2020

The Community Needs Assessment indicates cancer is the leading cause of death in the St. Jude service area. North Orange County has disparities in regards to seeking health care and obesity which can decrease the early detection and treatment of cancer. Relay for Life events are an opportunity to bring about awareness of cancer prevention

and screenings in order to improve detection and treatment. At the event, the staff provided healthy fresh fruits to the participants. Brochures about the services at the Cancer Center and Breast Center were handed out. Also information about SJMC genetic screening, smoking cessation program, dermatology physicians, low dose CT lung screening, and general cancer screenings were provided. The two day event occurred at the Splash Aquatic Center in La Mirada, CA on May 18-19, 2020.

## Objectives

- To partner with the American Cancer Society to reach out to our diverse population
- To provide education about the cancer programs that are available in their community at SJMC.
- To increase awareness on sun protection and UV exposure
- To provide free sun screen samples and self-exam information cards on detecting melanoma

## Outcomes of the Event

- Total Participants provided information: 128
- Participants were asked 3 questions related to skin health, sun exposure, and skin cancer.
  - 80% of participants answered the 3 questions correctly.
  - Questions answered incorrectly were reinforced with the correct information
- Various ages of participants took educational skin cancer resources, were informed on sun protection and skin cancer, and were given free sun screen samples.
- Most of the participants have had a loved one with a diagnosis of cancer. By educating our community of the services provided at SJMC, our hope is that the participants will contact our accredited program and have appropriate screening for early detection and treatment.
- Through our partnership with the American Cancer Society, a large area of North Orange County was made aware of the event and SJMC staff was able to provide cancer screening and SJMC Cancer Prevention information to a population of the community that was unaware of our services.

# Community Outreach Activities for 2019

## Cancer Survivor's Day- Celebrating Survivorship with Healthy Living - June 11, 2020; 10 am-2 pm

Event Location: SJMC Plaza Lobby; all oncology staff

Supported by the Care Delivery Council, American Cancer Society and Cancer Rehabilitation and Wellness center

One of the key findings in the Community needs assessment was the high prevalence of cancer in our community. However, there are currently over 15 million cancer survivors in the United States. Despite cancer being the second leading cause of death in SJMC service area, we celebrate those who have survived cancer as well as those who continue to live with cancer as a long term illness. We also want to bring awareness that we are able to lower our risk of getting cancer by living a healthy lifestyle. We can make healthy choices by not smoking, limiting our alcohol intake, exercising, making healthy food choices, and maintaining an appropriate BMI. We do this by setting aside one day a year to celebrate life and provide education.

### Objectives

- This event was held to recognize and celebrate cancer survivors.
- To bring awareness to cancer survivors and the community of healthy lifestyle changes that can help to lower their risk of cancer occurrence or reoccurrence

### Outcomes

- Attendees: A total of 193 people stopped by the information tables interacting with staff.
- We had informational tables from the following departments or showcasing the following topics: Oncology Services, Sound bath, Health Enhancement Program, Centers for Health Promotion and Wellness, St. Jude Wellness Center, Cancer Rehab, Shared Journey and Little Green Monsters Support group.
- Educational literature was provided on: smoking cessation, limiting alcohol intake, participating in regular exercise, healthy food choices, maintaining an appropriate body weight and sun protection.

## Little Green Monsters Children's Support Group - June, 2019

First Offering; facilitated by Sharon Chappell, PhD

Education; Coordinated by Denise Yoshihara, MSW

ACS reports that an important part of coping with a cancer diagnosis is recognizing emotions and feelings. Treatment that deals with our emotions and relationships (sometimes called psychosocial interventions) can help people with cancer feel more upbeat and have a better quality of life. St. Jude Crosson Cancer Institute is dedicated to three common goals: to reduce distress, to assist with coping, and to educate our attendees on various topics related to a cancer diagnosis, its treatments, and psychosocial well-being.

These meetings were held concurrently with the Hope Cancer Support Group so that the parents could have time for caring for themselves while their children received supportive emotional care as well. The Little Green Monster Support Group uses the arts and literature for children to talk about cancer diagnosis and treatment and to process their feelings and stress during the cancer journey.

Sharon Chappell is a credentialed, bilingual arts educator, a breast cancer survivor, and parent. Sharon is the author of The Little Green Monster: Cancer Magic!, a story for families impacted by cancer. Sharon is also a teacher educator at California State University Fullerton, where she specializes in the social emotional learning, the arts, and inclusive school climates.

### Objectives

- To support emotionally and mentally parents diagnosed with cancer and
- To help children talk about cancer diagnosis and treatment through the arts
- To make meaningful memories and experience joy during this difficult time
- To use the arts to process feelings and stress during the cancer journey

# Community Outreach Activities for 2019

## Outcomes

- Four scheduled meetings:
  - June 3rd – “We are magic”
  - June 10th – “We are the world”
  - June 17th – “We are strong”
  - June 24th – “We are beautiful”
- Four scheduled meetings:
  - June 3rd – “We are magic”
  - June 10th – “We are the world”
  - June 17th – “We are strong”
  - June 24th – “We are beautiful”
- Total attendees: 12 total encounters; 4 participants (3 families)

## Little Green Monsters: Cancer Magic! – Author Book Reading and Crafts - August 1, 2019, 1-4 pm

First offering: facilitated by Sharon Chappell, PhD Education; Coordinated by Denise Yoshihara, MSW

Location: Fullerton Public Library, 353 W. Commonwealth Avenue, Fullerton, CA

ACS reports that an important part of coping with a cancer diagnosis is recognizing emotions and feelings. Treatment that deals with our emotions and relationships (sometimes called psychosocial interventions) can help people with cancer feel more upbeat and have a better quality of life. St. Jude Crosson Cancer Institute is dedicated to three common goals: to reduce distress, to assist with coping, and to educate our attendees on various topics related to a cancer diagnosis, its treatments, and psychosocial well-being. Dr. Chappell did a reading of her book and followed this with sculpting of clay monsters, and talking about the difficult emotions and the power of creation with our hands and hearts.

Sharon Chappell is a credentialed, bilingual arts educator, a breast cancer survivor, and parent. Sharon is the author of The Little Green Monster: Cancer Magic!, a story for families impacted by cancer. Sharon is also a teacher educator at California State University Fullerton, where she specializes in the social emotional learning, the arts, and inclusive school climates.

## Objectives

- To support emotionally and mentally parents diagnosed with cancer and
- To help children talk about cancer diagnosis and treatment through the arts
- To make meaningful memories and experience joy during this difficult time
- To use the arts to process feelings and stress during the cancer journey

## Outcomes

- Total attendees: 13 total - children and their parents
- Cancer, Clinical Trials, Oncology Rehab and Palliative Care information provided

## OC Brain Tumor Walk – National Brain Tumor Society – Saturday, September 14, 2019 – Angel Stadium of Anaheim

The Community Needs Assessment indicates cancer is the leading cause of death in the St. Jude service area. North Orange County has disparities in regards to seeking health care and obesity which can decrease the early detection and treatment of cancer. The OC Brain Tumor Walk is an opportunity to bring about awareness for the treatment of brain cancer. St. Jude Medical Center collaborated with our sister hospital, St. Joseph's Hospital for this event.

The Walk was a broad show of support from the Orange County cities with high school cheer squads present throughout the 5k course, cheering the participants and teams along. There was also a booth set up at the main event circle where event participants could pick up information about our hospitals and our joint neuro-oncology program as well as ask more questions about brain tumors with both the Nurse Navigators for St. Jude and St. Joseph available to answer any questions.

## Objectives

- To collaborate with St. Joseph Hospital in marketing our joint Neuro-Oncology Program
- To promote our comprehensive joint Neuro-Oncology program that incorporates St. Jude's state of the art intra-operative MRI machine for better surgical outcomes of brain tumor resections along with our joint efforts in promoting shared clinical trial resources
- To promote healthy practices with a 5K jog/walk around a set course of the Angel Stadium.

# Community Outreach Activities for 2019

## Outcomes of the Event

- National Brain Tumor Society Raised a total of \$250,000 at this event.
- There was a total of 110 teams. St. Jude and St. Joseph Neuro-Oncology Team raised a total of \$3,450 with 32 registered members.
- There were a total of 2000 estimated attendees.
- 100 St. Joseph Health backpacks and 100 back scratchers were distributed at the event along with St. Jude/St. Joseph neuro-oncology and oncology program information.

## Untie Your Ribbon- September 28, 2019

Offered yearly; facilitated by Denise Yoshihara, MSW, Carla Guess, RN, BSN, CBCN, and Marie Sloan

As seen in our Community Needs Assessment, our North Orange County is a community of great wealth and poverty. Many patients have a desire to "give back" following their diagnosis and treatment. A group of breast cancer survivors have spearheaded a yearly program that celebrates the breast cancer survivor during their journey. Survivors can be at various stages of treatment and includes people diagnosed at stage 0 to metastatic disease

## Objectives

- To celebrate, emotionally heal and connect with other breast cancer survivors

## Outcomes

- Total attendees: 79
- This event is a kick off to Breast Cancer Awareness month. The attendees provided positive feedback to the organizers of the event. The attendance to this event grows every year.

## Walk Among the Stars Fashion Show and Gala– November 16, 2019

The Walk Amongst the Stars Fashion Show and Gala is a yearly fundraising event that brings together the community and the Oncology Care Team to celebrate patients and their families. Patients are chosen as models for the fashion show and celebrate their fight by strutting down the runway. Physician speakers bring awareness to new treatments and technologies offered at St. Jude. This year's focus was to bring awareness to the new advancements in breast cancer screening technology – 3D mammography.

The Community Needs Assessment found that North Orange County is a community of great wealth and great poverty. This area is also a highly-racially, ethnically, and socio-economically diverse population, which results in health disparities, particularly in regards to access to health care, diabetes and obesity.

## Objectives

- To raise funds to support the advancement of programs and services at the St. Jude Crosson Cancer Institute
- To bring about awareness of new treatments and technologies offered at SJMC

## Outcomes

- Raised \$580,000 for 3D Mammography

# Community Outreach Activities for 2019

## SJMC Support Groups

*"An important part of coping with a cancer diagnosis is recognizing emotions and feelings. Treatment that deals with our emotions and relationships (sometimes called psychosocial interventions) can help people with cancer feel more upbeat and have a better quality of life. But there's no good evidence to support the idea that these interventions can reduce the risk of cancer, keep cancer from coming back, or help the person with cancer live longer. Still, things like group support, individual therapy, mindfulness, and relaxation techniques can be used to help reduce distress and cope with the emotions that come with a cancer diagnosis."*

**American Cancer Society**

St. Jude's Comprehensive Cancer Institute's Support Groups are dedicated to three common goals: to reduce distress, to assist with coping, and to educate our attendees on various topics related to a cancer diagnosis, its treatments, and psychosocial well-being.

At the writing of this report, for 2019, the SJMC Crosson Cancer Institute held 168 support group meetings, at which there were 1,317 encounters.

### Advanced Prostate Cancer Discussion Group

Meets monthly; facilitated by Rebecca Peebles, RN, BSN

Support groups provide a myriad of resources, education and psychosocial support for cancer patients. Prostate cancer patients and their spouses need the support and education that a support group can provide. For some men, prostate cancer is similar to a chronic disease. Men can live with prostate cancer for several years and during that time deal with many disease- and treatment-related

side effects that can decrease quality of life. There are also psychosocial concerns and distress that come with living with cancer. A support group for men with advanced cancer can provide the needed support and education that these men and their spouses require.

Through a literature review, it was found that more than half of all prostate cancer support groups are a combined educational meeting and personal sharing. The educational part of the meeting can include speakers, information and updates, brochures and videos, and news and newspaper articles. The proposal for this support group will be a combined approach to meet the needs of the patients and family members. Significant others/spouses are invited to come as well.

### Objectives:

- To provide educational information regarding prostate cancer, its diagnosis, treatments, and symptom management for improved quality of life
- To provide psychosocial and emotional support for men living with prostate cancer and their family members

### Outcomes

- Topics for 2019 included: Fears and Factors Affecting Your Future, Clinical Trials, Family Caregiver Support and Services. Open Discussion nights
- Patient frequently provide verbal feedback that they feel as though this group is a "family" to them, that they receive psychosocial, mental, and spiritual support through these meetings and those that attend.
- Number of attendees for 2019: 102
- Number of meetings for 2019: 10

### Brain Tumor Support Group

Meets monthly; facilitated by Dr. Robert Merlin, Psychiatrist, PhD.

The target community population for our monthly brain tumor support group is patients and caregivers that are coping with the many challenges related to brain tumors. Whether the brain tumor is a chronic condition of meningioma or an aggressive glioblastoma, the support group creates a trusting environment for patients and caregivers to discuss the difficulties and challenges they are facing as well as provide feedback and advice on

# Community Outreach Activities for 2019

how each individual is coping with their immediate barriers. Some of the common topics that are discussed are symptoms associated with the brain tumor, how to manage these symptoms, and how to move forward with everyday life activities after brain tumor diagnosis and treatments have been completed.

## Objectives:

- To assist patients and caregivers with symptom management
- To educate on positive coping skills and provide an environment to decrease distress

## Outcomes

- Patients and families self-report that it is helpful for them to discuss their experiences and challenges among peers and this also helps them knowing that as a patient and a caregiver they are not alone in their diagnosis
- Number of attendees for 2019: 28
- Number of meetings for 2019: 9 (missing 2 sign in sheets that are not included in these numbers)

## Art for the Soul Canvas Painting

Meets monthly; facilitated by Denise Yoshihara, MSW, LCSW, OSW-C

"Creative arts therapy is based on the idea that the creative act can be healing. According to therapists, it can help people express hidden emotions, and reduce stress, fear, and anxiety. Many cancer patients and survivors use creative arts therapies including music, art, dance, drama, and writing to help manage the emotional and psychological side effects that often result from cancer diagnosis and treatment" (American Cancer Society).

This group is for patients, family, and friends; children are welcome too. Guest artist Tamara Lujan has presented many canvas painting workshops for the past 5 years. Canvas painting themes change throughout the year to mirror holidays and seasons of the year: Night Forest, Love is in the Air, Dream Catchers, Air Balloon, May Flowers, Deep Sea, Hibiscus, Waterfall, Pumpkins and Crow, Dancing Christmas Trees.

## Objectives

- To decrease stress and anxiety through art therapy
- To provide psychosocial and emotional support to those going through cancer treatments as well as survivors

## Outcomes

- Patients self-report that the group helps them cope better with their diagnosis and treatments, improves their quality of life, and decreases their distress.
- Per the participants, the group provides fun activities and the opportunity to socialize with others going through the same experience as them; it is nurturing to their spirit.
- Number of attendees for 2019: 497
- Number of meetings for 2019: 11
- Additional meetings: 4
  - Paper Doll/Wood Block Cancer Awareness
  - Terrariums (2 classes)
  - Paper folding class

## HOPE: Cancer Patient and Family Support Group

Meets twice a month; facilitated by Alice Daugherty RN, MSN, OCN, FNP-BC and Dr. Robert Merlino, LMFT

The community needs assessment indicates that cancer is the second leading cause of death in the St. Jude service area. There is much death related to cancer but there are so many more people that are living today with cancer. SJMC recognizes the unique needs for support for those people going through cancer treatment, after cancer treatment and living with cancer as a chronic disease by offering many supportive services.

One of the longstanding support groups offered at SJMC is the HOPE support group. The group has been established for over 20 years and is offered to patients with any type of cancer and features a special breakout group for caregivers - family and friends of those cancer patients. Discussion topics are led by the participants and are based on the current needs of those in attendance. Common discussion topics include the physical side effects of cancer treatment such as losing your hair, chemo-brain, fatigue, and coping with chronic pain. The aspects of living with the stigma of a cancer diagnosis, finding a "new normal" to life and issues surrounding the challenges of returning to the workplace are just some of the psychosocial aspects discussed during the group meetings.

## Objectives

- To discuss and demonstrate management techniques for disease-related and treatment related symptoms and side effects

# Community Outreach Activities for 2019

- To discuss and demonstrate coping skills and communications skills to improve overall quality of life, particularly psychosocial, mental and spiritual well-being

## Outcomes

- Support group members self-report that the Hope Group provides a special place where they can be surrounded by people who really understand them and have walked in their shoes.
- Patients and caregivers also self-report that they feel a strong sense of connection with the group's members and that they encourage and support one another.
- Number of attendees for 2019: 187
- Number of meetings for 2019: 20

## Ladies Night Cancer Support Group

Meets monthly; facilitated by Denise Yoshihara, MSW, LCSW, OSW-C

This group is support for women in treatment or who have completed cancer treatment. Meetings feature "Girl Talk" and "Guest Speakers." Topics this year include: An Evening of Self Care: Chair Massage, Advance Care Planning: Important Choices for Living and Dying, Gentle Chair Yoga, Acupuncture, Drum Circle for Health and Wellness, and Create the Body Your Soul Desires – How to Feel Good Again in Your Body. In addition, we hosted the Pink Ribbon Brunch for those ladies that participated in Ladies Night Cancer Support Group. Patients have an opportunity to give suggestions for guest speaker topics and/or programs. This helps to meet their needs. Topics covered in 2019 include: Mood Management Using Essential Oils, Keeping Joy in Our Lives Despite Suffering and Injustice, Ladies Night Out – Dinner and Movie, Sound Bath, Mindfulness and Tea, and Chair Yoga and Myofascial Release. Other nights are "Girl Talk" which are open for sharing and discussions.

## Objectives

- To provide a comfortable setting for women to discuss their concerns – both physical and emotional – regarding their cancer diagnosis and treatments

## Outcomes

- Patients self-report an "increased awareness of life beyond the day-to-day workday," a decrease in their distress and also reported attending the group had an effect on their quality of life.
- Patients also self-reported the ability to "discuss fears, problem areas and find ways to overcome them," feeling "better about myself because others were supportive of me and being able to empathize with others and lending support," and a decreased level of anxiety and stress.
- Number of attendees for 2019: 53
- Number of meetings for 2019: 9

## Relaxation and Visualization for Well-Being

Meets monthly; facilitated by Dr. Robert Merlino, PhD

This group is for patients, families and caregiver who are coping with cancer. Classes provide the opportunity and the education on how to utilize relaxation and visualization techniques to decrease stress, anxiety, and depression.

## Objectives

- To reduce anxiety and stress
- To promote relaxation by teaching skills that patients can use independently from the group

## Outcomes

- Patients self-report an increase in coping skills and a decrease in stress
- Patients also self-reported that the group provided the opportunity for friendship, that their expectations of the program were met, and that the class improved their quality of life
- Number of attendees for 2019: 21
- Number of meetings for 2019: 12 (missing 2 sign in sheets so this data is missing in our numbers)

# Community Outreach Activities 2019

## Tai Chi Chuan for Health

Meets weekly; facilitated by Diane Globerman

The Community Health Needs Assessment indicates that North Orange County has a highly racially, ethnically, and socio-economically diverse population, which results in health disparities, particularly in regards to access to health care, diabetes, and obesity. The rate of overweight and obese adults has increased. Therefore, exercise is an important health promotion activity, especially for patients undergoing treatment and cancer survivors. Tai chi is for Cancer patients and their caregivers. Practicing Tai Chi is an excellent way to promote good health while quieting the mind and lifting our spirits. It helps the body heal itself and is available to everyone regardless of ability, age, and belief system or life circumstances.

### Objectives

- To relieve stress and anxiety. Lower blood pressure, increase bone density, improve balance, strength and flexibility, adjusts posture, helps with memory and can boost the immune system.

### Outcomes

- Number of attendees for 2019: 160
- Number of meetings for 2019: 44

## Yoga for Cancer Health

Offered twice per month; facilitated by Deborah Kuryan

The Community Health Needs Assessment indicates that North Orange County has a highly racially, ethnically, and socio-economically diverse population, which results in health disparities, particularly in regards to access to health care, diabetes, and obesity. The rate of overweight and obese adults has increased. Therefore, exercise is an important health promotion activity, especially for patients undergoing treatment and cancer survivors. This program includes gentle movement exercises to help improve flexibility. It also offers directed breathing exercises. This helps trigger the body's relaxation response and increase the amount of oxygen available to the body.

### Objectives

- Increase the health and well-being of patients and survivors through yoga, stretching, and directed breathing exercises
- Decrease anxiety and stress through exercise

### Outcomes

- Patients self-report that this class improves mobility.
- Number of attendees for 2019: 269
- Number of meetings for 2019: 49

