



# Cancer Program Annual Report 2003

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## I. RWJUH MISSION, VISION, VALUES

### RWJUH MISSION

Our CORE Mission is to provide the highest quality patient care, education, research, and community outreach in a supportive environment that enhances the well being of everyone we touch.

**Care**: to keep the patient at the center of our Mission and to continually strive to provide patients with the most appropriate and highest-level of health care possible in a safe and supportive environment.

**Outreach and Service to the Community**: to develop a wide range of public health education and service activities tailored to the needs of its constituents.

**Research**: to serve as the center for clinical research and the advancement of medical knowledge.

**Education**: to maintain viable medical and health education programs.

### RWJUH VISION

- Be nationally recognized as a premier academic medical center committed to patient care, community outreach, research, and education.
- Provide leading edge technology and health care professionals in a safe and supportive environment demonstrating excellence in the delivery of patient care.
- Provide high-quality, patient-centered care demonstrated by superior outcomes and integrated, efficient use of clinical and financial resources.
- Maintain and continue to develop distinctive programs using the unique resources of an academic medical center and through the development of strategic partnerships that will allow the Hospital to fulfill its Mission and maintain its presence in the marketplace.

### RWJUH VALUES

- Respect for human dignity and the worth of each individual
- Continuous pursuit of excellence
- Collaborative approach to patient care delivery
- Providing an environment for the advancement of education of health care professionals

- Commitment to the effective stewardship of entrusted resources, including human and financial capital
- Service to the community

## II. OVERVIEW OF RWJUH CANCER PROGRAM



The Cancer Hospital of New Jersey at RWJUH brings together the latest technologies, cutting edge cancer research, and the very best in compassionate, supportive care for oncology patients.

As the flagship hospital of the Cancer Institute of New Jersey, New Jersey's only National Cancer Institute-designated Comprehensive Cancer Center, the 123-bed "hospital within a hospital" provides many specialized units. These include: outpatient chemotherapy treatment area, bone marrow transplant unit, medical oncology unit, surgical oncology unit, as well as an urgent-care center which enables patients to be treated immediately by oncology specialists, bypassing the Emergency Department.

The Bristol-Myers Squibb Children's Hospital at RWJUH houses a Pediatric Hematology/Oncology unit. Patients range in age from birth to twenty-one and are supported with age-appropriate medical, psychological, and spiritual care. On-site tutoring, recreation, and activity centers staffed with Child Life Specialists enable children to normalize activities while hospitalized. Established Thanatologic counseling, as well as pediatric palliative care and parent advocacy programs complete the full spectrum of cancer care modalities offered to our pediatric population.

The hospital offers wide-ranging oncology-focused services including diagnostic, laboratory, psychosocial services, pain management, and radiation therapy.

The diagnostic services offered encompass the Women's Imaging Center at Robert Wood Johnson University Hospital, which offers the latest technology in mammography, breast, and gynecological ultrasound. The Center also offers stereotactic breast biopsy, ultrasound-guided core breast biopsy and ultrasound-guided fine-needle biopsy as well as needle-localization for breast biopsy and lumpectomy.

Other radiological services are offered around the clock in all venues of diagnostic imaging including CT Scan, MRI, Interventional Radiology, Ultrasound, and Nuclear Medicine including PET scanning. Services are offered for all populations, with increased specialization for Pediatrics. In 2002, the Radiation Oncology department opened, offering Intensity Modulated Radiation Therapy [IMRT], stereotactic radiosurgery, precise high-dose radiation treatment therapy, brachytherapy, and CT

simulation, a body scanning technology providing high resolution images to map tumor location, to both inpatients and outpatients. This treatment modality enables inpatients to receive radiation therapy without incurring the expense and inconvenience of off-site transport to receive cutting-edge cancer treatment.

The Cancer Hospital of New Jersey focuses on all patient needs, including education, psychological and spiritual support. Supportive services available for this Magnet Award-winning hospital include patients include the care of a dedicated oncology social worker, an oncology nutritionist, a chaplain, and a wide variety of complementary therapies including: reiki, acupuncture, massage therapy, therapeutic touch, music therapy, meditation, and guided imagery.

In addition, there are numerous support and education opportunities for patients and their family. The oncology chaplain holds weekly support sessions for patients and caregivers. Educational sessions regarding various aspects of cancer care are regularly held, and patient and family education areas including Internet access are available throughout the Cancer Hospital of New Jersey.

There are various Community Outreach activities that are also offered. Screening programs for the citizens of Middlesex County include monthly breast cancer screenings including mammography for low- income citizens, biannual prostate cancer screenings, colorectal cancer screenings, as well as periodic skin and oral cancer screenings through University of Medicine and Dentistry/Robert Wood Johnson Medical School.

Working in concert with the Cancer Institute of New Jersey enables patients at both The Cancer Hospital of New Jersey at RWJUH and The Bristol-Myers Squibb Children's Hospital at RWJUH access to many clinical trials. Providing a complete range of services for patients is further accomplished through our contractual agreement with Compassionate Care Hospice. Through this agreement, we are able to offer patients the option of transitioning to hospice care while still at RWJUH, enabling them and their families time to make further arrangements and receive education and care regarding end of life and palliative care treatments.

The Cancer Hospital of New Jersey at RWJUH has an on-site Tumor Registry. The Registry reports to the State of New Jersey Department of Health and Senior Services Cancer Epidemiology Services.

The services offered at the Cancer Hospital of New Jersey at RWJUH are truly full spectrum, ranging from cancer screening, diagnostic and laboratory services for diagnosis, to in- and outpatient treatment areas, supportive and complementary therapies, and hospice care.

### **III. MESSAGE FROM THE CHAIRMAN OF THE CANCER COMMITTEE AT RWJUH**



On behalf of the Cancer Program at Robert Wood Johnson University Hospital (RWJUH), the Cancer Committee is pleased to present the 2003 Cancer Program Annual Report. This report highlights the goals, achievements, activities, and services that have contributed to the success of the Cancer Program during this past year. I am pleased to report that the **American College of Surgeons (ACoS) Commission on Cancer (CoC)** has accredited the Cancer Program at RWJUH as a National Cancer Institute-Designated Comprehensive Cancer Program. This important designation acknowledges our continued demonstration of a multidisciplinary, comprehensive, and integrated approach to the prevention, diagnosis, and treatment of cancer. It also demonstrates our commitment to our CORE Mission: **Care, Outreach, Research, and Education.**

It is through partnerships with The Cancer Institute of New Jersey (CINJ), University of Medicine and Dentistry of New Jersey (UMDNJ)-Robert Wood Johnson Medical School (RWJMS), physicians, scientists, community, caregivers, patients, and others that the Cancer Program at RWJUH continues to grow. In addition to this Cancer Program Annual Report that demonstrates our success according to American College of Surgeons Commission on Cancer standards, annual reports and other literature that describe cancer services, programs, and achievements in more detail are also available. To name a few:

- Robert Wood Johnson University Hospital Annual Report (contact the Public and Community Affairs at 732- 937-8521 and Web Site at [www.rwjuh.edu](http://www.rwjuh.edu))
- The Cancer Institute of New Jersey Annual Report (contact the Public Relations Department at 732-235-8611 and Web Site at [www-cinj.umdj.edu](http://www-cinj.umdj.edu))
- University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School Annual Report (contact the Public Relations Department at 973-972-5000 and Web Site at [www.umdj.edu](http://www.umdj.edu)).

The interdisciplinary health care team at RWJUH merit high praise for their dedication to improving the lives of cancer patients and their families, furthering outreach efforts, advancing cancer research, and continuing the education of the public and future health care professionals. It is an exciting time for the Cancer Program at RWJUH!

William N. Hait, MD, PhD  
Chairman, RWJUH Cancer Committee

## CANCER COMMITTEE AND PROGRAM

### A. PURPOSE

The Cancer Committee at RWJUH is a multidisciplinary committee that provides vision, leadership and direction for RWJUH's Cancer Program. The Cancer Committee convenes on a regular basis and is responsible for goal setting, planning, initiating, implementing, evaluating, and improving all cancer related activities. Dr. William N. Hait, Director of CINJ and Professor of Medicine and Pharmacology at UMDNJ-RWJMS chairs the Committee. Dr. Michael J. Nissenblatt, Medical Director of the Medical Oncology Unit at RWJUH is the Liaison Physician for the Cancer Registry.



### B. MEMBERSHIP

The Cancer Committee membership is multidisciplinary, representing physicians from the diagnostic and treatment specialties and nonphysicians from administrative and supportive services. The following list of Committee members in 2003 reflects the multidisciplinary nature of the Cancer Committee:

#### Member

Joseph Aisner, MD  
David A. August, MD  
Bonnie Baloga-Altieri, MSN, RN, CNAA  
Nicola Barnard, MD  
Maureen Bueno, PhD, RN  
Outcomes  
Kenneth Cummings, MD  
Regina Cunningham, Ph.D., MA, RN  
Reverend John DeVelder  
Richard Drachtman, MD  
Henry Durivage, PhD  
Maureen Eng, MA, RN  
Richard S. Feinstein, MD  
Molly Gabel, MD  
Debra Good, MSW, LCSW, CMAC  
James Goydos, MD  
William Hait, MD, PhD

#### Specialty

Medical Oncology  
Surgical Oncology  
Administration  
Pathology  
Disease Management/Clinical  
  
Surgical Oncology/Urology  
Chief Nurse, CINJ  
Pastoral Care  
Pediatric Hematology/Oncology  
Clinical Research Data  
Hospice and Home Care Services  
Diagnostic Radiology  
Radiation Oncology  
Case Management  
Surgical Oncology  
Chairman, Medical Oncology

Brandi Handel, MSN, RN, APN  
Renai Harris-Hellams, FACHE  
Ingrid Johnson  
Barton Kamen, MD  
Tracey Malast, RN, MSN  
David Marshall, MD  
Nicole McElvery, MSN, RN, CPNP  
Donna McNally, CTR  
Mary Murphy, RN, BSN  
Ilene Naddeo, MSN, APRN, BC, AOCN  
Michael J. Nissenblatt, MD  
Oncology  
Richard Ragovin  
Lorna Rodriguez, MD  
Christine Skotzko, MD  
Pat Stack, RN, CPHQ, LNC  
Roger Strair, MD  
Mary Todd, DO

Nursing  
Community Outreach  
Pastoral Care  
Pediatric Oncology  
Nursing  
Radiation Oncology  
Nursing  
Cancer Registry  
Nursing  
Nursing  
Cancer Liaison Physician, Medical  
  
Radiology  
Gynecological Oncology  
Psychiatry  
Performance Improvement  
Hematology Oncology  
Deputy Director, CINJ

## C. ACHIEVEMENTS AND GOALS



The Cancer Committee develops and evaluates the annual goals and objectives for the clinical, community outreach, quality improvement, and programmatic endeavors related to cancer care.

### **Achievements of the RWJUH Cancer Program for the year 2003 are reported below:**

- Designated by the American College of Surgeons, Commission on Cancer as a National Comprehensive Cancer Program.
- Received accreditation by the Foundation for the Accreditation of Cellular Therapy (FACT) for allogeneic bone marrow transplant and reaccreditation for autologous bone marrow transplant.
- Prepared to open another unit in the Cancer Hospital for the Surgical Oncology population.
- Improved representation of the American Cancer Society within the continuum of care.
- Established a Continuity of Care committee between RWJUH, CINJ and community oncology services to enhance the continuity of cancer services for patients receiving treatment at the outpatient and inpatients settings of our Cancer program and to make the transition between in-patient and out-patient care seamless.
- Instituted brachytherapy in Radiation Oncology and on the Medical Oncology unit.
- Developed, coordinated and implemented multiple outreach and education programs and opportunities with the goal of recruiting, training, and retaining oncology nurses in the in-patient and out-patient settings, including a 5 day Oncology Nursing Fundamentals program, an allogeneic hematopoietic progenitor cell orientation program, oncology-focused open houses, an oncology competency orientation manual, and multidisciplinary Ethics Rounds.
- The Center for Radiation Oncology at RWJUH opened in 2002 with services being expanded in 2003 to include state of the art radiation therapy such as two linear accelerators and simulators, computerized treatment planning, kilovoltage and electron beam, physics support, stereotactic radiosurgery, magnetic resonance imaging, and systemic radioisotopes.
- Instituted a new computer system in Pathology.
- Complete two patient care evaluation studies on the quality of oncology data,

including a long term study on cancer patients.

- Evaluated and improved the ordering process for chemotherapy by revising the order form and re-educating the oncologists, oncology nurses and oncology pharmacists.
- Improved communication between physicians and radiology department by revising the radiology requisition forms to include history and physical and test indication.
- Initiated the use of Pleurx® catheter treatment as an option for palliation of malignant pleural effusion.
- Implemented “Feeling Fabulous on Fridays” program at RWJUH, which offers free hair and skin consults to oncology patients.
- Implement a room service dining program allowing patients to order from a menu at their preferred time of eating, enhancing the nutritional benefits while hospitalized.
- Continued construction of new 5 story building of The Cancer Institute of New Jersey that will expand services to include live animal research, enhanced patient research, greater community outreach and outpatient services.

**The year 2004 is expected to be another productive year. Goals for 2004 include:**

- Restructure Cancer Committee leadership to adhere to the ACoS CoC 2004 Standards, including the designation of coordinators for Cancer Conference, Quality Control of Cancer Registry, Quality Improvement, and Community Outreach and by adding membership from Palliative Care and Thoracic Surgical Oncology.
- Increase activities and services offered by American Cancer Society for patients in the hospital.
- Open a cytogenetics lab on campus to improve efficiencies of cytogenetics lab findings and results.
- Receive reaccreditation of RWJUH from JCAHO.
- Open a 31 bed inpatient surgical oncology unit with intermediate care in the Cancer Hospital of RWJUH.
- Expand brachytherapy services and implement on the Surgical Oncology Unit.
- Complete the construction of the 5story building for the CINJ expansion of services.
- Open a Resource and learning Center at CINJ to provide education and resources to patients, families and community to learn more about their cancer diagnosis, treatment, procedures, and symptom management.
- Implement PhaSeal chemotherapy tubing system as a safety initiative for oncology patients and staff.
- Implement an Integrated Healing Program offering complementary therapies such as acupuncture, massage therapy, therapeutic touch, reiki therapy, music therapy, guided imagery, herbal counseling, nutritional counseling and spiritual care.
- Open a Women’s Resource Center at RWJUH offering health book lending, internet access, videos, and weekly workshops for women.
- Implement a childhood cancer survivor’s clinic program at CINJ.
- Tumor Registry data to be sent to the state in a timely manner.

## **D. ACTIVITIES**

A continuum of care exists between the Robert Wood Johnson University Hospital and the Cancer Institute of New Jersey. Since its inception, RWJUH's Cancer Program has been committed to providing resources to address the physical, psychosocial, emotional, and spiritual needs of our patients, families, and significant others. The Cancer Program offers some of the most innovative and advanced therapies in the state for oncology patients. Because the Cancer Program clinicians and research scientists work closely together, new drugs and treatments developed in the laboratory are rapidly translated into clinical practice, offering patients innovative, therapeutic options. A coordinated effort among individuals from nursing and patient services, pastoral care, social services/case management, volunteer services, and many other departments exists to meet and exceed the expectations of adult and pediatric patients who need guidance, assistance, and support.

The following is a brief summary of some of these services (listed below in alphabetical order).

### **Case Management**

The Department of Case Management, comprised of Social Workers, Outcome Managers, and a Placement Coordinator, work collaboratively with other members of the health care team to promote positive outcomes for the oncology patient population. Comprehensive services are provided to insure continuity of care. Discharge planning services facilitate patients and their families in making arrangements for the next step after hospitalization, whether it is to home or to a facility. Referrals to community programs help patients' transition back to home living. Interventions with insurance companies maximize reimbursement and services for the highest level of care. Counseling for patients and families in all stages of the disease helps in adjustment to the illness and changes in life style. The specific needs of the bone marrow transplant population are anticipated and addressed. Assistance is provided for end of life issues and hospice referrals.

### **Clinical Programs**

Active clinical programs continue at RWJUH/CINJ:

- Bone Marrow/Stem Cell Transplant- autologous and allogeneic matched related donor and umbilical cord
- Breast Oncology
- Cancer Risk Assessment and Genetic Counseling/Familial Cancers
- Clinical Research
- Gastroenterology Oncology
- Genitourinary Oncology
- Gynecological Oncology
- Hospice and Home Care

- Leukemia/Lymphoma
- Melanoma and Soft Tissue Oncology
- Pathology
- Pediatric Oncology
- Phase I/Developmental Therapeutics
- Radiation Oncology
- Symptom Management Supportive Care
- Thoracic Oncology

### **Community Outreach**

Outreach to the community is a cornerstone of the RWJUH mission. As such, education of the public is an incumbent responsibility of every healthcare provider within the institution. The RWJUH Cancer Program provides community education regarding early detection and prevention of cancer as well as information about treatment resources. Education is a collaborative and interdisciplinary activity. Each discipline assesses the learning needs relating to their particular specialty. In total, the biological, psychological, physiological, spiritual and cultural needs of the patient are assessed through our public education and outreach. Various programs that are offered include, but are not limited to: cancer screenings, cancer prevention programs, public education programs about specific cancer topics, Cancer Education and Early Detection Services (CEEDS) in collaboration with the State of New Jersey, annual American Cancer Society events, health fairs, and publications.

### **Consultation and Liaison Psychiatry Services**

The Consultation and Liaison Psychiatry provides services to the patients and staff of the hospital. Faculty includes psychiatry attendings with extensive clinical experience in oncology. We additionally provide education for medical students from UMDNJ-RWJMS, and trainees from Family Practice, General Internal Medicine, and Psychology Internship Programs. Assistance in evaluating and managing anxiety, depression, confusion, and adjustment issues while decreasing distress and optimizing comfort are available 24 hours a day, 7 days a week. Expertise exists in managing organic brain syndromes, complex pain complaints, and chemotherapy induced changes in mentation.

### **Home Care and Hospice Services**

Home Care Services include professional nursing, physical therapy, occupational therapy, speech therapy, social services, and home health aides that are coordinated to meet the individual needs of oncology patients in their homes. In addition, home care for oncology patients often includes home intravenous infusion and use of durable medical equipment.

Particular emphasis is placed on the continuum of care so that the patient and family experience as seamless a transition as possible from in-patient care to home care. The home care interdisciplinary team uses a collaborative approach to teaching self care management and independence. Hospice services are also available to help caregivers of persons with a terminal illness, as well as to provide comfort for the patient. A major initiative of the RWJUH Home Care Department has been to address and assist patients to manage their pain. Quality indicator results for 2003 have shown the Home Care Department to be consistently about the national norm for positive outcomes.

### Nursing Services



Comprehensive nursing services are provided to adult and pediatric patients with medical and/or surgical oncology conditions. An interdisciplinary approach to nursing care is provided for both inpatients and outpatients. Nursing collaborates with case managers, dietitians, pastoral care workers, pharmacists, physicians, respiratory therapists, social workers, and others in the delivery of care to patients. Nursing staff achieve and maintain competency in providing care to patients requiring chemotherapy, neutropenic therapy, thrombocytopenic therapy, radiation therapy, pain management, blood and blood product administration, telemetry monitoring, implementation of research protocols, and more. Oncology nurses utilize standards of care and practice that are based on current research as well as standards and guidelines from the Oncology Nurses Society when developing and implementing individualized plans of care. Hospital-wide policies and procedures, oncology specific policies and procedures, and regulations from regulatory agencies also govern nursing practice.

Nurses maintain competency through participation in a variety of internal and external educational programs. Nurses are encouraged to attain oncology nurse and other certifications. Awards are offered annually to encourage educational advancement of oncology nurses. These awards provide financial assistance to nurses desiring to obtain Oncology Nurse Certification or to fund undergraduate or graduate nursing education. Another award is given to a member of the medical oncology clinical or support staff who is recognized for delivering exceptional care to patients. The award recipient may attend a professional meeting in his or her area of expertise to help pay for tuition, certificate or a continuing education program, or to support research activities by a staff member. The oncology areas in the hospital are actively involved in the hospital's patient satisfaction initiative.

A d v a n c e f o r N u r s e s C o v e r S t o r y  
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### Pastoral Care

The Pastoral Care Department promotes holistic healing through the practice of competent and compassionate ministry, consultation, spiritual counseling, and religious services to patients, families, and staff of the Hospital. Chaplains provide weekly support groups for patients and families, and monthly support groups for staff. Clinically trained chaplains are available 24 hours each day for patients of all faiths. Chaplains make spiritual assessments, develop pastoral care plans, and contribute to the interdisciplinary patient care rounds, support groups, and bereavement groups. Chaplains work collaboratively with local clergy and congregations to strengthen the linkage between care given by the chaplain and care given by the patients' congregations.

### Pathology and Laboratory Services

The Pathology Service and the Department of Pathology and Laboratory Medicine play a major supportive role in the diagnosis and care of cancer patients and the research efforts of the Cancer Program through the divisions of Anatomic and Clinical Pathology. Anatomic Pathology is integrally involved in the care of oncology patients through its surgical pathology, cytopathology, neuropathology, and other sections. Clinical pathology remains active in transfusion medicine, clinical chemistry, molecular diagnostics, hematology, and microbiology areas. The labs have successfully handled a significant increase in volume and complexity of care for oncology patients.



### Pediatric Hematology-Oncology

This state of the art 10-bed unit accepts and treats patients with blood disorders and cancer. The pediatric Hematology/Oncology team participates in clinical research trials,

administers chemotherapy, biologic modifiers and blood products, assesses and controls for infections secondary to neutropenia. There is an in-house school-tutoring program that helps pediatric patients maintain age-specific growth and development activities while hospitalized. Each single room provides a range of amenities including television sets, VCRs, Nintendo games and in-room sleeping accommodations for parents. Specialists in every aspect of pediatric care are available and participate, as needed, in the multidisciplinary team caring for each patient. A separate same-day services suite, pediatric emergency room, radiology suite and rehabilitation room is specially designed to meet the needs of children and their families assuring a pediatric focus that enhances every aspect of the services provided at the hospital. .



### **Performance Improvement (PI)**

The Oncology Program at RWJUH is fully integrated into the hospital's Performance Improvement (PI) Program. The PI program is a comprehensive, collaborative, interdisciplinary, and organization-wide approach to performance measurement, assessment, and improvement. It is linked to the Hospital's Vision, Mission, Values, and Strategic Plan. The PI program incorporates the Joint Commission for the Accreditation of Healthcare Organizations (JCAHO), the Health Care Criteria for Performance Excellence of the Malcolm Baldrige National Quality Program, ACoS CoC quality requirements, and other relevant standards and regulatory requirements. PI projects designed to improve outcomes and process of care for cancer patients are determined based on data and are improved with involvement from various disciplines.

The Oncology Performance Improvement team has taken on many initiatives to improve the quality of healthcare delivered to our oncology patients using an evidence-based model. In 2003 the team focused on quality chemotherapy ordering, administration and documentation. The team revised and updated the chemotherapy policy and inserviced all staff on the changes. The team also looked at nutritional support for oncology patients and used a "best practice" approach to address patient education on food/drug interaction and nutritional supplements. The team also looked at the adequacy of pain management in the Oncology population. More so than ever before, the team is taking advantage of what the tumor registry has to offer in terms of data collection and taking a more disease-focused approach.

### **Radiation Oncology**

Opened in 2002, the Cancer Hospital of New Jersey's Radiation Oncology Department provides the latest diagnostic and treatment technology including intensity modulated radiation therapy or IMRT, the most precise form of radiation therapy. Computer generated images direct higher and more precise radiation to tumors while protecting healthy tissue; stereotactic radiosurgery, a precision high-dose radiation treatment therapy; CT simulation, and an advanced body scanning technology that gives doctors the ability to better view the patient's anatomy with high-resolution, three-dimensional images, used to determine the shape and location of tumors.



### Radiology Services

The Radiology Service and Department are integrally involved in social aspects of cancer care ranging from diagnosis with the latest technology to vascular access and treatment with interventional radiology techniques. Radiology and mammography services, in particular, are accredited by the American College of Radiology. The department is actively involved in research studies involving cancer patients. On-site services offered include:

- 1 Angiography
- 2 Computerized Axial Tomography Scan (CT)
- 3 Digital Radiography
- 4 Mammography
- 5 Magnetic resonance Imaging (MRI)
- 6 Nuclear Medicine
- 7 Positron Emission Tomography Scan (PET)
- 8 Stereotactic Guided Biopsy
- 9 Ultrasound



## Research

The Institute for Health Care Research (IHCR) at Robert Wood Johnson University Hospital provides an organizational framework that supports interdisciplinary research and facilitates scientific inquiry to improve patient, provider and organizational outcomes. Funded by external funding sources, the ICHR is New Jersey's first and only research institute to be housed in an academic health care setting. The IHCR supports the Hospital's four-fold mission of Care, Outreach, Research and Education. The research agenda of the IHCR includes clinical interdisciplinary research studies of the care of patient with cancer. Funded within the IHCR is the position of the Yvette Stolzer, Oncology Nurse Research Scholar, which is held by a doctorally prepared research scientist. Her role is to collaborate with clinicians to identify research questions and conduct studies designed to improve oncology patient outcomes through evidence-based nursing practice.

Studies are underway to address the effective management of symptoms associated with cancer or cancer treatment. These include the effect of complementary therapies in managing pain and anxiety and improving sleep in hospitalized oncology patients. In addition, an examination of the relationships between language used to describe pain, pain intensity, cardiovascular reactivity and anxiety will add to the understanding of the pain experience and guide the development of targeted interventions.

### 2002 Clinical Trial Data

<b>Race/Ethnicity</b>	<b>#New Males Patients A</b>	<b># New Females Patients B</b>	<b>Total #New Patients A+B</b>	<b># New Patients &gt; 65 Yrs Subset of A + B</b>	<b>#New Males Enrolled in Clinical Trials C</b>	<b># New Females Enrolled in Clinical Trials D</b>	<b>Total #New Patients Enrolled in Clinical Trials C + D</b>	<b># New Patients &gt; 65 Yrs Enrolled in Clinical Trials Subset of C + D</b>
<b>Non-Hispanic Black</b>	70	199	269	43	15	53	68	12

<b>Non-Hispanic White</b>	859	1569	2428	790	295	404	699	157
<b>Hispanic or Latino</b>	54	211	265	39	8	68	76	10
<b>Asian/Pacific Islander</b>	37	117	154	29	12	19	31	4
<b>All Others</b>	359	471	830	313	9	10	19	8
<b>Totals</b>	<b>1379</b>	<b>2567</b>	<b>3946</b>	<b>1214</b>	<b>339</b>	<b>554</b>	<b>893</b>	<b>191</b>

### New Jersey Cancer Trial Connect



Hundreds of cancer clinical research trials are underway in New Jersey. However, only three to five percent of adult cancer patients participate in these trials. One challenge for those who may be interested is simply finding the trials.

New Jersey Cancer Trial Connect, a web-based resource for healthcare providers and cancer patients, was launched in April 2003 to enable people to identify active clinical trials that may be appropriate treatment options.

Operated by the Cancer Institute of New Jersey with support from the state of New Jersey, the service contains trial information provided by hospitals, academic institutions, oncology offices, and pharmaceutical companies.

New Jersey Cancer Trial Connect enables people with cancer, their families and caregivers to enter specific information about their cancer diagnosis and treatment history.

The system will then search its database to find a clinical trial “match.” Patients are notified electronically when new clinical trials become available. Visit [www.njctc.org](http://www.njctc.org) to learn more or call 1-866-788-3929.

## Support Groups



RWJUH staff, physicians, and volunteers facilitate a variety of support groups for patients, families, significant others, and the community:

- Living With Cancer
- New Horizons
- Prostate Cancer
- Breast Cancer
- Brain Tumor
- Lesbians With Cancer
- Inpatient Support
- Adult Family
- Pediatric Inpatient Support
- Families of Children with Cancer
- 1 Bereavement Groups
- 2 Feeling Fabulous on Fridays
- 3 Look Good Feel Better
- 4 All American Cancer Society Support Groups
- 5 Strength For Caring

## Women's Wellness: Integrative Healing Program and Women's Resource Center



Your health is important  
and your time is valuable.  
That's why we've  
established The Executive  
Health Program to  
accommodate the health  
needs of busy female  
executives.

The Women's Wellness and Healthcare Department is committed to providing services to

women and to ensuring that women have access to a full spectrum of health care information and services. It functions as an outreach and advocacy program for women needing and/or seeking advice on healthy living practices, accessing medical services, and looking to improve their overall health and the well being of themselves and family members. In fulfillment of this mission, Women's Wellness actively connects with women, and all relevant institutions that impact women as health care consumers, including family members, health care providers, political, research and educational organizations.

The Integrative Healing Program was created in 2003 for both men and women and believes that health is more than merely the absence of disease but rather it is achieving wellness in mind, body and spirit. Medical care can either be reactive - merely treating symptoms of disease, or it can be holistic - promoting healthy lifestyles and preventing disease. The Integrative Healing Program at Robert Wood Johnson University Hospital offers a variety of integrative services by a team of professionals to help patients achieve wellness. Various complementary therapies are offered to our Cancer patients through the Integrative Healing Program including:

6 Acupuncture

7 Bedside Harp Therapy

8 Guided Imagery

9



9) Herbal Counseling

10 Meditation and Relaxation

11 Nutritional Counseling

12 Pet Therapy

13 Reiki

14 Spiritual Care

15 Therapeutic Music

16 Transcutaneous Electrical Nerve Stimulation (TENS)

It is the mission of the Integrative Healing Program to create a healing environment and encourage patient's and families to seek wellness and preventive care throughout their hospitalization and after discharge. A team of highly trained health professionals draws from the best of both conventional and integrative medicine to work with patients on their path to health and wellness.



The Women's Resource Center was opened in 2003 offering a connection to health information and resources. The Women's Resource Center offers free weekly educational programs and helps women educate themselves about the health topics that concern them the most. Dedicated to helping women make informed decisions and ensure access to healthcare, a women's resource coordinator is available to encourage women to embrace healthy lifestyles that promote wellness and prevent disease in themselves and their families. The mission of the Women's Resource Center is to support women and their families in making informed decisions about their health and to encourage them to become active partners in their care. Services offered through the Resource Center include:



- 1 Classes and workshops for women across the life span
- 2 A lending library
- 3 Referrals to women's health care practitioners
- 4 Links to community resources
- 5 Free internet use with access to healthy websites and over 270 patient education videos

- 6 Information on women's health research and clinical trials at RWJUH, UMDNJ-RWJ Medical School and the Cancer Institute of New Jersey

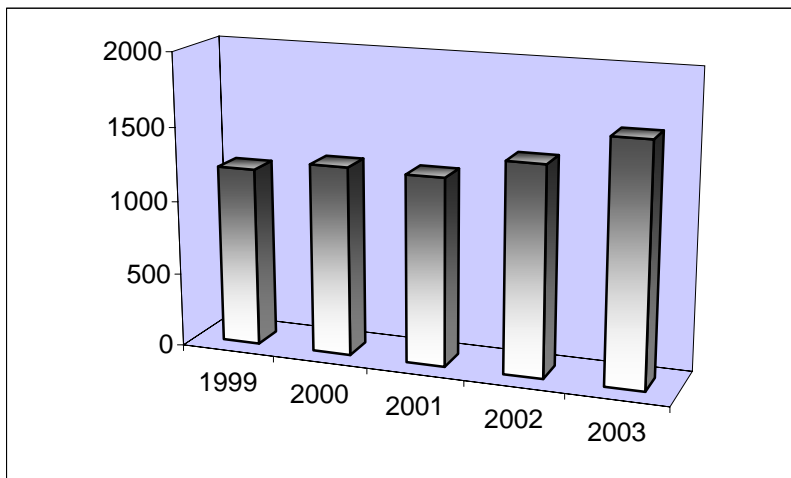
#### IV. CANCER REGISTRY ACTIVITY

##### CANCER REGISTRY ACTIVITY

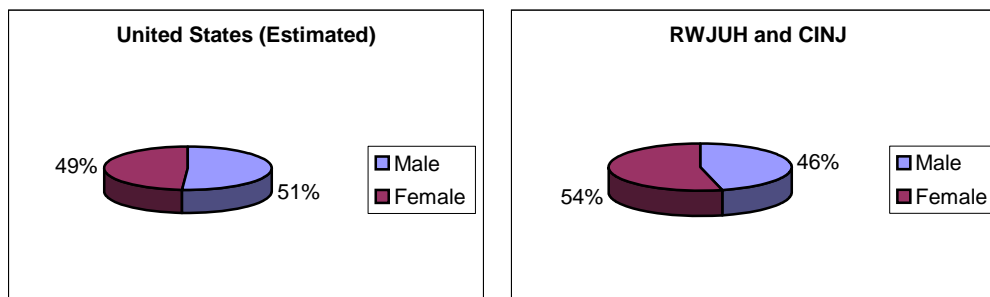
The Cancer Registry contains an electronic oncology database specifically designed to track the diagnosis, treatment, and survival of cancer patients diagnosed and/or treated at Robert Wood Johnson University Hospital (RWJUH) and the Cancer Institute of NJ (CINJ). A summary of each case is collected by a Certified Tumor Registrar, who records demographic, diagnostic, and treatment information. Data is retrieved, stored, and dispersed in accordance with the American College of Surgeons guidelines for an NCI Designated Program. The information obtained by the registry provides a wealth of information utilized by numerous physicians and departments for analytic studies, annual statistics, research activities, survival analysis, and community education. All reportable cases are electronically forwarded to the New Jersey State Cancer Registry on a routine basis as required by law and all analytic cases are forwarded to the National Cancer Data Base (NCDB).

The registry is staffed by well-trained, certified personnel who strive to provide timely, accurate, and complete data while ensuring patient confidentiality. The staff includes one certified full-time Manager and three full-time employees, two of which are Certified Tumor Registrars.

Currently the Cancer Registry manages a database of 25,406 cases. In 2003, the registry staff abstracted a total of 2,648 cases; 1,618 were analytic and 1,030 were non-analytic. The graph below shows the total number of analytic cases accessioned in the registry from 1999 through 2003.



Of the 1618 cases seen at RWJUH and CINJ in 2003, 746 patients were male and 872 were female. This is comparable to the estimated incidence for the United States in 2003.



Maintaining complete information on cancer patients, as well as annual follow-up is an essential part of our Cancer Program. The registry is required to follow patients for a lifetime. Currently the registry follows approximately 11,400 patients and during 2003 maintained a 91% follow-up rate.

*Performance improvement and quality control of the Cancer Registry data is performed on a regular basis. Our Cancer Liaison physician reviews a minimum of 10% of all analytic cases. The review includes evaluation of site, histology, stage of disease, and treatment.*

### **SITE STATISTICS**

In 2003, breast was the most frequent analytic site at RWJUH and CINJ with an incidence rate of 15%. This was followed by lung 13%, skin 12%, colorectal 9% and prostate 7%.

## Site Distribution Report for 2003

### Robert Wood Johnson University Hospital & The Cancer Institute of NJ

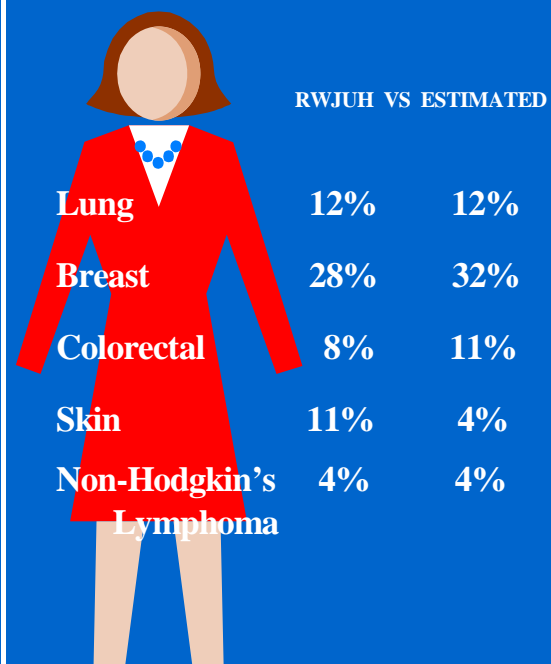
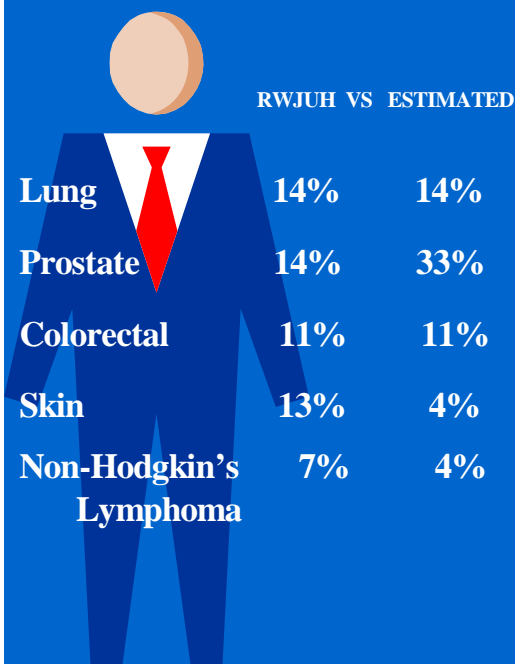
<b>Primary Site</b>	<b>Total</b>	<b>Percentage</b>	<b>Male</b>	<b>Female</b>
Oral	3	0.2	3	0
Esophagus	14	0.9	11	3
Stomach	44	2.7	29	15
<b>*Colorectal</b>	153	9.4	84	69
Liver/Biliary	16	1.0	8	8
Pancreas	53	3.3	30	23
Larynx	6	0.4	4	2
<b>*Lung</b>	206	12.7	106	100
Connective Tissue	21	1.3	10	11
<b>*Skin</b>	189	11.7	93	96
<b>*Breast</b>	248	15.3	3	245
Cervix Uteri	26	1.6	0	26
Corpus Uteri	40	2.5	0	40
Ovary	26	1.6	0	26
<b>*Prostate</b>	106	6.5	106	0
Testis	10	0.6	10	0
Bladder	37	2.3	26	11
Kidney/Ureter	56	3.5	29	27
Brain/CNS	37	2.3	19	18
Thyroid	30	1.9	8	22
Leukemia	78	4.8	42	36
Lymphoma	92	5.7	53	39
Other	127	7.8	72	55
<b>Total</b>	<b>1618</b>	<b>100%</b>	<b>746</b>	<b>872</b>

*\*Top Five Sites*

Comparison of the top cancer sites, by gender and site:

**MALES**

**FEMALES**



\*National Data was taken from the American Cancer Society - Cancer Facts and Figures 2003

\*\*Excludes localized basal and squamous cell carcinoma of the skin and in-situ. Estimates based on NCI SEER (Surveillance Epidemiology and End Results) format.

When we examine our data by gender, we see a trend of prostate carcinomas being diagnosed and treated at freestanding outpatient centers. While the American Cancer Society estimates a rate of 33% for prostate cancers, RWJUH & CINJ data demonstrates only 14% for the same site. Skin cancer nationally is 4% and RWJUH & CINJ has 12% because NJ has the highest per capita rates of melanoma in the country and we have the only melanoma center in the state.