



SAN ANTONIO REGIONAL HOSPITAL

2019 Cancer Report

PUBLIC REPORTING OF OUTCOMES
STANDARD 1.12 (YEAR 2018 DATA)



Comprehensive Cancer Program

MESSAGE FROM LEADERSHIP



On behalf of San Antonio Regional Hospital's Cancer Committee, it is with great pleasure that we present the 2019 Cancer Program Annual Report presenting 2018 outcomes and activities. In August 2016, we were surveyed by the American College of Surgeons Commission on Cancer and were awarded another three year accreditation as a Comprehensive Community Cancer Program. We look forward to our next scheduled survey in 2019.

The Commission on Cancer's accreditation standards are based on a patient-centered approach, which is at the forefront of San Antonio Regional Hospital's cancer care. Our multi-disciplinary team coordinates the best treatment options available to ensure the key elements of quality cancer care are provided to every cancer patient in our care. This includes their diagnosis and treatment process, as well as support services such as nurse navigation, psychosocial support, physical therapy, pain management, and palliative and hospice care.

As our region grows and cancer care continues to become more individualized and complex, San Antonio Regional Hospital is expanding to meet the challenge by offering our patients and their families the highest standards of treatment and state-of-the-art services close to home.

A new 60,000-square-foot, two-story cancer and outpatient care center will open this year on the hospital's main campus in Upland and is expected to open by Fall 2019. The new center is an important milestone in the hospital's history and is a significant element of our multifaceted partnership with City of Hope, a world-renowned independent research and treatment center for cancer, diabetes, and other life-threatening diseases.

The new center provides patients with expanded access to high-quality cancer care and innovative experimental treatment in the Inland Empire. Combining this world-class cancer care and research with San Antonio Regional Hospital's 112-year tradition of high-quality patient care has created a seamless continuum of leading edge cancer care for patients, close to home.

I extend my personal thanks to the cancer committee for their continued leadership, and our cancer care team for their unwavering commitment to our cancer patients. Our excellent physicians, certified oncology nurses, nurse navigators, highly trained diagnostic technologists, and other support staff dedicate themselves to providing high quality care with compassion. The growth and success of our Cancer Program is a direct result of the work performed by this outstanding and committed group of professionals.

Best regards,

A handwritten signature in black ink, appearing to read "Ben Ebrahimi". The signature is fluid and cursive.

Ben Ebrahimi, MD
Chairman, Cancer Committee
Cancer Liaison Physician

Cancer Program Leadership

Ben Ebrahimi, MD
Chairman, Cancer Committee
Cancer Liaison Physician
Assistant Clinical Professor,
Department of Medical Oncology and Therapeutics
Research

Krupali Tejura, MD
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Cancer Conference Coordinator
Medical Director, Radiation Oncology

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Quality Improvement Coordinator
Medical Director, Quality Management
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Surgery Department

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Inpatient Nurse Navigator

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Director of Nursing
Oncology Nurse

Suzanne Kellon, MS, RD, CDE
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Martin Torres, PharmD
Director of Pharmacy

Lawrence D. Wagman, MD
Surgical Oncology

Gudrun Moll, RN
Cancer Program Administrator
Vice President Clinical Services/Chief Nursing
Officer

Rita Alcantara, CTR
Cancer Registry Quality Coordinator

Jackie Faber, CPHQ
Cancer Registry CP3R Data Coordinator

Cathy Rebman
Vice President
Business Development and Community
Outreach

Angelica Baltazar
Executive Director
Lewis-San Antonio Healthy Communities
Institute

Jessica Chairez, MPH
Community Outreach Program Manager

Debbie Turner, MHA, CNMT, RT
Executive Director Imaging Services

Theresa Stringer
QC Coordinator, Radiology

Livia Vargas, RN, OCN
Breast Nurse Navigator

Jeff Fujimoto, PT, DPT, OCS
Director of Rehabilitation Services

Dr. Mario Lopez-Luna
Director of Quality Management

Jennifer Amlani, LCSW, MSW
Psychosocial Social Services Coordinator
Palliative Care Member
Social Services Manager

**“ Cancer can take away all of my physical abilities.
It cannot touch my mind, my heart, or my soul.
— Jim Valvano ”**

CANCER PROGRAM



“

Cancer may have started the fight, but I will finish it.

— [gotCancer.org](https://www.gotcancer.org)

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PROGRAM OVERVIEW

Cancer Program Objective

The objective of San Antonio Regional Hospital's Cancer Program is to provide a multidisciplinary approach to give patients the best hope for cure and to offer a full continuum of coordinated cancer care services with a strong commitment to patient education and clinical research.

About Our Cancer Program

San Antonio Regional Hospital has maintained an accredited program with the Commission on Cancer (CoC) since July 1980. This is a voluntary commitment to ensure that our patients will have access to a full scope of services to diagnose, treat, rehabilitate, and support patients with cancer and their families.

The hospital's partnership with City of Hope has enhanced the oncology expertise and breadth of services we are able to bring to those in our community who are facing a cancer diagnosis.

What This Means to Our Patients and Community

- World class care close to home
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multidisciplinary team approach to coordinate the best cancer treatment options available
- Access to cancer-related information and education
- Access to patient-centered services such as psychosocial distress screening, nurse navigation, and palliative care services
- Options for genetic assessment and counseling
- Ongoing monitoring and improvement of care
- Assessment of treatment planning based on evidence-based national treatment guidelines
- Clinical trials and new treatment options
- Follow-up care at the completion of treatment, including a survivorship care plan
- A cancer registry that collects data on cancer type, stage, and treatment results, and offers lifelong patient follow-up

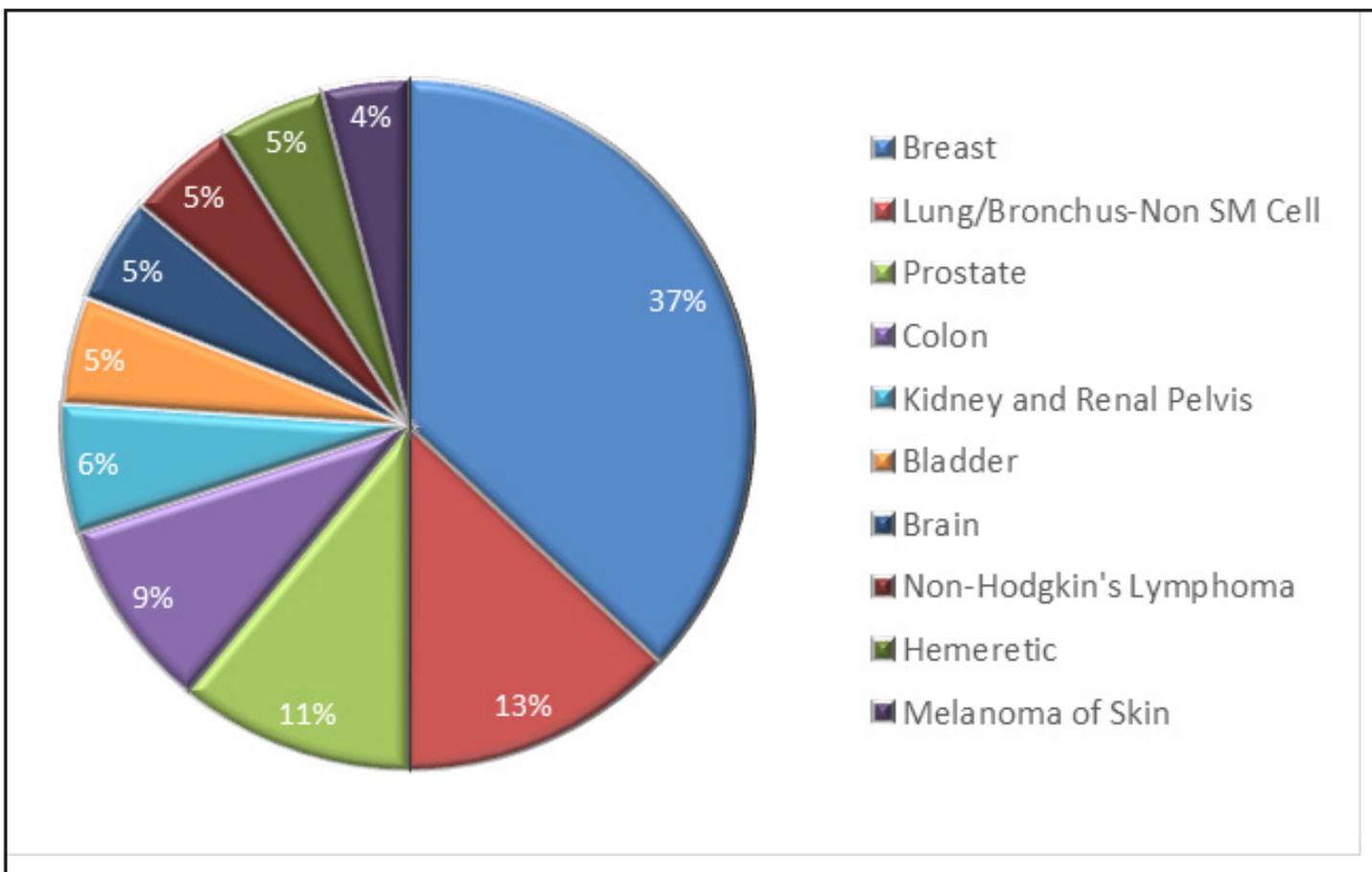


2018 Cancer Program Highlights

- Commission on Cancer Accreditation
 - Next survey August 22, 2019
 - Surveyor: Marvin J. Lopez, MD, FACS, FRCS
 - Surgical oncology/breast surgery
- Cancer Program Goals Completed (Standard 1.5)
 - Clinical: Adopted guidelines set by the Oncology Nursing Society (ONS) to achieve consistency and safety of chemotherapy administration in surgery during intravesical administration and Radiology with intrathecal administration. On-going education will be provided by the Oncology Nurse Navigator (ONN) to ensure compliance.
- Programmatic: Rehab services hired a new lymphedema therapist. The goal is to expand by hiring at least two more lymphedema therapists to address issues with delayed scheduling.
- Tumor Boards (Standard 1.7)
 - Frequency: Bi-weekly
 - Total volume presented: 142 cases presented (breast and general)
 - This is a CME activity, all physicians are encouraged to attend
- Study of Quality (Standard 4.7)
 - Issue: Perceived increase in administration of Herceptin/Trastusumab by treating physicians.
 - Author: Chaya Prasad, M.D. (Published by ASCO, May 26, 2019)
https://ascopubs.org/doi/abs/10.1200/JCO.2019.37.15_suppl.e12509
 - Conclusion: Our data shows a decrease in HER-2 NEU positive cancers from 2015 to 2017. It is important to note that these HER-2 NEU lesions were associated with lower stage, lower grade, smaller pathologic size, lower incidence of lymph node involvement, and higher incidence of ER/PR positivity. The identification of this subset of lesions may be attributed to newer imaging modalities such as digital tomosynthesis and more aggressive screening measures. Our study represents the most recent evaluation of HER-2 NEU positive breast cancers to date since 2014. Compare data results with national benchmarks or guidelines: National data documents a rate of 15-25% of patients with breast cancer being HER-2NEU positive. Our data shows a drop from 15.7 % to 9.4 % from 2015 to 2017.

2017 Top 10 Cancer Sites

(Last Completed Year)



2017 Total Analytic Volume = 951

Diagnosed and/or Treated at San Antonio Regional Hospital

NEW CANCER AND OUTPATIENT CARE CENTER

As part of San Antonio Regional Hospital's multi-faceted partnership with City of Hope, the hospital is nearing completion of a brand new 60,000-square-foot, two-story cancer and outpatient care center directly across the street from the hospital's main campus in Upland. City of Hope | Upland will provide expanded access to high-quality cancer care and innovative experimental treatment in the Inland Empire. San Antonio Regional Hospital will offer a full complement of services in the building to support cancer patients.



1100 Building
1100 San Bernardino Road, Upland

City of Hope | Upland Cancer Center

The 28,000-square-foot cancer center offers:

- City of Hope physician offices
- Medical oncology and infusion
- Radiation oncology
- General oncologic surgery
- Surgical subspecialties in urology, gynecologic oncology, and colorectal cancers
- 25 exam rooms, 23 infusion chairs, including two set in private rooms, two procedure rooms, and a pharmacy for preparing sterile therapeutic compounds.
- Phase 2 and phase 3 clinical trials

San Antonio Outpatient Care Services

San Antonio Regional Hospital offers a full complement of services in the new outpatient care center to support City of Hope patients and to provide one convenient location for patients who need diagnostic testing and pre-operative services. These outpatient services include:

- Women's Breast & Imaging Center
- Preoperative evaluation
- Laboratory
- Electrocardiogram (EKG)
- Imaging services such as fluoroscopy, ultrasound, PET-CT scanning, and stereotactic biopsy
- Cancer Boutique Wig salon
- Community Education Center offering cancer classes and support groups

CANCER SERVICES & PATIENT SUPPORT

Being diagnosed with cancer is a difficult experience for patients and their loved ones. Having excellent cancer care nearby can be the first step in beating the disease. San Antonio Regional Hospital offers access to some of the most advanced and comprehensive cancer treatments in the Inland Empire.



“ When someone has cancer, the whole family and everyone who loves them does too.

— Terri Clark

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CANCER SERVICES

Recognizing that every cancer diagnosis is unique, San Antonio Regional Hospital's team of experienced multi-disciplinary healthcare professionals is committed to providing patient-centered and individualized cancer treatment plans.

This multidisciplinary approach emphasizes treatment with a combination of therapies to give patients the best hope for a cure. We offer a full continuum of coordinated cancer care services with a strong commitment to patient education and clinical research.

San Antonio Regional Hospital and City of Hope offer the following comprehensive cancer services, including:

- Medical Oncology
- Surgical Oncology
- Radiation Oncology
- Chemotherapy
- Intensity Modulated Radiation Therapy (IMRT)
- Radioactive Seed Implantation
- Sentinel Node/Lymphatic Mapping
- Intravenous Therapy
- Stereotactic Biopsy
- Pheresis
- Pain Management
- Discharge Planning/Continuing Care
- Clinical Trials
- Physical Rehabilitation
- Patient and Community Education
- Health Screenings and Education
- Support Groups



Oncology Nursing

If hospitalization is needed, patients can conveniently access private accommodations on the oncology unit in San Antonio's new Vineyard Tower, where certified oncology nurses are dedicated to providing exceptional care with compassion. Oncology nursing care is provided by registered nurses with specialized knowledge in oncology care and treatment. Registered nurses providing oncology care are trained to administer chemotherapy through the Oncology Nursing Society (ONS) and/or are oncology certified nurses (OCN). Chemotherapy administration competencies are evaluated annually. Quarterly oncology education is provided to the oncology nursing staff based on annual needs assessments from staff and physician oncologists. All oncology policy and procedures that guide patient care are based on standards and guidelines of ONS and/or other recognized organizations.

Women's Breast & Imaging Center

This state-of-the-art facility will be relocated to the new cancer and outpatient care center (1100 Building) and provides a full range of women's diagnostic and support services in one convenient location. These services include 3D digital mammograms, ultrasound, breast MRI, stereotactic breast biopsies, bone density scans, breast health education, and patient navigation services.

The Women's Breast & Imaging Center (WBIC) is committed to the fight against breast cancer by helping women in the community stay healthy through regular mammogram screenings and diagnostic testing for early breast cancer detection. Early diagnosis and timely treatment are critical to achieve the best possible outcomes for breast cancer patients. Currently housed in the 901 building, WBIC will relocate to the new cancer and outpatient center across the street from the hospital when the 1100 building opens in 2019.

Designed by women for women, WBIC offers advanced breast imaging and minimally invasive diagnostic procedures in an atmosphere of comfort and support. The center's highly skilled imaging team includes specially training technologists operating state-of-the-art equipment, as well as board-certified radiologists specializing in breast cancer diagnosis. A dedicated breast nurse navigator is also on-site to provide education and answer questions, coordinate individualized follow-up care, and provide referrals to community resources. The nurse navigator also serves as the patient's advocate throughout the cancer journey.

Comprehensive services include:

- ◆ 3D digital mammography
- ◆ Breast Ultrasound
- ◆ Breast MRI
- ◆ Minimally invasive biopsy procedures using ultrasound or stereotactic guidance
- ◆ Support services and educational resources
- ◆ Patient navigation services



Nurse Navigation

The Oncology Nurse Navigator and Breast Nurse Navigator are integral to the cancer care team at San Antonio Regional Hospital. Our nurse navigators help facilitate streamlined care and provide access to information and resources one may need through treatment and recovery. The care team at San Antonio Regional Hospital understands that each patient has a specific set of circumstances, which is why our nurse navigators play an important role supporting patients during their cancer journey.

PATIENT SUPPORT

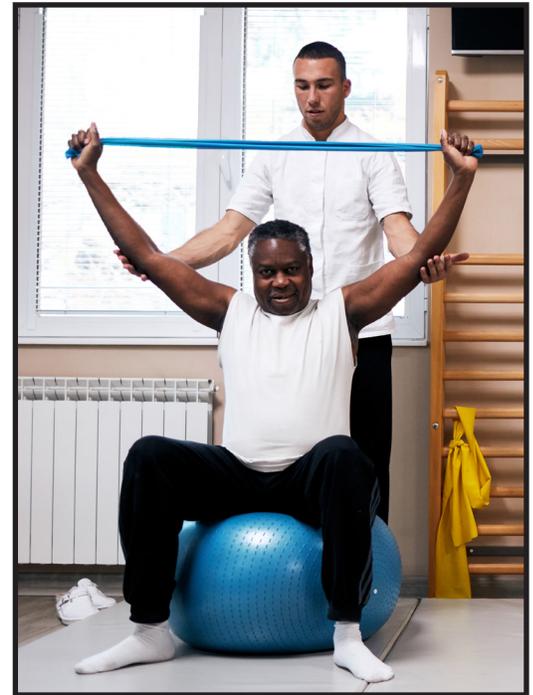
Rehabilitation Services

San Antonio Regional Hospital offers comprehensive rehabilitative services including inpatient and outpatient physical, speech, and occupational therapy.

Physical therapy helps cancer patients and their caregivers regain a sense of hope and control over their health by teaching proper and safe exercise to rebuild function, endurance, and muscle and bone strength. Maintaining strength during cancer treatment helps to prevent or decrease the risk of complications and enhance quality of life.

Pain Management

Patients with cancer may experience pain for a variety of reasons as a result of tumor growth, advanced cancer, or treatment side effects. At San Antonio Regional Hospital, we are dedicated to helping patients manage pain. For patients who experience persistent chronic pain, help is available from physicians who specialize in pain management. Because chronic pain is a complex problem, treatment plans are individualized. An accurate diagnosis of the cause and type of pain is key to finding the most effective treatment.

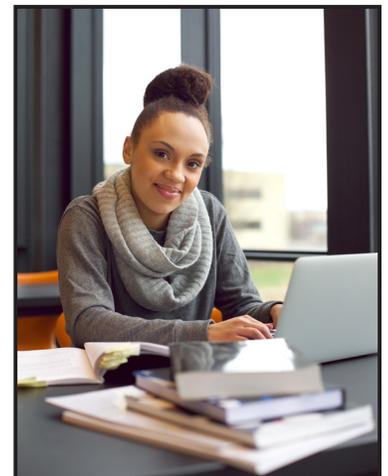


Nutritional Services

Nutrition plays an important role in good health, but it can be especially critical when it comes to cancer prevention and treatment. Being diagnosed with cancer is a difficult experience for patients and their loved ones. At San Antonio Regional Hospital, we recognize that such a diagnosis can make proper nutrition very difficult. San Antonio Regional Hospital's Nutritional Services team helps patients make informed decisions and answers questions about the role nutrition plays in a cancer treatment plan. Individual nutrition consultations are available with our registered dietitians.

Social Services

Social services play an important role in assisting cancer patients and their families through the variety of challenges faced when trying to understand and manage a cancer diagnosis. Using an individualized patient-centered approach, the social services team offers support during the many phases of a cancer journey, from initial diagnosis to treatment planning and execution, and from rehabilitation to survivorship. The social services team can also provide end of life services if needed. Social workers provide referrals to community resources, and patients and their families are encouraged to participate in the cancer classes and support groups held at the hospital. The social services team includes both licensed therapists and Masters-prepared social workers certified in oncology, which gives each member of the team the skill and competence to assist patients and families with their varied and complex needs.



Palliative Care

Palliative care is active, total care for people with advanced medical illness, especially chronic and progressive conditions. The primary goal of palliative care is to help patients and their families live as fully and comfortably as possible and to have the best possible quality of life by helping to relieve their suffering. Patients who are facing serious illness often have special needs. Specialists treat pain, symptoms, and stress that can occur when fighting serious illness. The palliative care team at San Antonio Regional Hospital consists of a specially trained team of doctors, nurses, social workers, and chaplains. Ongoing education, support, and consultation is provided to healthcare professionals, seriously ill patients, and their families to assure relief of suffering and to improve the quality of living and dying.

Community Outreach

In an effort to increase the health and wellness of the community, Community Outreach provides a comprehensive variety of health programs and services. Examples of community health improvement programs include health education seminars and screenings for breast, colon, and prostate cancer; health counseling and screenings at community centers; preventive services such as flu vaccines, diabetes education, and obesity management; and direct medical care for low income, uninsured and underinsured residents. The hospital conducts a comprehensive triennial community health needs assessment to further evaluate and prioritize community needs.



ADVANCED TECHNOLOGY

Medical technology is continually advancing and developing new innovations that improve the health and well-being of cancer patients. San Antonio Regional Hospital is committed to staying at the forefront of this quickly evolving technology.



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Every day the power of modern medical technology is used to change lives.

— Unknown

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ADVANCED TECHNOLOGY FOR DIAGNOSING AND TREATING CANCER

San Antonio Regional Hospital is committed to bringing cancer patients the latest technology for early diagnosis and successful treatment of their disease.

Diagnostic Imaging

San Antonio Regional Hospital was one of the first in the region to provide the latest technology in diagnostic radiology for a variety of health indications. This includes digital x-rays, an advanced 64-slice CT (Computerized Axial Tomography) scan and the latest in digital mammography.



3D Mammography

Our Women's Breast & Imaging Center features 3D digital mammography, which is an advanced type of imaging that uses a computer, rather than x-ray film, to record x-ray images of the breast. The 3D digital technology produces highly detailed breast images from different angles, allowing the radiologist to review and manipulate images of the breast for enhanced views.

1.5 Tesla Wide Bore and 3 Tesla MRI

MRI (Magnetic Resonance Imaging) technology is commonly used as a non-invasive medical test for diagnosing cancer and other medical conditions. San Antonio offers patients the latest 3Tesla standard bore and 1.5 Tesla Wide Bore MRI technology, which produce images with greater clarity and detail.



Endoscopic Services

The Endoscopic Services Department performs a vital function in the early detection and identification of diseases and abnormalities. The colon, esophagus, stomach, and gallbladder can all be examined and evaluated using a videoscope or tiny camera. These short and simple procedures can provide an early diagnosis, which helps to save lives.

Radiation Oncology

Radiation Oncology, also known as Radiation Therapy, is the medical specialty that treats cancer with radiation. It is administered in the form of gamma rays or x-rays designed to destroy cancer cells, while allowing the adjacent normal cells to repair themselves. Radiation is the preferred form of treatment for some types of cancer, and in other cases it is used in conjunction with surgery or chemotherapy.

Gamma Knife

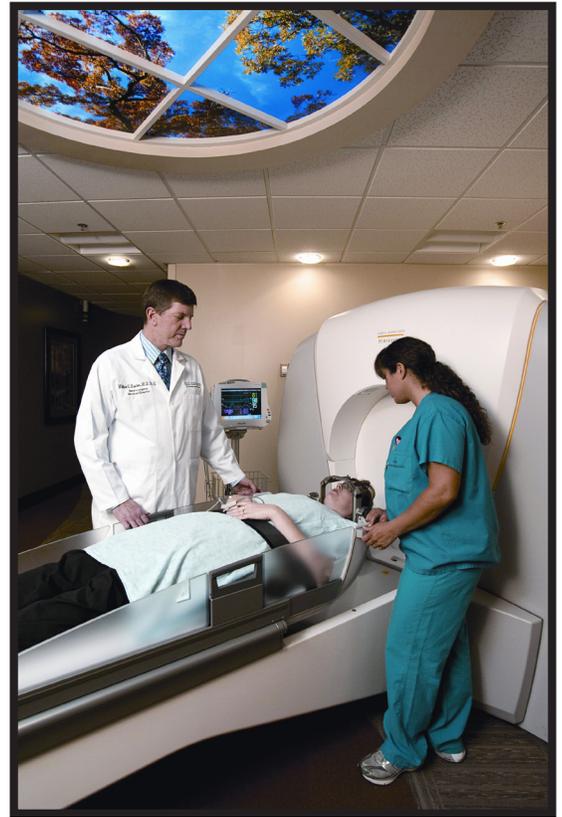
San Antonio Regional Hospital offers the only Gamma Knife radiosurgery system in the Inland Empire. The Gamma Knife is a revolutionary way of conducting noninvasive brain surgery. It is performed as an outpatient procedure with no incision, minimal discomfort, and a brief recovery. With unsurpassed and proven clinical outcomes, the Gamma Knife is the gold standard in cranial radiosurgery.

Nuclear Medicine

Nuclear Medicine is a medical specialty that uses safe, painless, and cost-effective techniques to diagnose, treat, manage, and prevent serious diseases. Nuclear Medicine imaging procedures often identify abnormalities early in the progression of a disease, long before some medical problems are apparent with other diagnostic tests. Early detection may allow for earlier treatment of the disease and increase the potential for a more successful outcome.

San Antonio Regional Hospital's nuclear medicine capabilities include a triple head whole body scanner, a triple head cardiac scanner, and a multi-purpose single head scanner. This equipment represents the latest technology for conducting planar and SPECT (single photon emission computerized tomography).

A positron emission tomography (PET) scan is also an important technology component in San Antonio's nuclear medicine capabilities. A PET/CT scan is a medical imaging technique that combines a positron-emission tomography scanner and a computed tomography (CT) scanner into a simple device. The PET scanner uses a small amount of a radioactive isotope to detect areas of activity (like cell growth) in the body, and the CT scanner provides precise anatomic localization of the activity on the combined images. PET/CT is most frequently used in the diagnosis and staging of cancer.



CANCER PREVENTION & SCREENING PROGRAMS

Commission on Cancer Standards

As part of the Commission on Cancer's (CoC) Cancer Program Standards: Ensuring Patient-Centered Care (2016 Edition), San Antonio Regional Hospital's cancer program must meet specified standards to earn and maintain CoC accreditation. Two of these standards are Standard 4.1 - Cancer Prevention and Standard 4.2 - Cancer Screening. The following pages detail the standards met and their accompanying outcomes.



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**The human spirit is stronger than anything
that can happen to it.**

— C.C. Scott

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CANCER PREVENTION PROGRAMS

Standard 4.1: Each year, the cancer committee provides at least one (1) cancer prevention program that is targeted to meet the needs of the community and designed to reduce the incidence of a specific cancer type. The prevention program is consistent with evidence-based national guidelines for cancer prevention. The Cancer Committee selected breast cancer as the primary prevention focus for 2018.

2018 Girl's Day Out — *Nourish to Flourish*

For several years, San Antonio Regional Hospital has hosted a series of cancer awareness events during the month of October, including a special prevention event called Girls' Night Out or Girls' Day Out. During 2018, multiple events were held throughout our communities during the months of October and December. During the month of October, 264 participants attended various Girls' Day Out events, titled Nourish to Flourish, with a majority of the events targeting a primarily Spanish-speaking community of need. The total number of participants is comprised of attendees from the Nourish to Flourish community presentations, as well as members of the broader community who participated in Generations Ahead and our October community lecture on breast cancer.

Health presentations were provided by a San Antonio Oncology Nurse Navigator and representatives of the American Cancer Society at community events and at the hospital. Breast Nurse Navigator Livia Vargas, RN presented information on breast cancer prevention, with a focus on nutrition and exercise. Cathy Zappia of the American Cancer Society also presented information on breast cancer prevention. She highlighted changes in the recommendations for mammography frequency, as well as policies aimed at breast cancer prevention. Both guests provided resources and skills for preventing breast cancer as an individual and as a community.

Community events were supported by multiple partners including the American Cancer Society, San Antonio Cancer Center, San Bernardino County Department of Public Health, Clinical Community Health Workers, and El Sol. Events were broadly publicized and open to the entire community. Comprehensive screenings, including cholesterol, blood glucose, blood pressure, and BMI were also offered. The message of prevention was consistent with the educational materials distributed upon registration.



The following are examples of the educational posters that were displayed at various booths and strategically placed throughout the health events and along the walls of the event venue:



Did You Know...
Women who choose to breastfeed for at least several months may get an added benefit of reducing their breast cancer risk.



¿Sabías..?
Las mujeres que eligen amamantar por lo mínimo de varios meses pueden obtener beneficios adicionales de reducir su riesgo de cáncer de mama.



Did You Know...
Using hormone therapy after menopause can increase your risk of breast cancer. To avoid this, talk to your health provider about non-hormonal options.



¿Sabías..?
El uso de la terapia hormonal después de la menopausia puede aumentar el riesgo de cáncer de mama. Para evitar esto, habla con tu proveedor de salud sobre opciones de tratamientos sin hormonas.



Did You Know...
Women 45 to 54 should get a mammogram every year.



¿Sabías..?
Las mujeres de 45 a 54 años deben hacerse una mamografía cada año.



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Did You Know...

Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.



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¿Sabías..?

Las mujeres de 55 años o más pueden cambiarse a una mamografía cada dos años o pueden optar por continuar las mamografías anuales.



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Did You Know...

Being overweight or obese increases the risk of several cancers, including those of the breast in women past menopause.



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¿Sabías..?

Tener sobrepeso o obesidad aumenta el riesgo de varios cánceres, incluyendo los del mama en las mujeres después de la menopausia.



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Did You Know...

Being active helps with weight control/management, which reduces your risk of cancer.



**SAN ANTONIO
REGIONAL HOSPITAL**

¿Sabías..?

Estar activo ayuda a controlar el peso, el cual reduce el riesgo de cáncer.



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REGIONAL HOSPITAL**

Did You Know...

Alcohol should be limited to no more than 1 drink per day for women.



**SAN ANTONIO
REGIONAL HOSPITAL**

¿Sabías..?

El consumo de alcohol debe ser limitado a no más de 1 bebida por día para las mujeres.

At each event, participants completed a pre-survey and a post-survey on cancer prevention knowledge including alcohol consumption, physical activity, screening activities, and leading cancer deaths. The pre-survey established a baseline of health knowledge related to cancer and cancer prevention. Survey participants were also encouraged to complete a post-survey. Those who completed both the pre-survey and post-survey received incentive items for their participation. The post-survey included questions that identified knowledge gained from receiving education and participating in activities at the booths.

The following questions/statements were included on the pre and post-surveys:

1. Being active and managing your weight can help reduce your risk of breast cancer. (T/F)
2. At what age should women who are at risk for breast cancer begin screening mammograms?
3. Opportunities to reduce cancer risk: (choose all that apply)
4. Alcohol should be limited to no more than 1 drink per day for women. (T/F)
5. For average risk men or women, colon cancer screening should begin at what age?
6. Having dense breasts might increase your risk of getting breast cancer.
7. Lung cancer screening should begin yearly for those who: (choose all that apply)

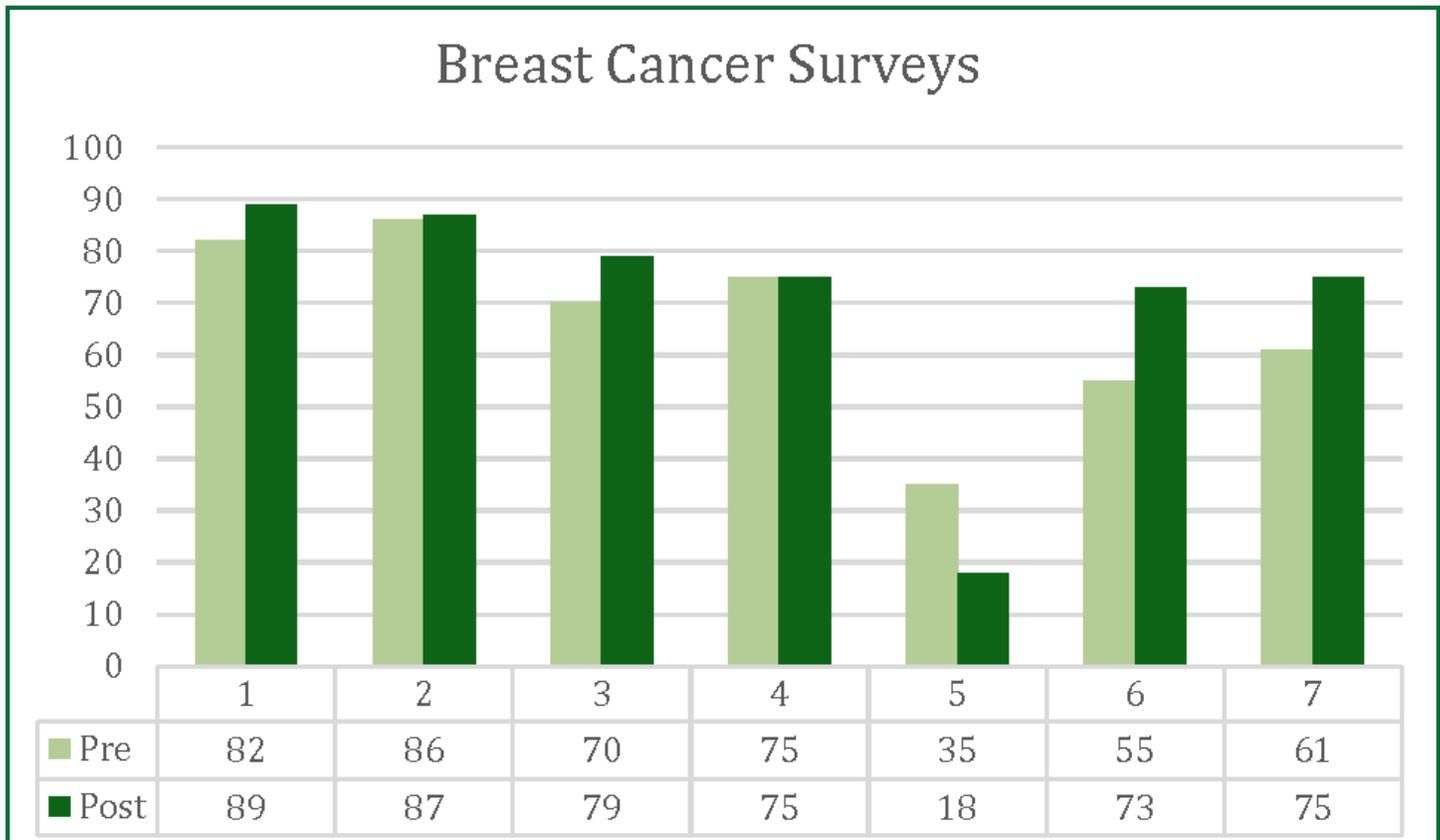


2018 Breast Cancer Prevention Program Outcomes

Our efforts for effective change are measured by an increase in knowledge and a commitment to adopt healthier behaviors based on the information, educational materials, and services participants received during a Girls' Day Out event. The following data reflects the results of the pre- and post-surveys conducted at each *Nourish to Flourish* community event. Please note: "N" represents the number of respondents and "Q" represents the question.

Event	Survey	N =	Q1	Q2	Q3	Q4	Q5	Q6	Q7
DeAnza	Pre	35	34	32	30	29	14	17	25
	Post		35	33	32	30	5	26	30
OHC	Pre	32	28	30	23	26	12	20	18
	Post		32	29	28	24	9	28	25
Veterans	Pre	26	20	24	17	20	9	18	18
	Post		22	25	19	21	4	19	20
Total		93							

Survey	Value	Q1	Q2	Q3	Q4	Q5	Q6	Q7
Pre	Count	82	86	70	75	35	55	61
	Percent	88%	92%	75%	81%	38%	59%	66%
Post	Count	89	87	79	75	18	73	75
	Percent	96%	94%	85%	81%	19%	78%	81%
Change	Percent	8%	1%	10%	0%	-18%	19%	15%



Barriers

This year, the Girls' Day Out event was taken into the community, a primarily Spanish-speaking community of need. We were challenged by the need for bilingual staff and volunteers, particularly in the administration of the surveys. Participants demonstrated an increase in knowledge on all topics but appeared to be confused by some of the questions. Additionally, the influx of people arriving and being processed through the registration area created a challenge in distributing a larger number of surveys, particularly due to the explanation required with each survey.

Corrective Action or Recommendations

Future surveys should be electronic to ensure effectiveness and ease. Additionally, further survey development is needed to ensure that the questions are culturally sensitive and linguistically appropriate.



CANCER SCREENING PROGRAM OUTCOMES

Standard 4.2: Each year, the cancer committee provides at least one (1) cancer screening program that is targeted to decreasing the number of patients with late-stage disease. The screening program is based on community needs and is consistent with evidence-based national guidelines and evidence-based interventions. A process is developed to follow up on all positive findings.

2018 Breast Cancer Screening Program

To complement the hospital's prevention program, a lower cost mammogram screening program was implemented to address breast cancer, one of the hospital's top five late stage cancer diagnoses. The screening mammogram certificates were distributed at various events throughout the months of October, November, and December to encourage breast cancer screening activity.

In addition to community-based events, certificates were distributed at physician offices and at the hospital's imaging locations on the main campus and at its Rancho Cucamonga and Eastvale satellite locations. As noted in the description of the Girls' Day Out event, education about breast cancer was presented and the screening certificates were explained and distributed to all event participants. The adjacent breast cancer survey screening certificate was throughout the 2018 breast cancer screening program. A copy of the 2018 cancer survey used during the community-based events is presented on the following pages.

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<input type="checkbox"/> Women's Breast & Imaging Center at San Antonio Regional Hospital 901 San Bernardino Road, 3rd Floor Upland California 91786 909.920.4726	<input type="checkbox"/> Rancho San Antonio Medical Plaza Radiology Department 7777 Milliken Avenue Rancho Cucamonga, California 91730 909.920.4726	<input type="checkbox"/> Eastvale San Antonio Medical Plaza 12442 Limonite Avenue Eastvale California 91786 909.920.4726
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Patient's Name _____ Date _____
DOB _____ Appointment Date: _____
Appointment Time: _____

\$49.95 MAMMOGRAM

expires 12.31.2018

Special Instructions:

- Do not use powder or deodorant on the day of your test.
- Bring previous mammograms/ultrasounds, if performed at another facility.

SCREENING MAMMOGRAM

Clinical History _____

Symptoms/Reason _____
Physician Signature _____ M.D./D.O.
(Physician Signature Required)

2018 Cancer Survey

1. **Being active and managing your weight can help reduce your risk of cancer.**
 - a. True
 - b. False
2. **At what age should women who are at average risk for breast cancer begin screening mammograms?**
 - a. 55
 - b. 40
3. **Opportunities to reduce cancer risk (choose all that apply):**
 - a. Maintaining healthy weight
 - b. Adopt a physically active lifestyle
 - c. Limit consumption of processed meats and red meats
 - d. Choose whole grains instead of refined-grains products
 - e. All of the above
4. **Alcohol should be limited to no more than 1 drink per day for women.**
 - a. True
 - b. False
5. **For average risk men or women, colon cancer screening should begin at what age?**
 - a. 45
 - b. 50
6. **Having dense breasts might increase your risk of getting breast cancer.**
 - a. True
 - b. False
7. **Lung cancer screening should begin yearly for those who (choose all that apply):**
 - a. Have a history of heavy smoking
 - b. Smoke now or have quit within the past 15 years
 - c. Are between 55 and 80 years old
 - d. All of the above

2018 Cancer Survey

1. El ser activo y controlar su peso puede ayudar a reducir su riesgo de cáncer.
 - a. cierto
 - b. falso

2. ¿A qué edad deben las mujeres que tienen un riesgo promedio del cáncer de mama, hacerse el examen de mamografía?
 - a. 55
 - b. 40

2. Oportunidades para reducir el riesgo de cáncer incluyen (elijan todas las que correspondan):
 - a. Manteniendo un peso saludable
 - b. Adoptar un estilo de vida físicamente activo
 - c. Limitar el consumo de carnes procesadas y carnes rojas
 - d. Elegir granos integrales en lugar de productos de granos refinados
 - e. Todas las anteriores

4. El alcohol debe ser limitado a no más de 1 bebida por día para las mujeres.
 - a. cierto
 - b. falso

5. Para hombres o mujeres de riesgo promedio, ¿el examen de cáncer de colon debe comenzar a qué edad?
 - a. 45
 - b. 50

6. Tener los senos densos puede aumentar su riesgo de contraer cáncer de seno.
 - c. cierto
 - d. falso

7. El examen de detección de cáncer de pulmón debe comenzar anualmente para aquellos que (elijan todo lo que corresponda):
 - a. Tiene historia de fumar mucho
 - b. Fuma ahora o ha fumado en los últimos 15 años.
 - c. Tienen entre 55 y 80 años.
 - d. Todas las anteriores

2018 Breast Cancer Screening Program Outcomes

Our cancer screening program is measured by the number women who redeem the low-cost mammogram vouchers, as well as the identification, and follow-up, of women who need additional diagnostic testing as a result of the screening mammogram. The success of the screening program depends upon the hospital's outreach efforts to educate the community on the importance mammogram screening plays in the early diagnosis and treatment of breast cancer. This education, in tandem with the distribution of the low-cost screening vouchers during the months of October through December 2018, encouraged low-income, uninsured women to access screening services through the hospital's 2018 breast cancer screening program.

The data in the following table reflects the outcomes of the 2018 screening program through December 31, 2018.

Facility	BIRADS 0	BIRADS 1	BIRADS 2	BIRADS 3	BIRADS 4	BIRADS 5	BIRADS 6	Total
Eastvale	1	0	3	0	0	0	0	4
Rancho	5	5	8	0	0	0	0	18
WBIC	3	8	17	0	0	0	0	28
Total	9	13	28	0	0	0	0	50

BIRADS Definition	
0	Needs Additional Imaging
1	Negative
2	Benign Findings
3	Probably Benign
4	Suspicious Abnormality
5	Highly Suggestive of Malignancy
6	Biopsy Results: Proven Malignancy

From October through December 2018, 50 women redeemed the hospital's \$49.95 vouchers to obtain a screening mammogram: 4 at Eastvale San Antonio Medical Plaza, 18 at Rancho San Antonio Medical Plaza, and 28 at the Women's Breast & Imaging Center. Nine were coded as BIRADS 0, indicating the need for additional imaging, and 41 were either BIRADS 1 or 2 (negative or benign findings). Six of the nine BIRADS 0 patients returned for additional testing and were resolved as BIRADS 3, probably benign. Of the three who failed to return, one was an elderly patient who was hospitalized.

The screening program is consistent with NCCN and ACS guidelines.

Barriers

The number of patients utilizing the breast cancer screening certificates was low due to the increased number of low-income women who now have access to healthcare through the Medi-Cal expansion.

Corrective Action or Recommendations

Continue to provide educational materials at the hospital's facilities, in physician offices and clinic locations, and at all outreach programs and activities. Capitalize on other opportunities to market the program throughout the community by leveraging existing and new community partnerships. Increase physician and staff awareness of the hospital's cancer screening program, and engage their assistance in raising community awareness and encouraging participation in the program.

Additional Cancer Outreach Programs

In addition to the required cancer screening and prevention programs, the hospital also participated in numerous health fairs, lectures, special events, and targeted health promotions. These activities enhance our prevention strategies aimed at minimizing the number of people diagnosed with cancer, particularly late-stage cancers. Through these activities we disseminate information about the importance of leading a healthy lifestyle focused on nutritious eating, regular exercise, avoiding high risk behaviors such as tobacco use, and increasing mindfulness, as well as offering literature about important cancer screenings. The Know Your Numbers program includes a variety of health screenings, including point-of-care laboratory testing, designed to raise awareness of potential health risks, including cancer. The one-on-one education provided by a registered nurse post-screening focuses on individual screening results, as well as the importance of healthy lifestyles and age-appropriate cancer screening to minimize cancer risk. The tables below highlight 2018 activities. The screening and prevention programs are consistent with nationally recognized organizations.

Additional Education, Prevention, and Screening Activities | 2018

Additional Screening Activities 2018	
Activity	Participants
Know Your Numbers -- Dorothy Quesada Center (4)	50
Know Your Numbers -- De Anza Community Center (4)	50
Know Your Numbers -- Veterans Memorial Park (4)	50
Know Your Numbers -- Ontario Health Center (4)	50
Generations Ahead (1)	35
Total Participants	235
Screenings include: cholesterol, blood glucose, blood pressure, triglycerides, and BMI.	
Special Events 2018	
Activity	Participants
Health & Hot Rods -- Men's Health Event Screening	364
ACS Making Strides Against Cancer	30
Girls' Day Out -- Nourish to Flourish (4)	200
Susan G. Komen Race for the Cure	60
Total Participants	654
Educational booths include: American Cancer Society, San Antonio Career Center, San Antonio Women's Breast and Imaging Center, American Lung Association, and Nutrition. Screenings include: cholesterol, blood glucose, blood pressure, triglycerides, and BMI.	
Health Lectures 2018	
Activity	Participants
UV Safety/Skin Cancer Prevention (Generations Ahead)	23
Breast Cancer (Community Lecture)	30
Breast Cancer Prevention -- American Cancer Society (Generations Ahead)	35
Cancer Prevention (Health & Hot Rods)	364
Clinical Community Health Workers (6)	15
Breast Cancer Prevention -- Nourish to Flourish (Girls' Day Out)	93
wHealth (junior high and high school program)	732
Total Participants	1,292

2018 Annual Men's Health Event — Health & Hot Rods

The annual men's health event took place on June 9, 2018 from 8 am to 12 pm. This event is offered to community members in our hospital service area, making it convenient for men to receive health screenings and education, while enjoying the display of classic cars and hot rods. The event was broadly publicized and open to the entire community. In 2018, we were able to serve nearly 364 guests and provide screenings to 128 participants.

Throughout the event venue, educational opportunities were provided in the form of physician lectures, health and wellness booths, posters, and the materials included at registration. In addition to cancer education regarding prevention and screening, booths provided featured heart health and early heart attack care (EHAC), stroke awareness and timely response (BEFAST), wellness, physical activity, and nutrition. Representatives from City of Hope, American Cancer Society (ACS), and American Heart Association (AHA) were present to provide additional health education. American Medical Response (AMR) paramedics also provided hands-only CPR training. In 2018, the education topics included cancer prevention and heart health, presented by San Antonio physicians.



Health & Hot Rods
SAN ANTONIO REGIONAL HOSPITAL
CAR SHOW 2018

saturday June 9 2018

2017 BEST IN SHOW WINNER
1955 Chevy 2-Door Convertible

COME CHECK OUT THE CARS AND VOTE FOR YOUR FAVORITES!

8:00 am - 12:00 pm
901 San Bernardino Road, Upland, CA (Adjacent to the hospital)

\$20 / COUPLE \$15 / INDIVIDUAL

ADVANCE REGISTRATION REQUIRED
For more information, call 909.920.6139
or visit SARH.org/MensHealthEvent

HEALTHY EATS
Continental breakfast & healthy lunch.

HEALTH CONVERSATIONS
Physicians will give 10-15 minute presentations on various health topics.

HEALTH SCREENINGS
Cholesterol, Glucose, Blood Pressure, and more.

HEALTH & HOT RODS T-SHIRT
Included with your registration.

 **SAN ANTONIO REGIONAL HOSPITAL**

About San Antonio Regional Hospital

San Antonio Regional Hospital in Upland, California is a 363-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women's health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Regional Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The opening of its new Vineyard Tower represents the culmination of a major expansion project that added a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds on its main hospital campus. The expansion has positioned San Antonio as a hospital of the future, offering state-of-the-art healthcare services in a healing environment that is focused on the patient and family. To learn more, visit SARH.org.



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