



2016 Cancer Program Annual Report

CHAIRMAN'S REPORT

The Cancer Program at Phelps County Regional Medical Center has seen a flurry of change over the past year. The hospital has continued to expand its reach, in breadth and depth, to bring high-quality cancer care to south central Missouri and the Ozark region.

Highlights have included a groundbreaking for the Delbert Day Cancer Institute and the opening of a new clinical center in Waynesville, from which patient referrals to Rolla are anticipated. The Delbert Day Cancer Institute (DDCI), which broke ground in April with a very well attended and highly publicized ceremony involving hospital and governmental officials, is the centerpiece of PCRMC's expanding horizons. Construction is well underway. The center is scheduled to open in late 2016.

The Cancer Gala was successful in raising funds for the DDCI. The 2nd Annual National Cancer Survivor Day in Rolla was a popular rallying event for the many survivors in the area who came to show their solidarity with the cancer effort at PCRMC.

The Cancer Conference has included more in-depth discussion of psychosocial issues and consideration of current clinical trials. A visit this spring by representatives of Cancer Research of the Ozarks underscored the importance of PCRMC as an important node in the Ozark catchment network.

Genetic counseling services continue to be provided and are closely integrated with the

Clinical Trials program operating in collaboration with Cancer Research of the Ozarks.

The Cancer Registry has acquired a new trainee (Andrea Litz), who is currently preparing for her certification. This year's focus of attention for the Primary Site Outcome Study has been Breast Cancer. PCRMC will be evaluating its breast cancer data to measure compliance with national guidelines as well as to compare hospital data with state and national statistics with respect to age, stage, gender and first course of treatment.

In line with the expansive horizons associated with the DDCI, PCRMC has also broadened its reach to include affiliated hospital programs that are important for patient rehabilitation, including the STAR (Survivorship Training and Rehabilitation) exercise program that helps patients regain their physical mobility and increase their confidence in reintegrating independent motor activity into their normal daily lives.

PCRMC continues in its efforts to optimize patient-centered care by providing patients with the indispensable resources of social work and nurse navigation to facilitate the difficult first passage of cancer patients through the often labyrinthine process of treatment.

With its widening scope and geographical outreach, the Cancer Program is now poised to take full advantage of the opening of the DDCI in 2016. PCRMC and the entire Ozark community are looking forward to this seminal event.

-Bruce E. Ellerin, MD

2014 Cancer Conference Prospective Presentation

Anatomical Site	Number of Cases
Breast	20
Lymphoma	17
Lung	12
Colorectal	11
Head & Neck	6
Esophagus	6
Unknown	6
Prostate	5
Melanoma	5
Blood/Bone Marrow	4
GI	3
Other	11

Multidisciplinary Cancer Conferences

Cancer conferences are held Thursdays at 7:00 am. A multidisciplinary team of physicians and other healthcare professionals attend these conferences. They include discussions of patient medical history, diagnostic testing, surgical procedures, state of disease at diagnosis, treatment options including palliative care, pain management, national treatment guidelines, clinical trials and survival outcomes. The latest in diagnostic technology and research protocols are discussed.

Representative Disciplines:

- Surgery
- Medical Oncology
- Radiation Oncology
- Radiology
- Pathology
- Nursing
- Nutrition

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New Year's Day

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Martin Luther
King Jr. Day

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**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

January 2016

THE CANCER REGISTRY

573-458-7506



Sarah Wiggins, B.A., CTR
Certified Tumor Registrar



Andrea Litz
Registry Trainee

- Provides data management services to meet mandatory state reporting regulations and data needs of clinicians, administrators and other users.
- In 2014, there were 413 new cancer cases entered into the cancer registry.
- 362 of the 413 cases entered were newly diagnosed and/or treated at PCRMC (analytic cases); the other cases were new to PCRMC and treated for a recurrence or progression of their disease (non-analytic cases).
- Collects, manages and analyzes data on cancer patients, maintaining lifetime follow-up for all analytic cases in compliance with the standards of the American College of Surgeons, Commission on Cancer.
- Statistics can be retrieved from the Cancer Registry, upon request, to be used to study treatment outcomes, evaluate patient care, and assist in administrative planning and cancer research.
- Data is reported annually to, and used for comparison with, the Missouri State Cancer Registry (MCR) and the National Cancer Database (NCDB) for cancer case incidence and cancer survival data.

Five major sites for 2014 analytic cases:

Breast-85 cases

Lung-50 cases

Colorectal-42 cases

Bladder-22 cases

Thyroid-16 cases

For data requests, please contact the Cancer Registry at (573) 458-7506.

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Groundhog Day

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Ash Wednesday

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Valentine's Day

President's Day

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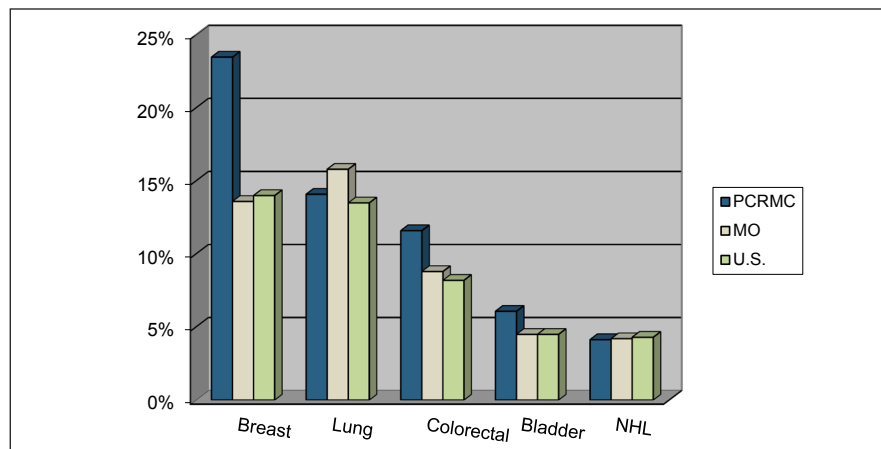


**PHELPS COUNTY REGIONAL
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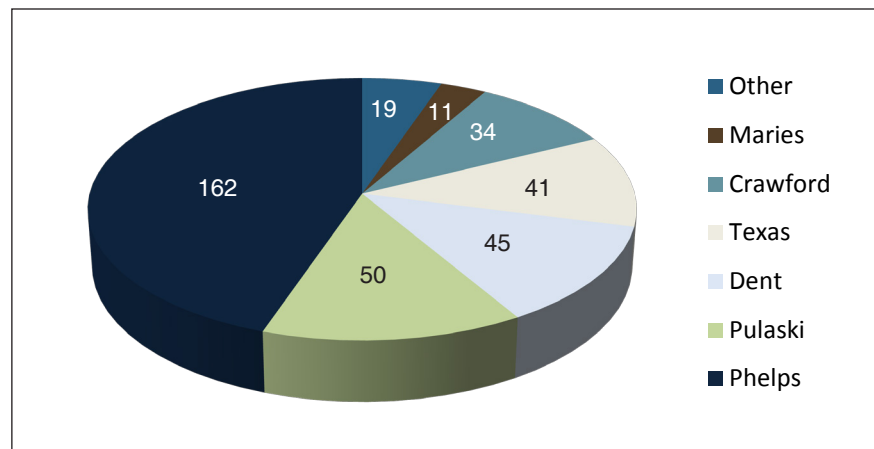
February 2016

THE CANCER REGISTRY

2014 Top 5 Sites Distribution



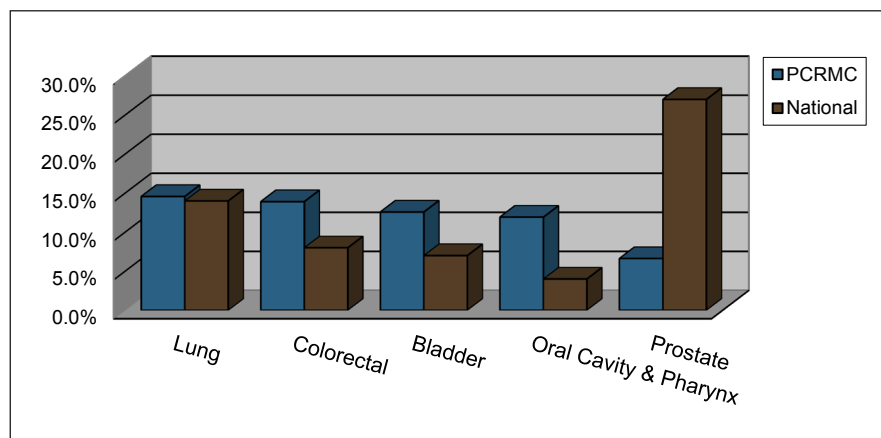
2014 PCRMC Cases by County



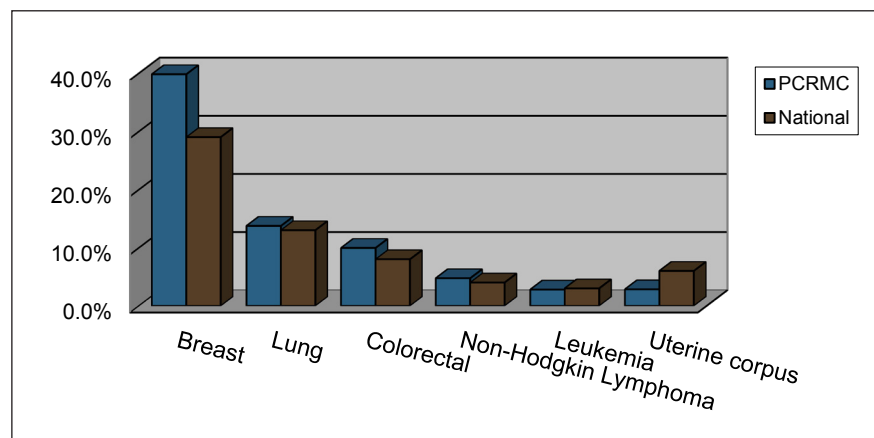
Comparison Cancer Cases in 2014 by Leading Sites and Gender

Phelps County Regional Medical Center (Analytic Cases Only)

Males



Females



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St. Patrick's Day

26

Good Friday

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Easter



**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

March 2016

BREAST STUDY



Author: Dr. Stephen Toothaker
Report of COC Standard 4.6
Monitoring Compliance with Evidence-Based Guidelines

Stage I and II Invasive Duct Carcinoma Breast Cancer, PCRMC, 2014 Cancer Registry Data

Our source population for this study was a site-specific sample of all of the cases of Stage I and Stage II invasive ductal carcinoma that were diagnosed and treated at PCRMC. This population was chosen due to concern for ensuring that adequate diagnostic evaluations and treatment were performed and concordant with a recognized guideline. Specifically, we wanted to determine if our patients were undergoing a workup consistent with guidelines. We also wanted to evaluate if patients were receiving adjuvant endocrine therapy when indicated. Our goal was to identify any deficiencies in order to develop a process for performance improvement if needed. For our study, we chose the NCCN guidelines as our reference.

AGE	STG	H&P	CBC/PLTS	LIVER/ALK PHOS	MMG/US	PATH	ER	PR	HER2	FHX	GENETIC
77	IA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
64	IA	YES	YES	YES	YES	YES	POS	POS	NEG	YES	YES
74	IA	YES	YES	YES	YES	YES	POS	POS	NEG	YES	RECOMM
72	IA	YES	YES	YES	YES	YES	POS	POS	POS	YES	NO
78	IA	YES	YES	NO	YES	YES	NEG	NEG	NEG	NO	N/A
63	IA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
61	IA	YES	YES	YES	YES	YES	POS	POS	NEG	YES	YES
60	IA	YES	YES	YES	YES	YES	POS	POS	POS	NO	N/A
62	IA	YES	UNK	YES	YES	YES	POS	POS	NEG	NO	N/A
68	IA	YES	YES	YES	YES	YES	POS	POS	POS	YES	UNK
58	IA	YES	YES	YES	YES	YES	POS	POS	NEG	YES	NO
70	IA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
58	IA	YES	YES	YES	YES	YES	POS	POS	POS	YES	YES
60	IIA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
65	IIA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
75	IIA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
68	IIA	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
55	IIB	YES	YES	YES	YES	YES	POS	POS	POS	NO	YES
79	IIB	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A
61	IIB	YES	YES	YES	YES	YES	POS	POS	NEG	NO	N/A

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April 2016

Breast NCCN Guidelines (continued):

Recommendations:

1.Improved documentation of indications for genetic counseling and identification of barriers to patient compliance. This goal will be discussed at our next Cancer Conference in collaboration with our genetic counselor to develop a process to improve our performance in this area.

2.Improved utilization of adjuvant endocrine therapy in appropriate patients. This goal will also be discussed at our next Cancer Conference. We will need to identify the specific reasons for lack of compliance, and come up with a strategy to address them. Inclusion of our breast cancer navigator in this process will be essential, as it is anticipated that patient education will be a significant component of addressing this deficiency.

AGE	STG	BONE SCAN	A/P CT/MR	CT	DISTRESS	SURGERY	CHEMO	XRT	HORM	NCCN TX
77	IA	N/A	N/A	N/A	YES	LUMP & SLN	NO	YES	YES	YES
64	IA	N/A	N/A	N/A	YES	LUMP & SLN	NO	YES	YES	YES
74	IA	N/A	N/A	N/A	YES	LUMP & SLN	NO	YES	RECOMM	RECOMM
72	IA	N/A	N/A	N/A	YES	SIMPLE MAST	YES	NO	YES	YES
78	IA	N/A	N/A	N/A	YES	LUMP & SLN	YES	YES	NO	YES
63	IA	N/A	N/A	N/A	YES	MRM & SLN	YES	NO	YES	YES
61	IA	N/A	N/A	N/A	YES	SIMPLE MAST	NO	NO	YES	YES
60	IA	YES	YES	YES	YES	LUMP & SLN	YES	YES	UNK	UNK
62	IA	N/A	N/A	N/A	YES	LUMP & SLN	NO	YES	RECOMM	RECOMM
68	IA	N/A	N/A	N/A	YES	LUMP & SLN	YES	YES	YES	YES
58	IA	N/A	N/A	N/A	YES	LUMP & SLN	NO	YES	YES	YES
70	IA	N/A	N/A	N/A	YES	LUMP & SLN	NO	YES	YES	YES
58	IA	N/A	N/A	N/A	YES	LUMP & SLN	YES	YES	YES	YES
60	IIA	N/A	N/A	N/A	YES	SIMPLE MAST	NO	NO	YES	YES
65	IIA	N/A	YES	N/A	NO	BILAT MAST	YES	NO	YES	YES
75	IIA	N/A	N/A	N/A	NO	MRM	REFUSED	NO	REFUSED	REFUSED
68	IIA	N/A	N/A	N/A	YES	MRM	YES	NO	YES	YES
55	IIB	N/A	YES	YES	YES	MRM	YES	NO	YES	YES
79	IIB	N/A	YES	YES	YES	MRM	NO	NO	YES	YES
61	IIB	N/A	YES	YES	YES	MASTECTOMY	YES	YES	YES	YES

Findings:

Patient data was obtained for the following criteria: Age, Stage, History and Physical Exam, ER/PR/HER2 status, distress assessment, CBC, Liver Function Tests, Genetic Counseling if patient is “high risk” for hereditary breast cancer, diagnostic mammogram and ultrasound if necessary, and pathology review. These are all included in the NCCN guideline-recommended workup for a newly diagnosed invasive ductal carcinoma. In addition, use of surgery and adjuvant therapy was assessed.

A total of 20 patients were evaluated. 13 patients were Stage IA, 4 patients were Stage IIA and 3 patients were Stage IIB. The patient ages ranged from 55 to 79, and all of the patients were post-menopausal. All of the patients had a history and physical, diagnostic mammogram and ultrasound, pathology review, and ER/PR/HER2 determination.

7 patients were determined to have a family history or risk factors that would necessitate a recommendation for genetic counseling. Of those patients, 2 elected not proceed with genetic counseling, and 1 patient was lost to follow up. 19 of the 20 patients were both ER and PR positive. Of those patients, 15 proceeded with adjuvant endocrine therapy. 1 patient was lost to follow up and could not be assessed for compliance. 3 patients did not receive adjuvant endocrine therapy. However, all 3 patients did receive a recommendation to proceed with adjuvant endocrine therapy.

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Cinco De Mayo

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Mother's Day

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Armed Forces Day

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Memorial Day



**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

May 2016

COMMUNITY OUTREACH



2015 Cancer Gala

Saturday, February 21st, 2015

The 2015 Cancer Gala fundraised over \$150,000 for the Delbert Day Cancer Institute at PCRMC and the Joy of Caring Fund through the Phelps Regional Health Care Foundation. All the proceeds stayed local. The 31st Annual Cancer Gala is scheduled for Saturday, February 20th, 2016 and is a Ticket-To-Ride themed.



PCRMC Cancer Survivor Day 2015

Saturday, June 6th, 2015

Phelps County Regional Medical Center (PCRMC) honored local cancer survivors on National Cancer Survivors Day® (NCSD), Saturday, June 6, 2015. The 2nd Annual Rolla NCSD event was held at Greentree Christian Church. Over 100 area cancer survivors and their families attended. PCRMC provided a full breakfast, t-shirts for survivors, activities throughout the morning and door prizes.



NCSD is a day recognized across the nation to celebrate individuals who are living with cancer and those in survivorship. NCSD provides an opportunity for America's nearly 14 million cancer survivors to connect with other survivors, celebrate milestones and recognize those who have supported them along the way. According to the National Cancer Survivors Day Foundation, a survivor is anyone living with a history of cancer – from the moment of diagnosis through the remainder of life.

Relay for Life 2015

Saturday, September 26th, 2015

Phelps County Regional Medical Center (PCRMC) is a proud supporter of the American Cancer Society's annual Relay For Life event. Relay For Life is a life-changing day that brings communities together to celebrate the lives of those who have battled cancer, remember loved ones who have lost their fight with cancer and empower individuals and communities to fight back against a disease that takes so much. The Delbert Day Cancer Institute at PCRMC Relay for Life team is the largest fundraiser in the area and has fundraised almost \$50,000 in the past 3 years to help end the fight against cancer.



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June 2016

CANCER SUPPORT SERVICES



Carol Walter, MSN, RN – Nurse Navigator

Carol has a Bachelor's and Master's Degree in Nursing from the University of Missouri – Columbia. In 35 years of nursing she has had many experiences, including Hospice and Public Health – both helpful in assisting cancer patients. She has been with PCRMC 7+ years, after moving to Salem in 2007.

What is a Nurse Navigator?

A Nurse Navigator is an RN that serves as a guide to cancer patients and their support system by providing education, support and coordination throughout the continuum of cancer care services, including diagnosis, treatment, support care and survivorship.

Cancer services can be confusing. Multiple clinicians and healthcare settings are often involved. Patients may experience unclear or unmet expectations that may be alleviated by having a single point person to contact throughout the entire patient process. Nurse Navigators act as a second pair of ears and eyes and often accompany patients to the doctor visits to help patients understand and navigate their diagnosis and treatment. A Nurse Navigator does NOT give suggestions on treatments or physicians, only the information needed for the patient to make their own informed decisions about their healthcare. By contacting the patient often, the Nurse Navigator has an opportunity to develop a relationship with the patient and reinforce the patient's treatment accomplishments and offer clinical and

psychosocial support at the times they feel stressed by a particular problem or symptom.

Carol tries to meet each breast cancer patient when they have a biopsy and has seen each new breast cancer patient at PCRMC as soon as she is aware of their diagnosis, and often even before the diagnosis at the biopsy. She saw 158 new breast cancer patients in 2014 and saw more in 2015. The goal of a Nurse Navigator: is to assist the breast cancer patient from diagnosis to survivorship by remove barriers and anticipating guidance, education and support throughout the continuum of care, and to reduce the sleepless nights of breast cancer patients, and all cancer patients as needed.

“No person with cancer should spend more time fighting their way through the healthcare system than fighting their disease.” Dr. Harold Freeman-Founder of Navigation Services

Survivorship Services

Research has shown that a Nurse Navigator, as part of follow-up care, is critical after being treated for cancer. Rehabilitation and healthy living are essential to the after-treatment process. The social worker meets with all patients after they finish treatment to go over the survivorship care plan. The service has an internet patient portal that provides a link between the survivor, their health care information and the team. During this meeting, the social worker will also complete a Rehabilitation and Distress Screening Assessment. This allows patients the ability to access all their treatments, labs and health information from anywhere. It gives patients information in one spot to share with other physicians or family at anytime. It also shows their recommended follow-up plan, especially put together by the patient's physician.



Susan Buhr, MSW – Social Services

Susan received her Master's Degree in Social Work from St. Louis University in 1996. She and her family moved to Rolla 7 years ago, when she was blessed to find employment at PCRMC. She started working for the DDCl in May 2013, providing services to 111 cancer patients. In 2014, Susan provided services to 255 patients and families. She receives referrals from the doctors, nurses and ancillary staff. Susan meets with patients and/or families during treatments or at doctor visits.

The main role as the social worker in the DDCl is to help patients and their families access community resources in order to work to meet patients' psychosocial needs and assist with solutions to barriers. These needs can include financial, transportation, home health, in-home services, housing and even accessing medical supplies. Cancer patients, and their families, are facing an extremely difficult time in their lives and are having to make many decisions regarding treatment, work, family and life. Some patients have to make large sacrifices during their treatments that can affect them financially and emotionally. As the social worker, Susan helps patients and families sort through their feelings, reduce stress, cope and understand their grief. She meets with patients and their families in order to provide counseling and emotional support. Susan acts as their advocate, referring them to local support groups, providing educational material and utilizing the mental health professionals, if needed.

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Independence Day

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**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

July 2016



STAR Program® Survivor Education

Can Cancer Rehabilitation Help Me?

Cancer and cancer treatments sometimes cause problems. They can cause you pain, make you feel tired and keep you from doing the things that you need or want to do. Cancer rehabilitation can help. Our goal is to reduce these troubling effects and help you have the best quality of life possible. Below are the answers to some frequently asked questions that will help you learn more about cancer rehabilitation and how it might help you cope with your cancer and/or cancer treatment(s).

1. What is cancer rehabilitation?

Cancer rehabilitation is much like other forms of rehabilitation that happen after a serious illness or injury such as a stroke or car accident. Medical services may include appointments and treatments recommended by medical professionals, including physiatrists (doctors who specialize in rehabilitation medicine); nurses; physical, occupational and/or speech therapists; and mental health professionals.

2. What types of problems can be treated with cancer rehabilitation?

Rehabilitation professionals can help you cope with a wide variety of cancer and/or treatment-related conditions and their symptoms. These might include, but are not limited to, pain, weakness, tiredness (fatigue), shoulder problems, balance and walking (gait) problems, memory and concentration issues, swallowing and speech problems, swelling (lymphedema), as well as anxiety and/or depression.

3. How will I know if cancer rehabilitation can help me?

If you have any problems that you didn't have before your diagnosis, especially if they interfere with your ability to do the things that you need or want to do, cancer rehabilitation can likely help you.

4. Will my insurance cover cancer rehabilitation?

If the cancer rehabilitation care is provided by professionals with healthcare degrees and licenses in rehabilitation medicine, then medical insurance should cover some or all of the costs. These covered items usually include appointments and treatments recommended by physiatrists, physical therapists, occupational therapists and even speech therapists. Other services that your insurance will usually cover, at least in part, include those provided by nurses and mental health professionals. As with all insurance issues, check with your carrier about deductibles, co-pays and limits.

5. What is special about this cancer rehabilitation program?

This program is part of the STAR Program network of certified cancer rehabilitation programs. STAR Program Certified is a nationally recognized cancer survivorship accreditation that means that the program is focused on improving the lives of survivors who suffer from the side effects caused by cancer and its treatments. Certified STAR Programs offer coordinated cancer rehabilitation care that is supported by a team of specially trained medical professionals. As a STAR Program patient, you will receive complete and individualized cancer rehabilitation treatment that has been designed to improve the issues affecting your daily life.

6. How can I receive more information about PCRMC's STAR Program?

For appointments and/or additional information, call PCRMC's Out-patient Therapy Services at (573) 458-7140. A provider referral is usually needed before therapies can begin.

Delbert Day Cancer Institute

— at —  HELPS COUNTY REGIONAL MEDICAL CENTER

Come *Home* for the Best Care



Expected Completion Fall 2016

The Delbert Day Cancer Institute

Serving patients' needs and planning for the future.

The citizens of south-central Missouri deserve access to world-class, coordinated cancer care, close to home, and PCRCMC is responding to this critical community health issue.

PCRCMC's vision for the Delbert Day Cancer Institute can be summarized in two words: patient centered. Throughout the process – from screening to diagnosis to treatment and then survivorship – the goal of the “cancer care team” is to be with the patient every step of the way with the latest possible techniques. The institute will provide a seamless transition between services, whether it is radiation, surgery, or chemotherapy. As a care provider stated, “Our job is to provide emotional and spiritual support along with medical treatment. We like to think of our patients accessing our cancer services with our arms wrapped around them the entire way, and we will carry them through the process.”

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Labor Day

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Patriot Day

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Autumn Begins

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**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

September 2016

MEET THE DELBERT DAY CANCER INSTITUTE AT PCRMC ONCOLOGY TEAM



Christopher Spencer, MD

Christopher Spencer, MD, graduated with his medical degree from Saint Louis University School of Medicine and completed his residency at Washington University School of Medicine/Barnes Jewish Hospital where he served as Chief Resident and from 2014-2015. Dr. Spencer is skilled in all areas of radiation oncology and has special interests in head and neck cancer, stereotactic radiation (SRS and SBRT), intensity modulated radiation therapy (IMRT), image-guided radiation therapy (IGRT) and brachytherapy.



Stephen Richard Toothaker, MD

Stephen Richard Toothaker, MD, is board certified in Oncology and Hematology. Dr. Toothaker received his degree from Dartmouth Medical School in Hanover, New Hampshire, completed his residency at the Maine Medical Center Internal Medicine Residency Program, and completed a fellowship in Oncology and Hematology from Strong Memorial Hospital in Rochester, New York. Dr. Toothaker has over ten years of experience in Oncology and Hematology and specializes in bone marrow biopsy, an area he studied for six years. Dr. Toothaker is specially trained in lymphoma and has participated in complicated lymphoma procedures and research.



Joseph Bond, DO

Joseph Bond, DO, received his degree in Internal Medicine from the Kirksville College of Osteopathic Medicine and completed his Internal Medicine residency at Des Peres Hospital in St. Louis, which was followed by a two-year fellowship in Hematology and Medical Oncology at St. Louis University. He is boardcertified in Internal Medicine and Medical Oncology and his practicing specialty includes Hematology and Medical Oncology. Dr. Bond says helping people live longer and better lives is what he finds the most rewarding about his job. "In a rural area, people know you—people trust you. Although I could have practiced in other places, I am so glad I chose Rolla. The people I have met and treated over the years have been wonderful."



Becky Witham, FNP

Phelps County Regional Medical Center (PCRMC) welcomes Family Nurse Practitioner Becky Witham to the PCRMC Medical Group. Witham received her MSN from Maryville University in 2014, and her BSN from Kaplan University in 2012. Witham worked as a nurse in the PCRMC Bond Clinic oncology/infusion room for four years and after completing a nurse practitioner program came back to practice at PCRMC. She has special interests in colon, lung and pancreatic cancers as well as hematology.

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Columbus Day

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Halloween



**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

October 2016

PCRMC COMPRENSIVE BREAST CENTER



The 1st Annual Breast Cancer Awareness Bonanza was held on Friday, October 16th, and over 200 employees and visitors attended the event to learn about breast cancer awareness. The Breast Cancer Awareness Bonanza, along with the 2nd Annual Pumpkin Decorating Contest, raised nearly \$3,000 to support the Phelps Regional Health Care Foundation's Mammography Fund. In 2015, the Mammography Fund helped 40 uninsured women receive free mammograms.

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Election Day

Veteran's Day

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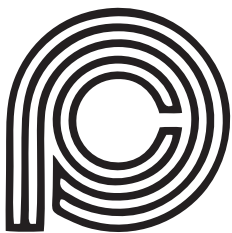
Thanksgiving Day

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**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

November 2015



PCRC is an affiliate of Cancer Research for the Ozarks

Phelps County Regional Medical Center's Cancer Program, along with the Mercy Oncology/Hematology Clinic-Rolla, is proud to be an affiliate of Cancer Research for the Ozarks. This organization was selected to become one of the 34 new National Cancer Institute's Community Oncology Research Program's Sites (NCORP). This means that we have access to a national network of the newest cancer treatments through participation in clinical trials close to home. Participation in Cancer Research is strictly voluntary, provides the chance to help others with cancer, and provides access to promising new treatments. Most of the cancer treatments we have today are the result of a clinical research trial. If you have any questions regarding the benefits of participating in a clinical trial, please call Linda Schumacher at 573-458-8776.



Meet the Oncology Research Nurse, Linda Schumacher, RN BSN

I have been a registered nurse for almost 30 years. I received my Diploma in Nursing from St. Luke's Hospital in Kansas City in 1985. I later went back to school to receive my Bachelor's of Science in Nursing from the University of Missouri in 1998. I have spent most of my career in Oncology. I was selected by the University of Missouri staff to go to China as a People to People Ambassador for Oncology Nursing where I got to meet with Oncology nurses in China to exchange ideas regarding nursing care of our patients. I have worked in all phases of Oncology Nursing from Hospice, Chemotherapy Infusion, Home Health and Research. I am currently assisting patients as the Research Nurse for Phelps County Regional Medical Center, the Bond Clinic, and the Mercy Clinic.



Meet the Genetic Counselor, Mary Owen, MS, CGC

Mary Owen is a Missouri native who grew up in Springfield, MO. She graduated from Drury University with a Bachelor's of Arts in biology, religion and philosophy. From there, Mary went on to graduate from the University of Colorado Anschutz Medical Campus in Denver, CO with a Master's of Science in biophysics and genetics through the genetic counseling program. Mary is a board-certified genetic counselor by the American Board of Genetic Counselors. Following graduate school, Mary returned to Springfield to establish the first cancer genetic counseling program of southern Missouri through CoxHealth. Mary is now bringing genetic counseling to PCRC.

At PCRC, we offer genetic counseling to our patients. The service is provided by the Delbert Day Cancer Institute. If you would like more information about Genetic Counseling, please contact Mary Owen, MS, CGC, at (417) 269-2110. Mary Owen is at PCRC to meet with patients on the 2nd Thursday of every month. To schedule an appointment, please contact Samra Norris at (573) 458-7500.



Meet the Dietitian, Lorie Bourne, MS, RD, LD, CNSC

My name is Lorie Bourne, I have been a registered dietitian for over 22 years. I graduated from North Dakota State University in Fargo, ND with a Bachelor's of Science Degree in Food and Nutrition. I went on to get a Masters Degree in Clinical Nutrition from the University of Kansas Medical Center in Kansas City. I completed advanced education in the area of Nutrition Support as a Certified Nutrition Support Clinician.

Throughout my career, I have worked with many different types of patients. I began my career working in a Diabetes Treatment Center and have since worked with the WIC program, a cancer program in Kansas City seeing patients receiving chemotherapy and radiation therapy, a clinical dietitian at PCRC covering ICU and medical oncology patients which involved seeing patients, with many different nutritional problems.

When the opportunity to work with cancer patients again presented with the Delbert Day Cancer Institute, I was very excited to move back into this area. I began working for the cancer center 2 years ago on a part-time basis and began working full time this spring. I completed the additional certification in Nutrition Support to be able to help patients manage feeding tubes. I have always enjoyed working with cancer patients and helping them to get through treatments and live healthier lives.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

CANCER SUPPORT GROUP

For information, call 458-7500

- Available for Cancer Patients, Survivors and their families
- Meets every Wednesday at 5 p.m. at PCRMC
- Topics include stigmas, self-image, physical changes, how to cope and manage pain, emotions, anger and depression, and coping with the effects of chemotherapy and radiation
- *Offers education about specific types of cancer
- *Opportunity to discuss the disease with other cancer patients, family members and caregivers in a friendly, inviting atmosphere

GROUP STATISTICS

Males:	8	Age Group	
Females:	13	18 to 29	1
		30 to 39	1
Residence		40 to 49	2
Leasburg:	2	50 to 59	5
Rolla:	9	60 to 69	7
St James:	5	70 to 79	5
Salem:	3	80 and above	0
Vichy:	2		
Patient:	16	Type of Cancer	
		Bladder	3
Caregiver:	5	Breast	8
		Endometrial	1
Active Treatment:	4	Gastrointestinal	1
Follow-up Care:	12	Lung	1
		Nasopharyngeal	1
		Ovarian	1
		Prostate	2



“The Cancer Support Group is like a family. Whenever someone is upset or gets negative news, they encourage you to never give up and to fight.”

-Member

“All the members are there for each other. When you come in sad, you always leave glad.”

-Member

“There is always something to laugh about in the meetings, and laughter is the best medicine.”

-Member



“The Cancer Support Group plays a very important role in the treatment of cancer. Group members form an immensely cohesive unit as they share their fears, joys, and successes. The Support Group encourages individuals to be an advocate for their own treatment needs and helps them adjust to the life changes that occur with a diagnosis of cancer.”

-Dr. Feco

PCPMC'S CANCER PROGRAM AT-A-GLANCE

Delbert Day Cancer Institute

Toll Free Number 1-855-406-3324

Bond Clinic Medical Oncology

573-364-8823

--Dr. Joseph Bond, Dr. Stephen Toothaker and Becky Witham, PA

--Intravenous, oral medications & targeted therapies (non-chemo drugs designed to treat specific tumor types)

Radiation Oncology

573-458-7500

--Linear Accelerator, Brachytherapy & PET/CT

Comprehensive Breast Center

573-458-3100

--Digital mammography, screening & diagnostic mammograms, stereotactic biopsies, needle localizations, galactograms, ultrasound guided breast biopsies, bone density screening

Cancer Rehabilitation

573-458-7146

--Help patients manage and reduce side effects of cancer including: physical fatigue, pain, nausea, sleep disturbance, heart disease, osteoporosis, lymphedema & peripheral neuropathy

Endoscopy

573-458-7860

--Upper GI endoscopy (EGD), colonoscopy, flexible sigmoidoscopy, ERCP, esophageal dilatation, liver biopsy, small bowel enteroscopy, bronchoscopy, esophagoscopy with radio frequency, capsule endoscopy & bravo pH

Surgery

573-458-3224 (Ambulatory Surgery Unit)

573-458-7941 (Main Surgery Unit)

--Surgical specialties include: Ear, nose & throat (ENT), Orthopedics, OB/GYN, General Surgery, Urology, Podiatry, Dental Surgery

Chaplaincy Program

573-458-7935

--Support for patient families, in-house chapel, liaison for local clergy, community contact and chaplain's prayer line 573-458-PRAY (7729)

Phelps Regional Homecare

573-364-2425

--Home Health, Hospice & In-Home services
--Staff registered, licensed or certified in specific fields

Support Services

Social Services

573-458-8339 (Susan Buhr)

--Help patients & families access community resources to try to meet needs including: psychosocial, financial, transportation, home health, in-home services, housing & accessing medical supplies

Nurse Navigation

573-458-7164 (Carol Walter)

--Provides education, support and coordination throughout continuum of cancer care services

Survivorship Program

573-458-7164 (Carol Walter)

--Allows patients the ability to access their Oncology records & follow-up plan via the internet

Nutritional Counseling

573-458-8337 (Lorie Bourne)

--Patients & families can work with dietitians to optimize cancer therapy through their diet

Cancer Research

573-458-8776 (Linda Schumacher)

--Patients are able to enroll in nationally approved clinical trials for cancer treatment & prevention

Cancer Support Groups

Cancer Support Group

Radiation Oncology (573-458-7500)
Every Wednesday (5-7 pm)

Breast Cancer Support Group

Breast Center (573-458-3108)
2nd Wednesday of every month (2-3 pm)

Education

573-458-7759 (Carolyn Tilford)

--Chronic Disease Self-Management, Daytime & Evening Classes throughout the year, among other classes and programs



**PHELPS COUNTY REGIONAL
MEDICAL CENTER**

DIRECTIONS

From north of Rolla

Take Highway 63 South until you get to 10th Street. Make a right on 10th Street and follow it until the hospital is on your right.

From south of Rolla

Take Highway 63 North until you get to 10th Street. Make a left on 10th Street and follow it until the hospital is on your right.

From east of Rolla

Take Interstate 44 West and exit at 185. Make a left hand turn at the top of the exit. Watch for Poole Avenue, make a right hand turn on it, and continue on Poole Avenue until 10th Street. Make a right on 10th Street, and the hospital will be on your right a short distance down the road.

From west of Rolla

Take Interstate 44 East and exit at 184. Make a right hand turn at the top of the exit and go to the first stop light. Take a left turn at the stop light on to Fairgrounds Road. Follow Fairgrounds Road until it intersects with 10th Street. Make a right on to 10th Street and you will see the hospital on your left.

