

Celebrating
125
YEARS
WH Winona Health
Since 1894

A woman with dark hair, wearing a brown patterned dress, stands in a field of tall grass. She is looking up and reaching her hands towards a woven straw hat with a wide brim and a decorative band, which is suspended in the air above her. The background is a bright, hazy sky with a sun flare effect on the right side.

Outcomes

2019 Cancer Program Annual Report



Value and Benefits of Accreditation



Accreditation by the Commission on Cancer (CoC), a quality program of the American College of Surgeons, demonstrates a cancer program's commitment to providing high-quality, multidisciplinary, patient-centered cancer care.

CoC accreditation is nationally recognized by organizations, including the National Cancer Institute, Centers for Medicare & Medicaid Services, National Quality Forum, American Cancer Society, and The Joint Commission, as having established data-driven performance measures for the provision of quality cancer care.

The standards set the framework for a program that provides high-quality, patient-centered care and access to the full scope of cancer care services required to diagnose, treat, rehabilitate, support, and provide surveillance.

Benefits for CoC-Accredited Programs

Structured Care

The CoC offers cancer programs an organizational model for the delivery of comprehensive, multidisciplinary cancer care. The standards require facilities to create meaningful processes for implementation of patient-centered care.

Accountability and Quality Improvement Measures

Required participation in the National Cancer Database (NCDB) and access to numerous quality reporting tools enable CoC-accredited programs to compare their provision and timeliness of care and improve performance based on national benchmarks, recognized quality measures and standards of cancer care.

Access to the NCDB allows programs to:

- Monitor and report outcomes
- Determine patterns of care
- Identify cancer disparities
- Focus on areas for quality improvement initiatives

Extensive Data

Accreditation provides extensive data on patients treated within the facility to use for internal quality improvement, administration, and research.

Data Analysis

Programs have the opportunity for Participant User File (PUF) participation in CoC special studies developed to address important issues in cancer care.

Public Awareness

By becoming CoC accredited, your program receives public recognition of commitment to quality care at the local level based on national standards.

Benefits for Patients and the Community

CoC accreditation does not only benefit your program. For your patients and your community, accreditation:

- Promotes increased participation in care decisions by patients and family members.
- Shows that accredited programs are dedicating resources to provide quality treatment and supportive care services to cancer patients.
- Guarantees patients access to important components of treatment recommended by the Health and Medicine Division (formerly the Institute of Medicine [IOM]), National Cancer Comprehensive Network, and American Society of Clinical Oncology.
- A multidisciplinary oncology team is involved in the planning and coordination of cancer care.
- Informed about clinical research studies and trial options.
- Programs work in collaboration with community to provide cancer prevention and cancer screening events.
- Standards of care are verified by a reputable national organization.
- Quality cancer care that is available close to home.

Value to Payers

Program accreditation by the CoC:

- Focuses on a system of care that ensures optimal treatment and outcomes.
- Improves quality, care coordination and compliance with national care guidelines.

For more information on the Commission on Cancer, go to: www.facs.org/quality-programs/cancer/coc/apply/benefitscoc.

Clinical and Administrative Team

Winona Health's Cancer Program provides a team approach to cancer care. Our staff includes general surgeons, a reconstructive surgeon, a dermatologist/Mohs surgeon, and physician experts. Additionally, pathologists and radiologists provide critical information needed to accurately diagnose and stage cancer and develop individualized patient treatment plans. Our clinical team also includes nurses, laboratory technicians, registered dietitians, a nurse navigator, social workers and rehabilitation therapists – who, with our administrative team, are committed to doing their part to ensure the best patient care.

Cancer Committee

Winona Health's Cancer Committee includes physicians from various specialties, other healthcare professionals, administrators and support professionals. The Committee meets quarterly to plan, implement, review and assess cancer-related programs and services for our community. Each committee member makes his or her participation a top priority.

Cancer Conference

A multidisciplinary cancer conference is held twice each quarter where diagnosis and treatment planning is discussed on an individualized basis. All providers are invited to attend this conference, and input from the various disciplines involved in comprehensive cancer care is encouraged.

Cancer Care and Support Services

- | | | | |
|---|----------------------------------|--|---|
| • Behavioral Medicine | • Chemotherapy Infusion Services | • Imaging Services | • Primary Care |
| • Ben & Adith Miller Patient Care Fund | • Community Care Network | • Inpatient Services | • Surgical Services |
| • Certified Prosthetic Fitters and Supplies | • Dermatology | • Nutrition Education | • Women's Health |
| • Chaplain Services | • General Surgery | • Physical & Occupational Therapy | • Winona Health Foundation |
| | • Hospice | • Plastic, Cosmetic and Reconstructive Surgery | • Winona Health Volunteers Knitted Knockers |
| | | | • Winona Home Medical |

Can you spot *skin cancer*?
We can.

Skin cancer is very treatable when caught early.
Get screened.
Call 507.457.7674

WH Winona Health
Healthy starts here.

Dermatology, Winona Clinic, 2nd floor

Learn more about our Dermatology services and Mohs surgery with Dr. Christensen at winonahealth.org/dermatology.

Kevin Christensen, MD

7 things you should know about breast cancer

*And a message from Kara Nelsestuen,
Lead Mammography Technologist, Winona Health*

“Please undress above the waist and slip into a gown” is something I say many times a day, every day as I’m walking a patient to our comfortable dressing rooms. I’m one of the technologists in the mammography suite at Winona Health.

Although it’s something I do all the time, I understand it’s not something our patients do all the time—and they might not be looking forward to it! We care for people who have had many mammograms, and think they are no big deal, and for people who are here for their first mammogram and are nervous, both about how it might feel and about what we might find. Everyone is unique, but what I’ve found is that almost all first-timers feel like they worried for nothing. Plus, the machine we have has a special feature to make it more comfortable.

One more thing, screening mammograms are considered preventive care and are typically covered by insurance. However, if you have trouble affording your mammogram, contact the SAGE Program (or ask us about it when you call).

If you’re due, or overdue, we hope to hear from you soon. Whether we’ll be seeing you for your first mammogram, or you’ve lost count, we’ll make it easy for you, and chances are you’ll walk out with nothing but peace of mind and a smile on your face. To schedule a screening mammogram at Winona Health, a Breast Imaging Center of Excellence, call 507.457.4320, select option 1.



Mammography Technologists:

Pictured (l-r): Kara Nelsestuen, RT (R)(M)(BD); Andi Terpstra, RDMS; Kris Barry, RT (R)(M); Katie Kunst, RDMS; and Julie Pizarro, RT (R)(M).

If you’re due for a screening mammogram, or if you’ve been putting it off and you’re way overdue, please schedule your appointment.

7 things you should know about breast cancer:

1. It’s important to be proactive about your health—be your own advocate and schedule your mammogram.
2. Although breast cancer is the most common cancer among women worldwide, early detection and better treatment options have greatly decreased breast cancer deaths.
3. 1 in 8 women will be diagnosed with breast cancer in her lifetime. Which means that 7 in 8 won’t!
4. The two most common risk factors for breast cancer are being a woman and growing older.
5. 75% of women who get breast cancer have NO family history of breast cancer.
6. At Winona Health, 3D mammography is provided at no extra charge.
7. 90% of mammograms lead to nothing but peace of mind.

Awareness and Screenings (4.2)

Our screenings, community education, and patient and family support services occur at various times throughout the year. In 2018-2019, free skin cancer screening was offered. If you have a question about screening or prevention programs, call 507.494.7378.

SCREENINGS

| SKIN CANCER | 2016 | 2017 | 2018 | 2019 |
|-----------------|------|------|------|------|
| # of screenings | 41 | 66 | 63 | 64 |

Melanoma being the second highest cancer diagnosed at Winona Health, the 2018 skin screening was held February 13 by Winona Health with 63 patients seen by Dr. Kevin Christensen. The 2019 skin screening was held May 24 with 64 patients seen. These were head-to-toe screenings specifically for those who have never been checked for skin cancer. All had proper follow up by the dermatologist.

| LUNG CANCER | 2016 | 2017 | 2018 | 2019 |
|------------------|------|------|------|------|
| Total screenings | 57 | 77 | 77 | 94 |

Low Dose Lung CT Screening: January 1 - October 1, 2019, 94 patients have had a low dose lung CT at reduced cost compared to 77 patients in 2018. All biopsies done in CT are ordered by a Primary Care provider or a surgeon and the results go to the ordering provider. Winona Health follows the National Comprehensive Cancer Network (NCCN) guidelines for lung cancer screening, follow-up and surveillance.

| MAMMOGRAPHY | 2016 | 2017 | 2018 | 2019 |
|------------------|-------|-------|-------|-------|
| Total screenings | 4,082 | 3,641 | 2,850 | 3,505 |

Winona Health invests in the equipment and technology to provide outstanding breast screening services for our community.

“We offer state of the art 3D mammography screenings for all mammography patients,” said Adam Walbrun, Manager of Imaging Services at Winona Health. “The use of 3D mammography has been shown to find cancers earlier than standard digital mammography, decrease the number of false positives, and reduce the need for follow-up imaging. These clear advantages have helped reduced patient anxiety following their screening.”

Breast MRI is used to screen women at higher-than-average risk for developing breast cancer and for imaging following diagnosis and/or after treatment.

“The breast care team at Winona Health is committed to investing in technology to win the battle against breast cancer,” said Walbrun. “By offering Breast MRI and 3D mammography, we have the best diagnostic tools available to detect the presence of cancer in the breast.”

Dr. Haines learns to knit...

General Surgeon Wen-Yu Vicky Haines, MD, FACS, was fascinated when she learned about Gloria Siewert and other Winona Health Volunteers making knitted knockers, which are a soft, comfortable option for women healing after a mastectomy. “As a surgeon who takes off women’s breasts because of cancer, I wanted to be part of this. My patients love them.” she said. Dr. Haines asked Gloria if she’d teach her how to knit so she could help provide this option to her patients.

Knitted knockers are available at no charge to any woman by request. Visit www.winonahealth.org to learn more about Knitted Knockers, Dr. Haines, Cancer Care at Winona Health, or volunteering at Winona Health.



Winona Health Volunteer Gloria Siewert teaches General Surgeon Wen-Yu Vicky Haines, MD, FACS, to make Knitted Knockers for breast surgery patients.

knitted  knockers

Community Education Support

- **Free Skin Cancer Screening Day:** Winona Health offered free skin cancer screenings on February 13, 2018 and May 24, 2019. Screenings were by appointment and intended for those who have never been screened for skin cancer.
- **Women’s Health Events:**
 - Sparkle**—a free event held on February 28, 2019 and presented by Winona Health health and wellness experts from Dermatology, Eye Care Center, Family Birth Center, Imaging/Mammography, Plastics & Cosmetics, Podiatry, The Spa at Winona Health, Women’s Health and more. The brief presentation included Q&A with Plastic, Cosmetic and Reconstructive Surgeon Hans J. Serleth, MD.
 - Wine & Gyn**—A fun, informative night for women in their 40s, 50s and 60s with Winona Health’s Women’s Health experts was held Thursday, August 29, 2019 and again on Tuesday, October 22 for women in their 20s, 30s and 40s.
- **Men’s Health Event: A Drink with the Docs** was held November 14, 2019. This casual, men-only event was facilitated by General Surgeon Matthew Broghammer, DO; Family Medicine Physician Nicholas Modjeski, MD; Orthopedic Surgeon Ken Johnson, MD; Family and Sports Medicine Physician Adam Fletcher, MD; and Emergency Medicine Physician Brett Whyte, MD, and provided answers to frequently asked questions and raised awareness of men’s health issues.
- **Knitted Knockers:** Knitted Knockers are handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. They are lovingly made by Winona Health Volunteers and given to breast cancer survivors or any woman who wants them. Contact Winona Health Volunteer Services at 507.457.4342, or visit winonahealth.org/knockers for more information.

The Cancer Registry is an important element of Winona Health's Cancer Program. The Cancer Registrar systematically collects and reports a wide range of demographic and medical data about cancer and tumor diseases to the Minnesota Cancer Reporting System (MCRS) and Wisconsin Cancer Reporting System (WCRS) for monitoring the incidence and risks of developing cancer, promoting cancer research and measuring outcomes of treatment and survival.

Winona Health's Cancer Registrar began collecting and submitting cancer data on January 1, 2007. Since then, a total of 1,752 cases have been added to the registry. Data is collected by a Certified Tumor Registrar who receives extensive and ongoing training in the collection, management, analysis and dissemination of information about cancer patients. The cancer registrar captures a complete summary of history, diagnosis, treatment and status for every cancer patient diagnosed and/or treated at

Winona Health. The Cancer Registrar uses an oncology software system for database management, reporting and survival study support. Additionally, the Cancer Registrar performs lifetime follow-up of our cancer patients on treatment, recurrence and status.

Currently, our follow-up rate for patients since the beginning of our cancer registry data collection (2007) is 97 percent and the follow-up rate for patients for the past five years (2014 to present) is 98 percent—both rates exceed the 80 and 90 percent minimum standards established by the Commission on Cancer.

Patient privacy and confidentiality are maintained at all times according to HIPAA regulations.

Under the guidance of the Winona Health Cancer Committee, the registry staff also coordinates the cancer committee meetings and cancer conferences.

Ongoing cancer-related education enhances knowledge and skills

The Commission on Cancer Standard 1.11 requires that each year all members of the cancer registry staff participate in a cancer-related educational activity applicable to their role.

Cheryl Evans, CTR, Cancer Registrar for Winona Health's Cancer Care Program attended the Minnesota Cancer Registrars Association (MCRA) and Wisconsin Cancer Registrars Association (WCRA) 2019 Fall

Regional Educational Conference on September 12 and 13 in Bloomington, Minnesota.

Standard 1.11 also includes a **commendation** rating specifying that, "*All Certified Tumor Registrar staff attends a national or regional cancer-related educational meeting at least once during the three-year survey cycle.*" This Regional Education Conference complies with that requirement.

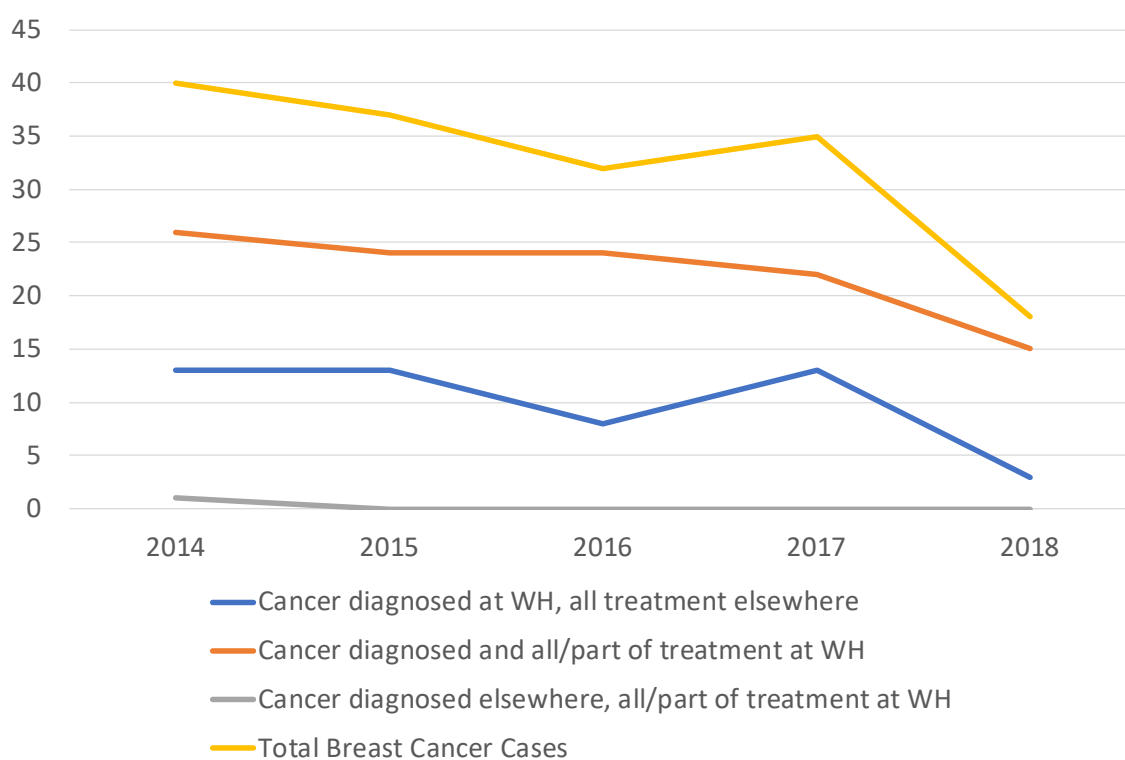
The 2019 MCRA Conference was held September 12-13, 2019 in Bloomington, Minn. Pictured are the Minnesota members.



Breast Cancer Cases at Winona Health

2018

| CASES | 2014 | 2015 | 2016 | 2017 | 2018 |
|---|-----------|-----------|-----------|-----------|-----------|
| Cancer diagnosed at WH, all treatment elsewhere | 13 | 13 | 8 | 13 | 3 |
| Cancer diagnosed and all/part of treatment at WH | 26 | 24 | 24 | 22 | 15 |
| Cancer diagnosed elsewhere, all/part of treatment at WH | 1 | 0 | 0 | 0 | 0 |
| Total Breast Cancer Cases | 40 | 37 | 32 | 35 | 18 |



Winona Health's nationally accredited Cancer Care Program provides:

- A multidisciplinary team approach for the best cancer treatment options.
- Access to information, education and personalized services.
- Options for genetic assessment and counseling services.
- Ongoing monitoring and improvement of care.
- Assessment of treatment planning based on evidence-based national treatment guidelines.
- Information about clinical trials and new treatment options.
- Follow-up care including a survivorship care plan.
- A cancer registry that collects data on cancer type, stage, and treatment results, and offers lifelong follow-up.

Cancer Sites by Stage and Gender at Winona Health

2018

Top 5 Cancer Sites by STAGE

| | | STAGE | | | | | | | | |
|----------------|---------------|-------|----|----|-----|----|-----|----|-------|---------|
| DIAGNOSIS SITE | | 0 | I | II | III | IV | UNK | NA | TOTAL | % TOTAL |
| 1 | Melanoma skin | 9 | 16 | 1 | 2 | 0 | 0 | 0 | 28 | 21.2 |
| 2 | Breast | 3 | 12 | 2 | 1 | 0 | 0 | 0 | 18 | 13.6 |
| 3 | Colorectal | 0 | 1 | 5 | 5 | 5 | 2 | 0 | 18 | 13.6 |
| 4 | Lung | 0 | 3 | 0 | 3 | 8 | 0 | 0 | 14 | 10.6 |
| 5 | Leukemia | 0 | 0 | 1 | 0 | 0 | 4 | 4 | 8 | 6.0 |

Top 5 Cancer Sites by GENDER

| | | GENDER | |
|----------------|---------------|--------|--------|
| DIAGNOSIS SITE | | Male | Female |
| 1 | Melanoma skin | 18 | 10 |
| 2 | Breast | 0 | 18 |
| 3 | Colorectal | 11 | 7 |
| 4 | Lung | 8 | 6 |
| 5 | Leukemia | 5 | 3 |

Patients diagnosed with cancer are grouped into a category or "stage" based on the extent or spread of their disease at the time of diagnosis. Information on the extent of disease helps physicians plan the most appropriate treatment and assess prognosis (outlook).

Cancer Committee

Front row (L to R): Sandy Gruszynski, RN, PNC, CN-BN; Wendy Jandt, RN; Cheryl Evans, CTR; Angie Johannes, RN, BSN; Karen Perkins, PA-C; Cindy Teske, PT; and Lisa Howard, LSW.

Back row (L to R): Ronald England, DO, FCAP; William Reed, MD, CoC surveyor; Laura Schaffner, RN Hospice; Sara Gabrick, VP of Surgical & Specialty Care Services/CNO; and Matthew Broghammer, DO.



Winona Health (WH) New Cancer Cases

Compared to the American Cancer Society (ACS) Estimates

2018

| SITE | WH NEW CASES [†] (Analytic) | | ACS ¹ ESTIMATES * | | | |
|-----------------------------|---|-------------|------------------------------|-------------|------------------|-------------|
| | | | Minnesota * | | National * | |
| Breast, female ¹ | 15 | 12.5% | 4,500 | 14.4% | 266,120 | 15.3% |
| Melanoma skin ¹ | 19 | 15.8% | 1,420 | 4.5% | 91,270 | 5.3% |
| Colorectal | 18 | 15.0% | 2,270 | 7.3% | 140,250 | 8.1% |
| Lung & Bronchus | 14 | 11.7% | 3,980 | 12.7% | 234,030 | 13.5% |
| Prostate | 5 | 4.2% | 2,920 | 9.3% | 164,690 | 9.5% |
| Uterine | 7 | 5.8% | 1,120 | 3.6% | 63,230 | 3.6% |
| Cervix | 0 | 0.0% | 140 | 0.4% | 13,240 | 0.8% |
| Non-Hodgkin Lymphoma | 5 | 4.2% | 1,420 | 4.5% | 74,680 | 4.3% |
| Bladder | 0 | 0.0% | 1,380 | 4.4% | 81,190 | 4.7% |
| Leukemia | 8 | 6.7% | 1,270 | 4.1% | 60,300 | 3.5% |
| Other Sites | 29 | 24.2% | 10,850 | 34.7% | 546,350 | 31.5% |
| TOTAL¹ | 120 | 100% | 31,270 | 100% | 1,735,350 | 100% |

¹ Excludes basal cell and squamous cell skin cancers and in situ carcinomas except urinary bladder. According to the ACS, approximately 63,960 carcinoma in situ of the female breast and 87,290 melanoma in situ will be newly diagnosed in 2018.

[†] Total number of all new WH cases for 2018 is 132, which includes carcinoma in situ of the female breast and melanoma. Those cases have been excluded in the table to align with the ACS state and national estimates.

* Estimates. American Cancer Society. *Cancer Facts & Figures 2018*. Atlanta: American Cancer Society; 2018.

Everyone gets the best of the best:
3D mammography at no extra charge.



WH Winona Health
Healthy starts here.

To schedule a mammogram, call 507.457.4320, option 1



Wine & Gyn?

A fun, informative night with your Women's Health experts.



WH Winona Health

| DIAGNOSIS GROUP/SITE | TOTAL | |
|---|------------|--|
| ORAL CAVITY, PHARYNX (Lip, Tongue, etc.) | 1 | |
| DIGESTIVE SYSTEM | 27 | |
| —Small Intestine | 3 | |
| —Colon, Rectum, Anus | 18 | |
| —Liver, Gallbladder, Intrahep Bile Duct | 1 | |
| —Pancreas | 5 | |
| RESPIRATORY SYSTEM | 14 | |
| —Lung and Bronchus | 14 | |
| SKIN | 32 | |
| —Skin: Melanoma | 28 | |
| —Skin: Other Non-Epithelial | 4 | |
| BREAST | 18 | |
| FEMALE GENITAL SYSTEM (Uterus, Vulva) | 8 | |
| MALE GENITAL SYSTEM (Prostate, Penis) | 6 | |
| URINARY SYSTEM | 2 | |
| —Kidney | 2 | |
| BRAIN, OTHER NERVOUS SYSTEM | 4 | |
| ENDOCRINE SYSTEM (Thyroid) | 3 | |
| LYMPHOMA | 5 | |
| —Non-Hodgkin Lymphoma | 5 | |
| MYELOMA | 1 | |
| LEUKEMIA | 8 | |
| —Lymphocytic Leukemia | 6 | |
| —Non-Lymphocytic Leukemia | 2 | |
| MISCELLANEOUS (Unknown Primary, Bone Marrow Sites) | 3 | |
| TOTALS | 132 | |

Exclusions: Carcinoma in situ of the cervix, intra-epithelial neoplasia, and basal and squamous cell skin cancers.

Going *Pink* for Breast Cancer



October is National Breast Cancer Awareness Month. This year, Winona Health lit up in pink to show support for those dealing with a breast cancer diagnosis and serve as a reminder to schedule regular screening mammograms.

To schedule a mammogram at Winona Health, call 507.457.4320. At Winona Health, 3D mammography is our standard of care.



Going *Blue* for Colon Cancer



Tuesday, March 5, 2019 was Colorectal Cancer Awareness Day. Winona Health was lit up in blue, joining healthcare organizations across Minnesota in shining a light on the importance of colon cancer screening.

Those who haven't scheduled a colonoscopy because they don't have a regular healthcare provider may call Family Medicine at 507.457.7648 to establish care. Learn more about local healthcare providers online at winonahealth.org and click Find a Provider.



PO Box 5600 • 855 Mankato Ave. • Winona, MN 55987 • 507.454.3650 • winonahealth.org