

Ascension Wisconsin Cancer Survivorship Program

Rooted in the loving ministry of Jesus as healer, Ascension Wisconsin (AW) is committed to serving all people, with special attention to those who are poor and vulnerable. AW Cancer Care is accredited by the American College of Surgeons Commission on Cancer (CoC) as an Integrated Network Cancer Program and the recipient of the American Community Cancer Centers Innovation Award. Our cancer centers in Southeast Wisconsin are also accredited by the National Accreditation Program for Breast Centers (NAPBC). Specifically, Ascension Wisconsin Survivorship Program is dedicated to empowering and enabling cancer patients to live their best lives, along the care continuum. This is manifested through implementing a comprehensive set of services and programs for cancer survivors that includes "the physical, psychosocial and economic issues of cancer, from diagnosis until the end of life."

YOGA CONNECTION PROGRAM

OBJECTIVE:

Expand current yoga connection program from only our SE Wisconsin-Mayfair Road location to Ascension All Saints Cancer Center and Ascension NE Wisconsin Hospital-St. Elizabeth Campus. These classes are designed for cancer survivors at any stage and, if desired, a support person. The yoga sessions will include: gentle stretching to improve range of motion, guided meditation and breathwork, low impact and restorative poses, and relaxation techniques.

BACKGROUND:

Benefits for cancer survivors:

- Reduce anxiety, depression and stress, improving mental health, distress, and quality of life
- Increase social interaction within the community
- Improve biomarkers (cortisol regulation and inflammatory markers)
- Manage noncancer comorbidity conditions, i.e arthritis, cardiovascular disease
- By increasing physical activity, participants can improve flexibility and physical strength
- Improve sleep and energy
- Improvement in lymphedema
- Educate and practice mindfulness
- Improve confidence and body image

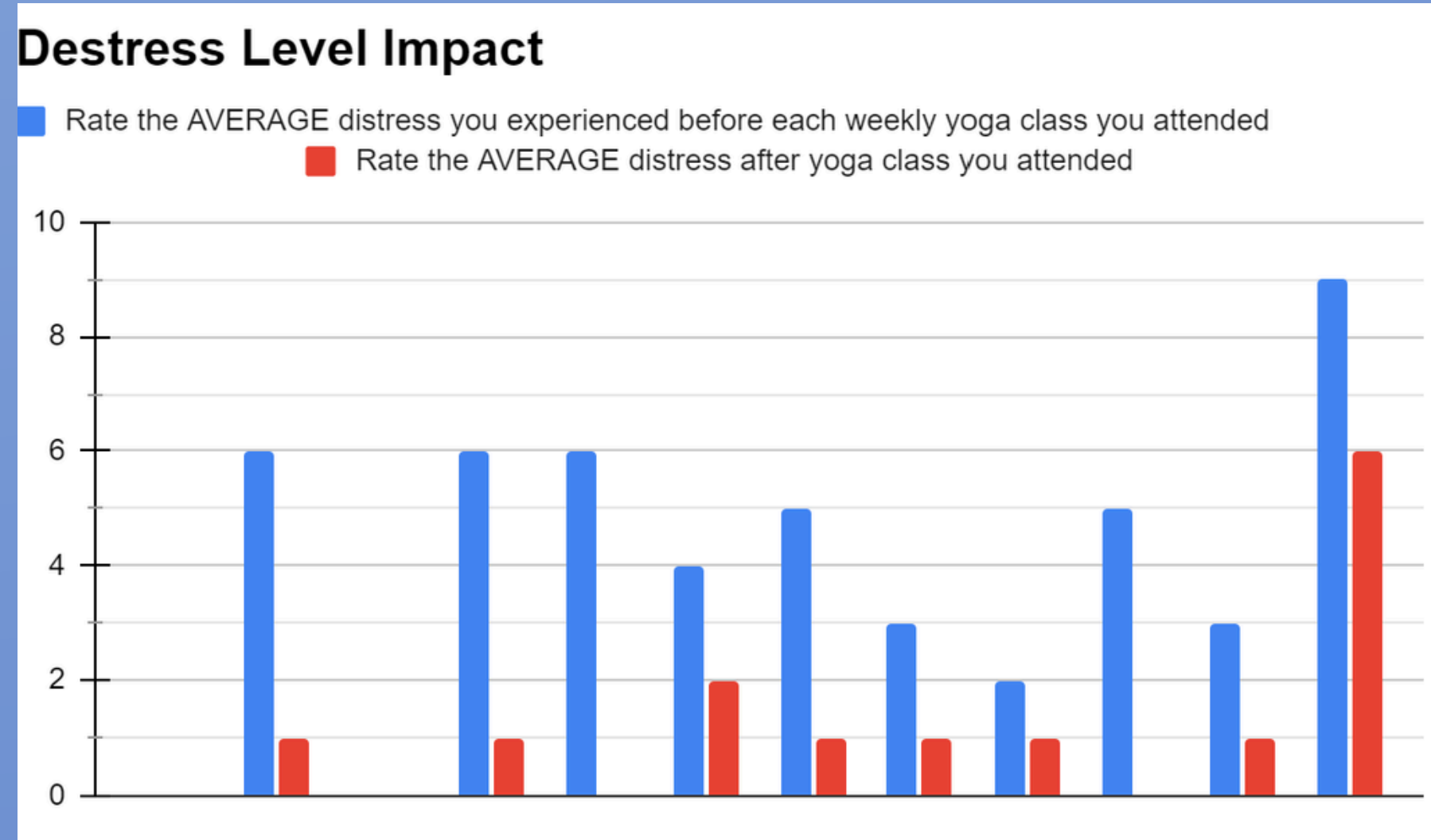


TOP ACTIONS STEPS:

- Gather programmatic information on current program
- Applied and received a \$5,900 grant from Ascension Wisconsin Foundation to fund expansion
- Determine on-site support and yoga4cancer certified instructors for each site
- Set up new yoga4cancer instructors as suppliers/vendors
- Legal: Creation of participation waiver
- Purchase of new equipment (yoga mats, blocks, Bluetooth speakers, etc.)
- Determine class/dates and book rooms for each session
- Regfox Registration set up with linking to AW Survivorship Landing page
- Creation of a post-evaluation

RESULTS/CURRENT STATUS:

- Four 8-week sessions, one hour a week
- Received about 2k in donations from participants
- Average participants
 - Racine: 7 participants
 - Appleton: 3 participants
 - Wauwatosa: 14 participant
- Reported comments:
 - "I've been practicing yoga for years, but going through this program has helped me to make connections with other cancer survivors in the classes over the years. This program has encouraged me to continue my yoga journey as well as get certified as an instructor."
 - "I am moving better with less pain and stiffness and have developed an increase feeling of wellbeing"
 - "I am so happy I signed up for the class. It's more than just a yoga class! It combines physical, emotional social and educational components. They are SO helpful in navigating through a cancer journey."
- We asked participants to rate average distress before and after each weekly yoga class



- 100% stated they would recommend yoga connection
- Fiscal year 2025, we received continued funding by Ascension Foundation

HEALTHY EATING ACTIVE LIVING(HEAL) PROGRAM PILOT

OBJECTIVE:

Create a pilot program for breast cancer survivors to be educated on how healthy eating and active living can prevent cancer recurrence and enhance cancer survivors' quality of life. The HEAL program is a free ten week program for breast cancer survivors that consists of health education, nutrition counseling and exercise classes from a registered dietitian and an oncology registered nurse/certified cancer exercise specialist.

BACKGROUND:

- Physical activity is safe and an important before, during and after treatment.
- Both completed and active cancer treatment patients are able to participate
 - Evidence showing markedly reduced physical activity and healthy eating choices between pre-diagnosis and during breast cancer treatment.
 - Beneficial impact of exercise and healthy eating during treatment on treatment tolerance, physical fatigue, quality of life, and psychosocial.
- The ten week length determined based on research showing that it takes approximately 10 weeks to form a habit= greater probability to long-term behavior changes.
- At completion of 10-week program, participants able to transition to the YMCA's Livestrong program
 - Increase the chance of long-term behavior change.
 - According to the ACS, community action at the local level is essential to provide safe, enjoyable and accessible opportunities for physical activity.

TOP ACTIONS STEPS:

- Applied and received a \$30,000 dollar grant from American Cancer Society and Kohl's Cares
- Legal Team: Participation waiver and rental vivoactive Garmin watch. Contract set up with the YMCA in New Berlin
- Collaboration with RD and cancer exercises specialist/oncology nurse to determine dates/times of program.
 - Agenda, PowerPoints, and evaluation creation
- Marketing: Creation of HEAL program flyer and adding to AW survivorship landing page
- PR team: Increase awareness of program. Possible October news channel story.
- Purchasing of equipment

RESULTS/CURRENT STATUS:

- Second oncology nurse working on Cancer Exercise Specialist certification
- Recruitment for participants for both cohorts (Fall & Winter)

Healthy Eating and Active Living (HEAL)

A free program for breast cancer survivors

HEAL is a free healthy eating and active living program sponsored by the American Cancer Society through Kohl's Cares. Each HEAL program is 10 weeks long and consists of health education, nutrition counseling and exercise classes from a registered dietitian and an oncology registered nurse/certified cancer exercise specialist.

In-person classes will be held at the New Berlin YMCA. All participants are encouraged to bring a support person.

Who can attend HEAL?

- Breast cancer patients between the ages of 19-80 that have been diagnosed with stage I, II, III, or IV breast cancer
- Currently undergoing treatment or completed within the last year
- We are unable to accept breast cancer patients currently undergoing chemotherapy

What will HEAL provide for breast cancer patients?

- Personalized exercise programming and nutrition planning
- Ongoing healthy eating and active living support from facilitators throughout the program
- A free 3-month household YMCA membership, free teaching kitchens, rental of Garmin Vivoactive 5 smartwatch and fitness tracker, and more!

Upcoming sessions

Fall 2024

- September 9, 2024 – November 11, 2024; Mondays from 2:30-4:30 pm. and Wednesdays from 2:30- 3:15pm.

Winter/Spring 2025

- January 7, 2025 – March 11, 2025; Tuesdays from 2:30-4:30 pm. and Thursdays 2:30- 3:15pm.

Contact Kayla Thorne, Cancer Prevention/Wellness and Survivorship Nurse Coordinator, at kayla.thorne@ascension.org or 414-212-5171 if you are interested in participating or scan the QR code to learn more.

CANCER SURVIVORSHIP EDUCATIONAL HEALTH FAIR

OBJECTIVE:

Host a cancer survivorship health fair for 2024 Cancer Survivorship Day®. Event to celebrate cancer survivorship and an opportunity for community organizations to share information about various topics such as lymphedema, exercise and diet, financial support, and more to cancer survivors, caregivers, and oncology staff.

BACKGROUND:

- At Ascension Wisconsin, we align with the National Cancer Institute's definition of a cancer survivor as "An individual is considered a cancer survivor from the time of diagnosis through the balance of life."
- National Cancer Survivorship Day® is a day of celebration and inspiration led by the National Cancer Survivorship Day Foundation.
 - National Cancer Survivorship Day® is also a call to action for further research, more resources, and increased public awareness to improve the lives of cancer survivors.
- This day, the first Sunday in June, is an opportunity for all cancer survivors to connect with each other, celebrate milestones, and recognize those who have supported them along the way.



TOP ACTIONS STEPS:

- AW foundation: Donation and sponsorships
- Cancer Survivorship workgroup determined date/time/location/target audience for event,
 - Creation of ascension groups, non-profit, community and pharmaceutical list to invite
 - Set up guest speaker agenda
 - Determined food, drink and decorations
- Marketing
 - Added to survivorship landing page and survivorship quarterly newsletter
 - Facebook event
 - PR team created add, plan was to have news segment but due to cyberattack it was cancelled

RESULTS/CURRENT STATUS:

- Received 10 sponsorships with total being \$13,500 to help fund event
- 22 non profits and community programs attended
- 8 Ascension tables were present:
- 52 cancer survivors and family members attend event
- Reported Feedback
 - "The vendors in the fair were very diverse. It was nice to see so many present...Overall, it was wonderful to see this type of event in our community!"
 - "Loved that the survivors were the ones introducing the speakers"
 - "Very excellent program for survivors; great to connect with the community. Well executed and great speakers / exhibitors."
- AW Survivorship Committee is planning on hosting next year for National Cancer Survivorship Day again.



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PANCREATIC CYST SURVEILLANCE PROGRAM

INTRODUCTION

The Ascension Wisconsin Pancreatic Cyst Team is a multi-disciplinary team that utilizes best practices to promote early detection, comprehensive assessment, and appropriate follow-up to provide personalized treatment with the aim of reducing the risk of development of pancreatic cancer or complications related to pancreatic cysts.

PROGRAM GOALS

Improve management of pancreatic cysts

- Improve the coordination of care for patients with concerning pancreatic cysts.
- Identify individuals in which appropriately timed surgical resection of their pancreatic cyst can reduce mortality from pancreatic adenocarcinoma.
- Manage appropriately the risks of surgical resection for pancreatic cysts.

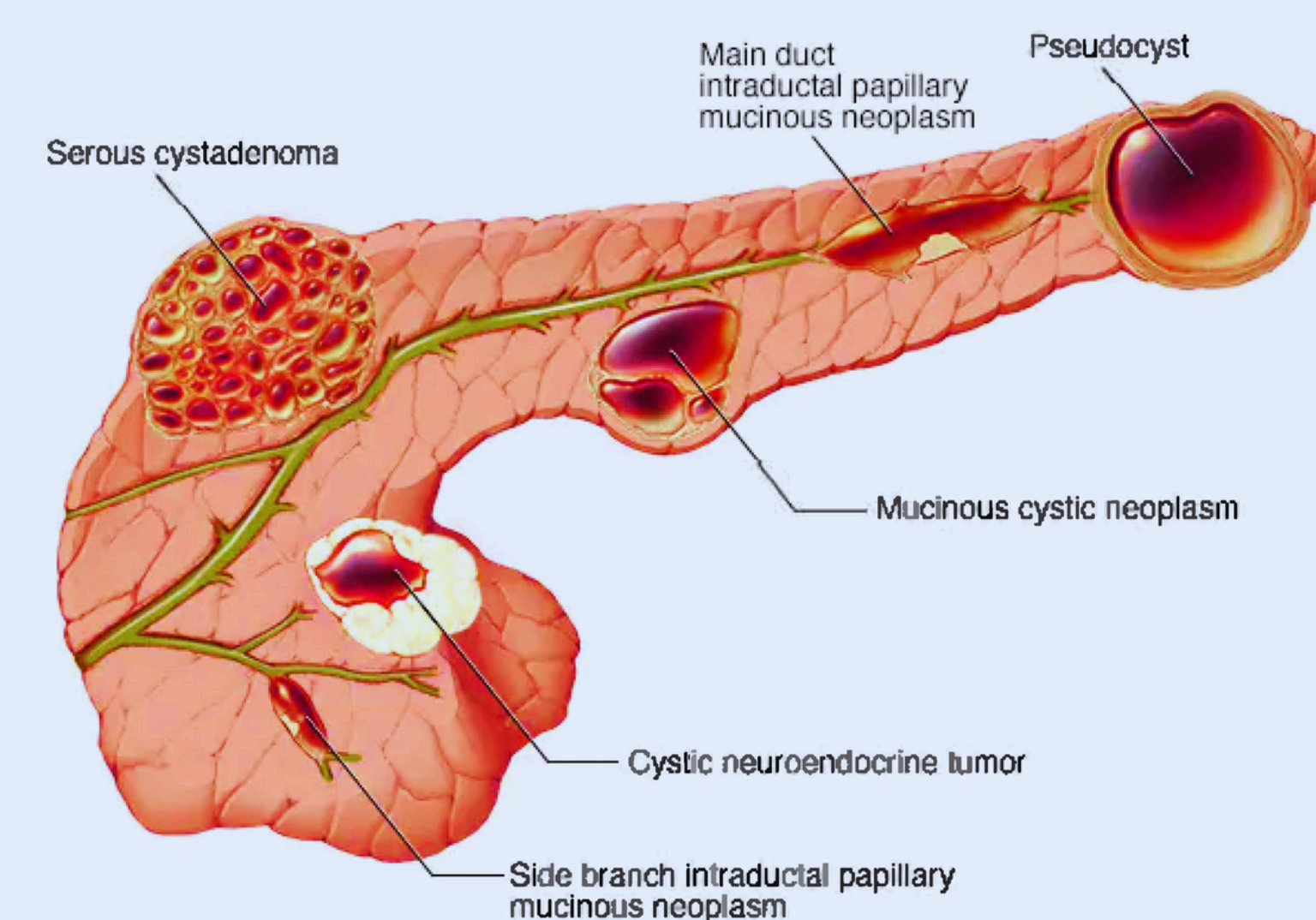
Improve identification of individuals at increased risk for developing pancreatic cancer

- Decrease the time from identification of a concerning pancreatic finding to next phase of care.
- Increase the percent of early-stage pancreatic cancer diagnoses, decrease late-stage diagnoses.
- Reduce lifestyle risk factors that increase risk of pancreatic cyst and pancreatic cancer development.

Identify potential research opportunities for patients at increased risk for developing pancreatic cysts and pancreatic cancer.

PANCREATIC CYST SURVEILLANCE VISIT COMPONENTS

- Assessment of Clinical Risk Factors
 - Pancreatitis
 - Diabetes
 - Obesity
- Assessment of Lifestyle Risk Factors
 - Smoking
 - Alcohol
 - Diet
 - Exercise
- Assessment of Family History
 - Genetic Testing if appropriate
- Shared-Decision Making regarding surveillance
 - Discussion of recommended work-up and surveillance
 - Explanation of risks/benefits of imaging and biopsy (EUS)
 - Assess if appropriate candidate to undergo pancreatic cyst resection or treatment of cancer if work-up determines it is warranted



PANCREATIC CYST SURVEILLANCE TEAM

- Surgical Oncologists
- High-Risk Nurse Practitioner
- Nurse Coordinators
- Gastroenterologists
- Radiologists
- Pathologists

WHY IS THIS IMPORTANT?

Pancreatic cystic lesions are widely prevalent and commonly encountered in abdominal imaging.

Lesions with high malignant potential:

Intraductal papillary mucinous neoplasm (IPMN) of the main pancreatic duct
 Mucinous cystic neoplasm (MCN)
 Solid pseudopapillary neoplasia (SPN)

Lesions with intermediate malignant potential:

Intraductal papillary mucinous tumor of the pancreas [IPMN] involving the secondary ducts
 Cystic endocrine tumor

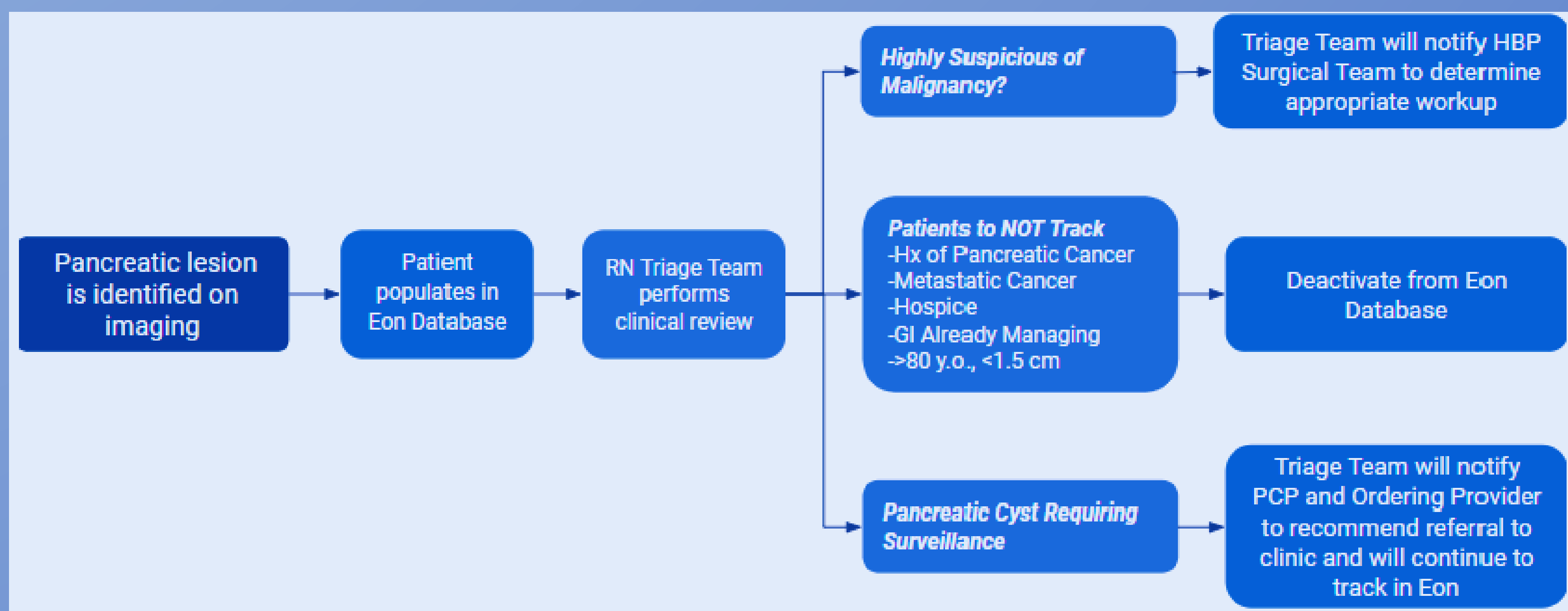
Lesions with NO malignant potential:

Serous cystic adenoma (SCN)
 Pseudocysts
 Simple cysts

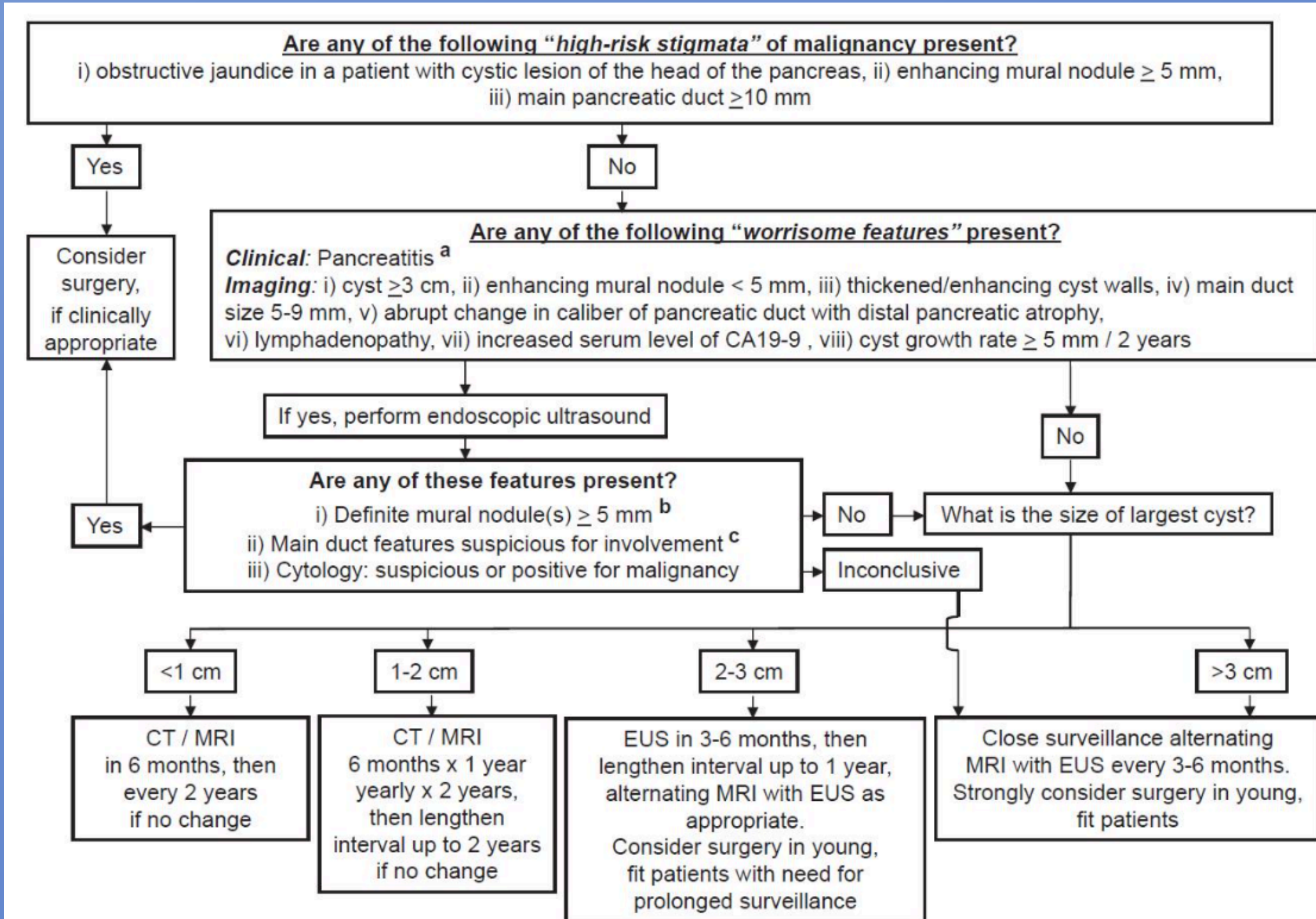
IDENTIFICATION AND TRACKING OF PATIENTS WITH PANCREATIC CYSTS

Eon Patient Management Software - A cloud-based system that uses computational linguistics to review radiology reports and highlights patients when scans discover pancreatic abnormalities. Allows the clinic to track patients with cysts.

INCIDENTAL PANCREATIC FINDING WORKFLOW

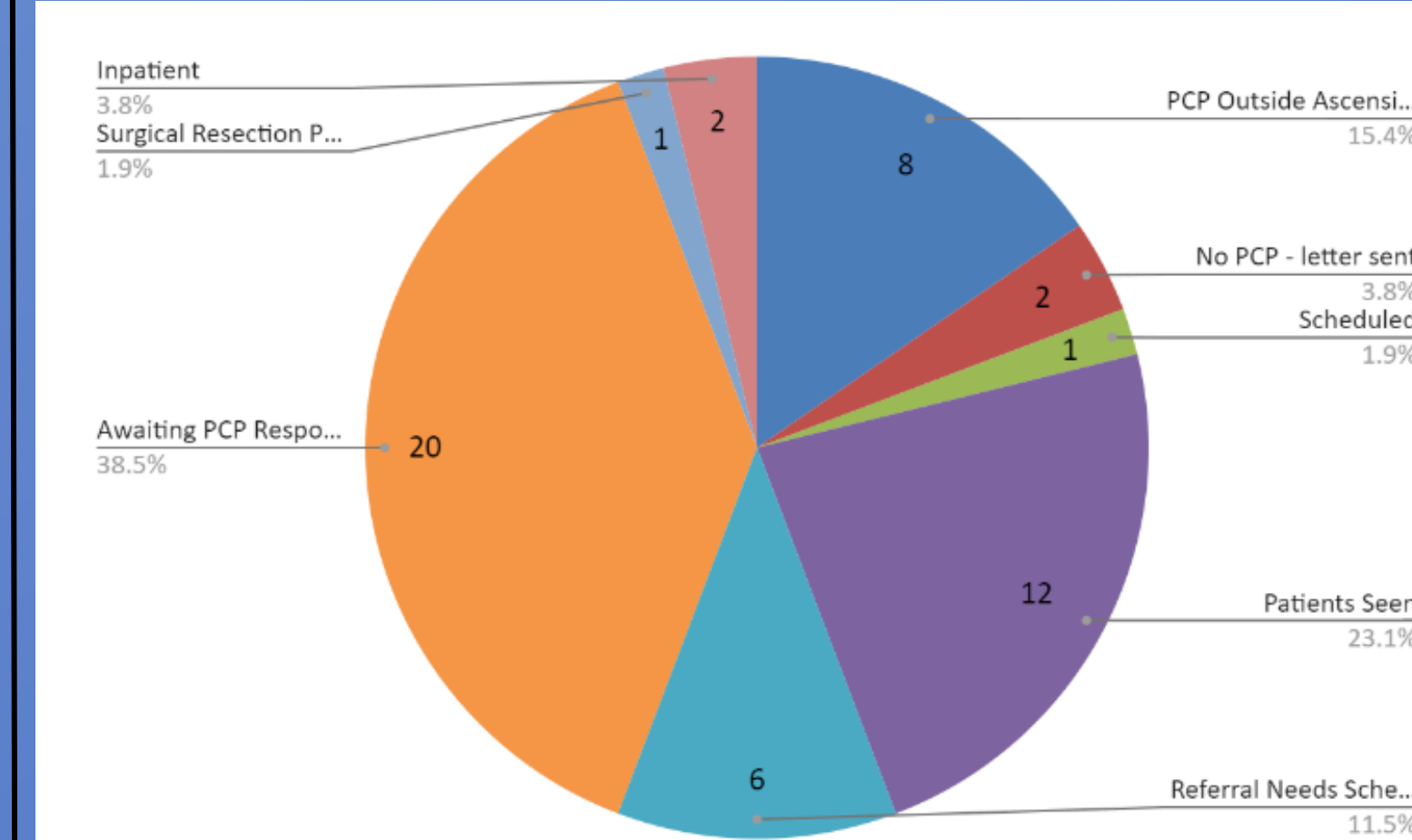


FUKUOKA GUIDELINES FOR MANAGING IPMNS



PILOT OUTCOMES - MARCH-MAY, 2024

- 1 patient with cyst resection
- 12 patients seen and enrolled in cyst surveillance
- 7 patients awaiting scheduling and to be seen



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