

2015– January – December Community Outreach Cancer Report

Submitted by:

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Standard: 1.8 – Monitoring Community Outreach

Monitoring of Prevention, Screening and Outreach

Standard: 4.1 – Prevention Programs

Cancer Prevention Programs

Standard: 4.2 – Screening Programs

***Facility Abbreviation Key**

ACS=	American Cancer Society
ALSC=	Avon Lake Senior Center
ASC=	Avon Senior Center
GWL=	Gardens at Westlake
HWR=	Hospice of the Western Reserve
LMCCF=	Lorain/Medina County Correctional Facility
NOSC =	North Olmsted Senior Center
NRSS=	North Ridgeville Senior Center
RRSC=	Rocky River Senior Center
SJMC=	St. John Medical Center
SJMC CO =	St. John Medical Center Community Outreach
WFHC =	Westlake Family Health Center
WLHS=	Westlake High School
WCCS=	Westlake Center for Community Services
WLV=	Westlake Village

Cancer Screenings :

6/6/15 Looking Good at Any Age by R. Assaf MD: Health talk and skin screening WCCS

Outcome: 18 screened with 4 at risk, who were referred. Age range from early 30's to 70's.

7/11/15 Skin Screening by R. Assaf MD at The Festival of the Arts: 62 screened with 20 identified at risk

SJMC

7/12/15 Skin Screening by R. Assaf MD at The Festival of the Arts: 44 screened with 19 identified at risk

SJMC

Outcome: 106 participants screened with 39 at risk

6/16/15/ PSA testing with Urology Associates, Dr. Reese and Dr. Kontak SJMC

Outcome: Six participants with 0 at risk

8/22/15 Healthy Cleveland Health Festival at Crocker Park from 12-4 biometric screenings and distribution of ColoCare kits; Ages 50-75years.

Outcome: 15 colorectal kits distributed with screening information. Many participants of the fair said their physician encourages occult blood testing. Crocker Park

Support Groups:

Attendance

Location

Hope Group – Monthly Breast Cancer Support Group,

Facilitator; Forristell CBPN-IC

25-28 monthly

SJMC CO

I am Not Alone – Monthly Cancer Support Group, Hlavaty, RN

10-12 monthly

SJMC CO

New Beginnings – Monthly Bereavement Support Group, HWR

61

SJMC CO

Grief Recovery - 11 week course, John Monnin, Crossroads

21

SJMC CO

Who am I? - 5 week series about grief challenging you to take a new look at your roles in life, HWR

38 attended

SJMCCO

OUTCOME: 5 Monthly support groups and/or creative therapy workshops for people with cancer and/or their caregivers. Support and education was provided at these groups. Total

attendance for all groups –542 individuals attended programs January through October.

Cancer related Health Talks

- 2/26 Capturing Life’s Journey, Karin Wolf from Home Instead Independence Village
- 3/25 Living Will, GPOA, MPOA, and Estate Planning by Timothy Dobeck Law Director of the City of Parma
Sponsored by SJMC and provided for the hearing impaired. SJMC
- 5/15 The 10 greatest myths of Breast Cancer. Cancelled
- 6/9 Ethical Dilema’s by T. Ashie Avon Oaks

Outcome: 3 cancer prevention, treatment or supportive services talks, scheduled with a total of 70 participants in attendance.

Cancer related Continuing Education Health talks

- 1/29 Kris Austin gave a beautiful talk to the SJMC staff about caring for the caregiver SJMC
- 1/28 Caregiver Stress and Compassion Fatigue Life Care Center of Westlake
- 2/4 Relaxed and Ready: Proactive Steps to Wellness Our House
- 4/23 Holy Hell: Suffering by Another Name The Belvedere
- 8/11 Communicating the Bad News by the VNA Avon Oaks
- 9/24 Palliative Care can help patients and Decrease 30 day Hospital re-admissions
River Point Care Center

OUTCOME: 6 cancer prevention, treatment or supportive services talks scheduled with a total of 90 participants in attendance.

Children’s Health Fairs

3/19 Children’s Health and Wellness Day at Westlake High School. Outreach Nurses had Interactions with 125 high school students educating about the dangers of smoking, e-cigarettes and liquid nicotine, Hookahs, flavored tobacco and chewing tobacco. Also 200 students were engaged in interactive activities and education about drinking and cancer.

5/15 Health fair at Bay Middle school included: the dangers of smoking, e-cigarettes and liquid nicotine, Hookahs and flavored tobacco and chewing tobacco, also, skin health and melanoma information. There were approximately 280 interactions with middle school students. There were another 250 interactions with students engaged in educational activities about drinking and cancer.

11/18 Smoking Education at Westlake Lee Burneson Middle School included Outreach nurses speaking with 575 students and answering questions about the dangers of smoking including: Hookahs, clove cigarettes , flavored cigarettes, e-cigarettes, liquid nicotine, chewing tobacco, and cigars.

Outcome: There were 855 interactions with students who participated in activities or visited the informational literature tables provided. Also questions, concerns, information, and prevention of drinking and smoking related cancers were addressed. Middle and High School students participated in lung health education and participated in an interactive game (Smoking Jeopardy) to learn about different types of smoking, nicotine and cancer.

Prevention – Exercise

Spring/Fall 2015; Six Week Walking and Wellness Challenge between area Senior Centers for participants over 50 years old.

Outcome: Regular physical activity can improve health and can also also affect the risk of cancer. Walkers participate in biometric screening (weight/height/BMI/Waist Circumference/Blood Pressure/Blood Glucose/Blood Cholesterol) Participants were provided pedometers, then walk for six weeks, and are rescreened. Two sessions were provided, spring and fall. In each session, with 65 walkers, participants lost over 130 lbs. collectively, dropped cholesterol levels by 600 points, lowered blood pressure, improved blood glucose levels, and walked over 13 million steps with an average of 322,376 steps (10,000 steps = 5 miles) per person.

Summation:

Monitoring Community Outreach	Number of Participants
Continuing Education Talks	90 Adults
Children’s Health Fairs	855 Children
Cancer related Health Talks	70 Healthcare workers
Cancer Screenings; skin, PSA, colorectal	145 with 43 identified at risk
Support Groups	542 Adults
Smoking Prevention Education table	575 Students
Walking and Wellness 6 week Senior Challenge	130 adults over 50yrs

Note: The American Cancer Society Guidelines are followed for Prevention and Screening programs.

Plan for 2016

March 22nd, 2016 – Health and Wellness Day at Westlake High School. Information tables and interactive activities will be available as well as nurses providing education, on the topics of exercising, drinking and smoking.

March 22nd, 2016 – Mallwalkers Program at Great Northern Mall, promoting exercise and blood pressures. (New Program)

April 28th, 2016 – Roundtable Health talk on Cancer. An interactive panel of experts speaks about different aspects of cancer.

Participants; Speakers - Dr. Richard Chang, Dr. Joel Elconin
Kelly Mantusak - Star Program and swallowing techniques pre-surgery
Mary Ellen Jankowski – UH SJMC Cancer Program and What is a tumor board?
Joyce Forrestill – Information on Breast health
Gathering Place

Outreach Nurses will hand out colorectal kits and educational information before the talk.
Brookdale Senior Living/Westlake Village will sponsor a light dinner

April 29th, 2016 – Walking and Wellness 6 week Senior challenge.
August 12th, 2016 - Walking and Wellness 6 week Senior challenge.

May 21st, 2016 – Family Safety and Wellness Day
Cancer screenings and information:
Skin screening
Colorectal kits
Radon air kits
Breast health information
MADD
Lung Health, American Lung Association, Smoking Cessation

If we have a Festival of the Arts, we will schedule Skin Screening for both days
Continue to schedule continuing education talks on cancer related topics
Plan a September PSA screening
Continue to Support Cancer related Support Groups