

# PUBLIC REPORTING OF OUTCOMES 2015



**Introduction:** Santa Barbara Cottage Hospital has had an accredited Cancer Program in place since 1988. The program undergoes rigorous survey every three years to make sure that we meet standards set forth by several professional organizations under the umbrella of the American College of Surgeons, Commission on Cancer.

## STANDARD 4.1 PREVENTION PROGRAMS

- **Smoking Cessation Program**

Description: Santa Barbara Cottage Hospital provides smoking cessation group classes that are open to the community. This seven-class series is held four times a year. Classes are conducted in the evenings from 5:30 – 7:00 p.m. Attendees create individual action plans for smoking cessation, participate in group counseling, and receive nicotine replacement therapy (NRT). Each participant is encouraged to make a \$20 donation for materials, which includes NRT. Free NRT is available for qualified participants. Taught by a certified Marriage and Family Therapist, the program is the only low-cost smoking cessation class in Santa Barbara.

Program	Oct-15	Jul-15	Apr-15	Jan-15	Average			
					Current Year	Prior Year	3 Year	5 Year
Registered	7	8	11	7	8.3	13.0	18.8	19.0
First Class	7	6	5	6	6.0	10.5	14.3	15.1
Graduates	7	4	6	4	5.3	7.3	9.8	10.4
Registrants to First Class	100%	75%	45%	86%	73%	81%	76%	79%
First Class to Graduation	100%	67%	120%	67%	88%	69%	68%	69%

Evidence Base: The program model is based on recommendations from the U.S. Department of Health and Human Services Clinical Practice Guidelines for Treating Tobacco Use and Dependence (2008). These guidelines were established using evidence-based outcomes that indicate the effectiveness of nicotine replacement therapy used in conjunction with group counseling.

- **Smoking Cessation Relapse Support Group**

Santa Barbara Cottage Hospital provides a weekly smoking cessation support group that is open to the public. The support group offers a continuation of the smoking cessation classes and is taught by a certified Marriage and Family Therapist. Group sessions are held each Monday from 5:30-6:30 p.m.

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## STANDARD 4.2

### SCREENING PROGRAMS

#### LOW-DOSE COMPUTED TOMOGRAPHY LUNG CANCER SCREENING PROGRAM

##### Program Description:

According to the Santa Barbara Public Health Department, in 2012 lung cancer was the number one cause of all cancer deaths and the second greatest cause of all deaths in Santa Barbara County. Smokers and those exposed to second-hand smoke are at greatest risk for developing lung cancer.

The National Lung Cancer Screening Trial, U.S. Preventative Task Force and American Lung Association recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery (USPTF, 2013).

Beginning May 2015 Santa Barbara Cottage Hospital initiated a Lung Screening Program using low-dose X-ray technology to provide a detailed look inside the lungs. As an ACR-Designated Lung Cancer Screening Center, Cottage Center for Advanced Imaging provides a fast, noninvasive CAT-scan that can identify smaller nodules and cancers more readily than a traditional chest X-ray.

Studies show that this scan can find up to 85 percent of lung cancers in the earliest, most curable stages, and has been shown to reduce lung cancer deaths by up to 20 percent.

To qualify for the lung screening service, patients must meet these criteria:

- Be a current or former smoker with a history of smoking for at least 30 years of smoking at least one pack a day, or two packs a day for 15 years, etc.
- Ages 55-77
- Have no major signs or symptoms of lung cancer or a related condition that would prevent receiving cancer treatment
- Get an order for the test from a physician

Lung cancer screening is covered by Medicare and Medicaid Services (CMS), and private insurance, with a written order from a physician or qualified mid-level practitioner.

Patients meet with our nurse navigator before they are screened in order to discuss program details, smoking cessation, and follow up protocols.

For more information, or to make an appointment for a screening, please contact our Nurse Navigator, Kate Moesker at 805-324-9235.

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## Lung CA Screening 2015 Report

Month	Category 1	Category 2	Category 3	Category 4 A	Category 4 B	Repeat Scans	Total Scans
May	1	1					2
June		2	1				3
July		2					2
August		2					2
September	1	1	1				3
October	2	2		1			5
November							
December			2			1	3
<b>Yearly Totals</b>	<b>4</b>	<b>10</b>	<b>4</b>	<b>1</b>	<b>0</b>		<b>20</b>
Follow up:	1 year follow up		6 mo repeat	Ordering MD	Ordering MD	Ordering MD	

### Outcomes:

- Twenty patients have received screenings.
- Fourteen of those patients were referred for yearly preventative screenings.
- Four patients were referred for a follow-up screening in six months, one of which fell in this calendar year.
- One patient had a positive screening and was referred for pulmonology by the ordering doctor.

### **Follow-up:**

Following screening, results are called and faxed to the ordering practitioner by the nurse navigator. Attention is called to actionable findings. Results are reported to the American College of Radiology's Lung Cancer Screening Registry. Patients and providers are notified by phone the month before repeat screenings are indicated. If a patient is diagnosed with lung cancer, the nurse navigator works with the patient to track his or her care and connect the patient with appropriate resources.

### **Evidence-based Intervention:**

US Preventative Services Task Force Final Recommendation Statement, Lung Cancer: Screening, December 2013.

### **Sources:**

Santa Barbara County Public Health Department. (2014). *Community health status report*. [Data file]. Retrieved from: <http://cosb.countyofsb.org/phd/>

United States Preventative Services Task Force. (2013). Final Recommendation Statement, Lung Cancer: Screening. [Data file] Retrieved from: <http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/lung-cancer-screening>