

Cancer Services

Coeur d'Alene ▶ Post Falls ▶ Sandpoint

2020 Annual Report



Kootenai Clinic

208.625.4700 ▶ kh.org/cancer

2020 Cancer Committee Members and Honored Guests

Cancer Committee Members

K. Mulvey, M.D.	Committee Chairman
T. Johnston, RN, BSN, OCN	Program Administrator
T. Quinn, M.D. and P. White, M.D.	Cancer Liaison Physician
G. Conde, RN, BSN, OCN, CBCN and K. Kim, M.D.	Cancer Conference Coordinator
K. Schutte, CTR	Cancer Registry Quality Coordinator
K. Schutte, CTR and B. Cole, CTR	Certified Tumor Registrar
K. Rowley, MSN, RN and C. Sowa, RN, BSN, OCN	Oncology Nurse
L. Kolenda, RN, OCN and T. Barnes, RN	Quality Improvement Coordinator
S. Owens, BA, CCRP and L. Fromm	Clinical Research Coordinator
L. Evans, L.M.S.W. and T. Geib, L.C.S.W.	Psychosocial Services Coordinator
D. Caywood, M.D. and M. McNamee, M.D.	Diagnostic Radiologist
K. Mulvey, M.D. and J. Allen, M.D.	Medical Oncologist
M. Harvey, M.D. and A. Young, M.D.	Pathologist
A. Wagner, M.D. and J. Griffith, M.D.	Radiation Oncologist
H. Jackson, M.D. and T. Quinn, M.D.	Surgeon
C. Johnson, RPh, P. Currie, RPh, J. DeBoard, RPh and K. Yake, RPh	Pharmacist
T. Johnston, BSN, OCN and D. Hackworthy, BSN, OCN	Survivorship Program Coordinator

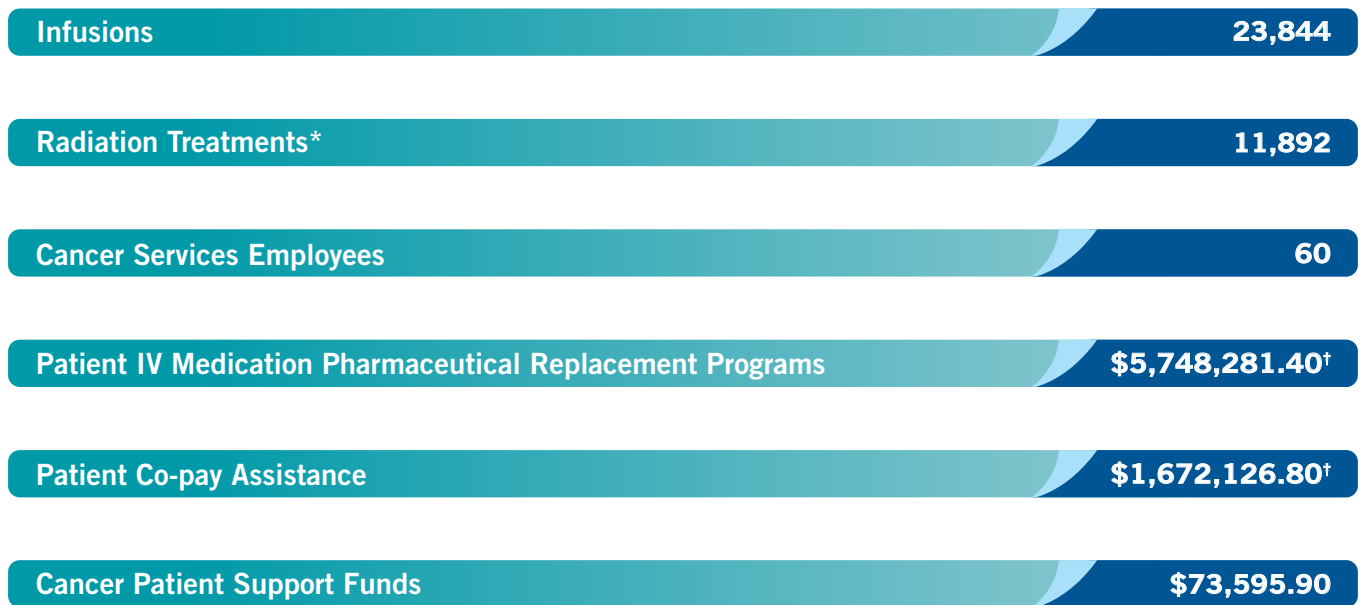
Honored Guests

C. Turpin	American Cancer Society Staff Rep.
R. Blundell, RD and L. Patterson, RD	Registered Dietician
J. James and P. Weil	Pastoral Care Representative
N. Gay, M.D.	Oncology
J. Neely, (R)(M)(T)	Imaging
S. Davis, PT, BS	Physical Therapy
G. Owen, MS, CCC-SLP	Rehabilitation Services
T. Willhite	Community Outreach Coordinator
N. Pelly, M.D. and T. James, RN	Palliative Care Coordinator
K. Matthews, CTR	Cancer Registry

2020 Cancer Services Facts

Kootenai Clinic is a growing network of employed physicians. Our providers offer a wide range of services in a variety of convenient locations. At Kootenai Clinic, our primary care providers, specialists and surgeons work collaboratively on behalf of their patients. This unified health care approach helps to ensure that our patients receive the best care possible. Kootenai Clinic's Cancer Services are the regional cancer treatment centers for northern Idaho, eastern Washington and western Montana. The centers deliver comprehensive, compassionate cancer care using leading edge technology, the newest therapies and a wide range of clinical trials. Treatment specialties include medical oncology, radiation oncology, clinical research, genetic counseling, and clinical navigation. Radiation therapy is offered through our membership with The Alliance for Cancer Care. Since 1990, Cancer Services has been accredited by the **American College of Surgeons Commission on Cancer** and in 2018, received reaccreditation. To minimize the difficulties patients face traveling during treatment, we offer cancer treatment in three locations: Coeur d'Alene, Post Falls and Sandpoint.

Quick Facts



* In collaboration with The Alliance for Cancer Care

† Projected total

A Wellspring of Support

The Cancer Patient Support Fund provides assistance to those undergoing cancer treatment.

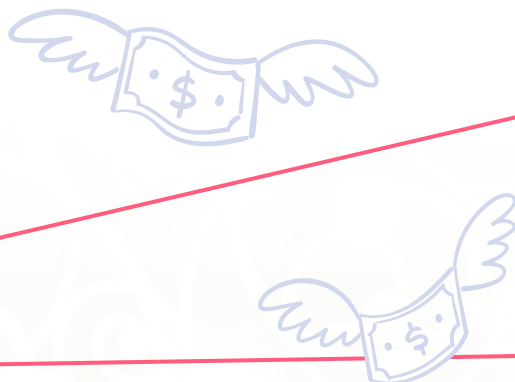
By Andrea Kalas-Nagel

The Kootenai Health Foundation's Cancer Patient Support Fund helps provide much needed essentials for patients undergoing cancer treatment such as nutritional supplements, food and basic living expenses, prescription and co-pay assistance, and even gas vouchers. All funds remain locally and benefit area residents seeking care close to home.

The fund was created in 2006 in anticipation of the future need of cancer patients in our region. That year, the Support Fund assisted 77 patients, the program has grown steadily since its inception and now supports over 250 patients each year.

"Programs like these are popular among hospital foundations because many, if not most, cancer patients are unable to work while undergoing treatment," Melanie Lambrecht, Kootenai Health Foundation development manager, said. "This fund helps to supplement those essential items. It's amazing to see how much this program has grown since 2006; it's such an important resource for our community."

How Your Gifts Make a Difference



2020 Recap
228
Patients Supported
\$73,596
Total Assistance

Cancer Patient Support Fund Break-down
\$2,110
Nutrition Supplements
\$5,482
Utilities
\$5,817
Rent
\$57,622
Groceries, Co-pays, Gas
\$206
Pharmacy

Chemo Caps Program
Kootenai Clinic Cancer Services partners with the Kootenai Health Foundation to provide caps for female patients experiencing treatment-related hair loss.
350
Caps Given from 2016-2020
\$5,600
2016-2020 Cost

The Cancer Patient Support Fund directly impacts patients receiving care at Kootenai Clinic Cancer Services.



Caring for our community

Learn more about the Kootenai Health Foundation's Cancer Patient Support Fund, at kh.org/foundation or call (208) 625-4438

Carrying the Torch

A local cancer patient's compassion lives on

By Devin Weeks

Chad Solsvik believed in taking care of other people. His wife, Heather, said health care was one of the biggest issues that he really paid attention to.

“Chad was very bold about his positions and was unafraid to talk to people,” she said. “Chad was so smart and he carried so much information in his head, so when he talked to people he had facts to back up what he believed in. He was so passionate about health care for all.”

When he was diagnosed with stage 4 colon cancer, the insurance from his job with the railroad saved the day.

“You sit there and your whole world has just been turned inside out,” Heather said. “Everything flashes before your eyes, like how to pay the mortgage, let alone the cancer.”

Chad knew not everyone is so lucky. He and Heather quickly made the decision to donate monthly to the Kootenai Health Foundation’s Cancer Patient Support Program so others in their shoes would not go without the excellent care he received while being treated at Kootenai Health.

From the quality of the treatment to the sincerity of every nurse, they wanted to pay forward this positive

experience. Even after Chad’s passing, Heather has made it a part of her monthly bills to be sure Chad’s compassion lives on through each recurring gift.

“I think it would just make him so proud and happy,” she said. “He just carried that torch.” Although Chad is gone, his torch continues to burn brightly for others.



Chad Solsvik and his wife, Heather, decided to donate to Kootenai’s Cancer Patient Support Fund after Chad was diagnosed with stage 4 colon cancer.



Caring for Our Community

The Kootenai Health Foundation’s Cancer Patient Support Fund helps provide much-needed essentials for northern Idaho patients undergoing cancer treatment. This includes help with things such as nutritional supplements, food and basic living expenses, prescription and co-pay assistance, and even gas vouchers. All funds stay local and benefit area residents seeking care close to home.



Tim Wilcox was diagnosed with stage 1 lung cancer in 2019 through Kootenai Health's Pulmonary Nodule and Lung Cancer Screening Clinic.

A FULL SPECTRUM OF CARE

From screening to recovery, lung cancer patients are supported each step of the way.

By Andrea Kalas-Nagel

In 2019 Tim Wilcox was diagnosed with stage 1 lung cancer after being referred to Kootenai Health's Pulmonary Nodule and Lung Cancer Screening Clinic. A recent retiree, fisherman, boater, and family man, Tim is now thankful for his physician's recommendation and on his way to a full recovery.

"I was a bit surprised when we got the results of my scan," he said. "I'd never had a screening for lung cancer before, and I'm glad Dr. Rehil-Crest referred me when he did. Otherwise I may not be here."

Tim is one of many patients in our region who have benefitted from free lung cancer screenings funded through the Kootenai Health Foundation. Following the low-dose CT (or CAT) scan screening, a

patient's images are reviewed by a team of experts to determine if there are any concerning abnormalities. From there, patients meet with Todd Hoopman, M.D., pulmonologist, and his team with Kootenai Health's Pulmonary Nodule and Lung Cancer Screening Clinic for further testing and treatment.

"We began our low-dose CT screening program back in 2016, and each year we've nearly doubled the amount of patients we've been able to see," Dr. Hoopman said. "The growth is impressive. The best part is that more patients are being screened early, which means we are able to catch any potential cancer cases earlier. The earlier we can catch and treat it, the better the outcome for our patients."



Are you a tobacco user, or former tobacco user, and between the ages of 55 and 77? You might qualify for a low-dose CT lung cancer screening. Talk with your primary care provider about options, or call **(208) 625-5864 (LUNG)** for more information.

The idea for Kootenai’s free Lung Cancer Screening Day came about due to a steady increase of lung cancer patients being diagnosed at stages 3 or 4, rather than early in stages 1 or 2. Many of these patients were still relatively young, in their 50s or 60s. Dr. Hoopman said if they had been diagnosed sooner, they could have lived much longer, healthier lives.

Tim is one of the lucky ones.

Following his diagnosis, he was able to receive minimally-invasive robotic surgery by Robert Burnett, M.D., with Kootenai Clinic Cardiothoracic Surgery, to remove the cancerous growth from his lungs. Since his procedure, Tim has been able to recover at home with minimal assistance.

“Each piece lined up just how we’d like it to,” Dr. Hoopman said. “But we know there are many more Tims out there and hope their care providers take to heart that we can save a life and make this great process a new standard of care.”

Cori Sowa, RN, BSN, OCN, is the Pulmonary Nodule and Lung Cancer Screening coordinator working closely with Dr. Hoopman to follow patients’ progress and identify others who may qualify for low-dose CT lung cancer screening. In 2019 Cori and Dr. Hoopman partnered with the Kootenai Health Foundation to purchase new software that helps identify and track patients who should receive a

Kootenai Health’s lung cancer screening program was established in 2016 and has since served over 450 patients. From right: Tolli Willhite, community outreach, Cori Sowa, Pulmonary Nodule and Lung Cancer Screening coordinator, Tim Wilcox, lung cancer patient, and Todd Hoopman, M.D., pulmonologist

lung cancer screening CT. Since implementing the new system, Cori said she has identified over 800 patients who have missed or postponed important lung cancer screenings.

“Having the Foundation’s support both in assisting those who needed assistance to receive screenings, and for helping us advance our systems to identify and track our lung patients in our electronic health records has been a great help and benefit to these patients,” Cori said. “We’re not aware of another program like this in the country, where we as care providers actively seek out these patients and have the support of the Foundation for those who need it. It’s a great service for our community.”

By the Numbers

Kootenai Health’s Pulmonary Nodule and Lung Cancer Screening Clinic has seen a steady increase in screenings each year.

2015	32
2016	180
2017	337
2018	530
2019	923
2020	850-900* (estimated)

*2020 screenings may be fewer due to COVID-19.



Kootenai Health has been named a Screening Center of Excellence by the GO2 Foundation for Lung Cancer for its ongoing commitment to responsible lung cancer screening. Designated Screening Centers of Excellence are committed to provide clear information on who is a candidate for lung cancer screening based on current evidence and to comply with comprehensive standards reflecting best practices developed by professional bodies such as the American College of Radiology (ACR), the National Comprehensive Cancer Network (NCCN) and the International Early Lung Cancer Action Program (I-ELCAP).





A Focus on Wellness and Strength

By Andrea Kalas-Nagel



Following a routine mammogram in 2015, Joan Simon, Kootenai Health’s Chief Nursing Officer, was informed they had found a small lump in her left breast.

Most cancer patients are familiar with the whirlwind of activity and treatments that follow. Eventually Joan’s nurse navigator discussed the need to get some kind of head covering as she would soon be losing her hair due to her treatment.

“My thoughts moved from surviving breast cancer to an urgent need to go shopping for a hat,” she recalls. “As treatment continued and the hair loss evolved, I recognized that Kootenai Health had the opportunity to do this differently.”

This sparked Joan’s idea to give newly diagnosed patients a comfortable, attractive turban. The Cancer Services team suggested also including other useful healing and wellness items. The goal was to help patients focus more on healing and less on the need to go shopping for supplies. They are hopeful this wellness kit provides a few of the items patients need so they can concentrate on their health.

“As patients embark on their treatment journey I would like to remind each of them the importance of caring for yourself,” Joan said.

“Feeling good as well as looking good can aide dramatically in your healing. The changes you will notice in your skin, hair and nails can be distressing. Preparing for those in advance can lessen the anxiety that may accompany those visible changes.”

During her cancer treatment, it was important for Joan to remember that regardless of the physical changes the treatment induced, she was still the same person. She believes it’s important for patients to remember they are beautiful, and their friends, family, co-workers and health professionals are here to support them.

“Don’t be afraid to lean on them when you feel the need,” she advises. “I encourage you to reach inside yourself for that inner strength that is in all of us. It won’t be long before treatment has ended and you are ready to begin the next phase of your life’s journey.”

Chemo Caps Program Kootenai Clinic Cancer Services partners with the Kootenai Health Foundation to provide caps for female patients experiencing treatment-related hair loss. Learn more about the Kootenai Health Foundation and make a donation at kh.org/foundation.

Caps given from 2016-2020: 350

Cost Covered by the Kootenai Health Foundation: \$5,600

BRINGING THE DOCTOR TO YOU

Telemedicine provides safe and effective care where and when you need it.

By Andrea Kalas-Nagel

During the early days of the COVID-19 pandemic, many physician offices closed their waiting rooms, and in some cases delayed appointments until more was known about how to protect patients and staff from this new virus. Many patients were hesitant to go to their appointments, fearful that they might become ill from other patients or even their care team. While we know so much more now, and have new systems in place for face-to-face visits, one technology helped meet the need of patients during such a challenging time.

How it works

Telemedicine was making inroads before COVID-19 as a handy way for people to visit with a medical provider. But with the arrival of the pandemic and social distancing, the virtual office visit is gaining even more fans. Telemedicine involves using your computer, phone or other device to have a medical visit with your provider. Benefits include:

- Not having to travel to a distant office.
- Less contact with other people. That's particularly helpful in the age of COVID-19.
- The possibility of seeing a faraway medical specialist.

Telemedicine can provide people in both cities and rural areas with access to safe and effective care when and where they need it.

"No one was prepared to pivot so quickly and adjust their method for providing patient care," John Weinsheim, executive vice president of Kootenai Clinic, said. "We had a few telemedicine services before COVID-19, but they were location-based, so patients were still visiting

a clinic or the hospital. There were no existing tools in place to provide services to patients virtually from their home."

Thanks to a waiver issued by the Centers for Medicare and Medicaid Services (CMS), easing restrictions for telemedicine services, Kootenai Health and other health care organizations across the country could quickly implement the technology needed to see patients electronically.

"This deployment was a function of patient and provider interest as well as device availability," John said. "We knew our providers needed access to a camera and screen, and a separate way to document the visit. Providers began using anything that was available to them, from their phones to a webcam attached to a TV."

"In my experience, it typically takes six months to about two years to create and implement a telemedicine program," Elizabeth Lincoln, M.D., Kootenai Health Chief Medical Information Officer, said. "What really made this come together was the provider's being willing to take on learning the platform and do practice calls. They took it and adapted it to for their clinic workflow and patient experience."

Beyond the exam room

It was with this open-mindedness and problem solving that the team was able to implement a new telemedicine application in under 10 days, and quickly expanded it to include more than 200 providers in over 25 specialties.

928 total
telemedicine
visits since
March



Averaging
over 100
each month



While telemedicine isn't immune to technology glitches or slow internet speed, it does provide a unique opportunity to expand care beyond the exam room. As resources for telemedicine continue to grow, Kootenai Clinic is already searching for more uses to expand access to care throughout our region and is continuing to work to make telemedicine services better and easier for patients and providers.

"This experience nationally has shed light on several common issues including an inconsistent telecommunication infrastructure and access to high-speed internet, as well as the need for some basic technical literacy on the patient's end," Dr. Lincoln said. "I do believe that telemedicine will continue to grow in our region and Kootenai Health is primed to deliver these services to surrounding communities if the infrastructure is there."



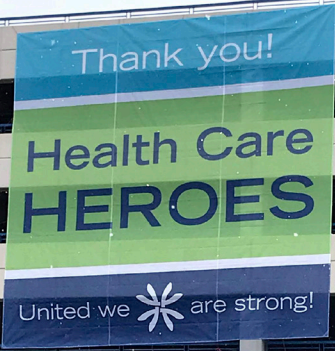
Connect to care

Ask your physician's office what telemedicine options are available. Need a provider? Call the Kootenai Clinic Appointment Center at **(208) 625-6767** or visit appointmentcenter.kh.org.

Thank You for Caring for Us

During COVID-19

We want to extend a huge thank you to our generous community! Many of you have reached out to support our health care heroes during this challenging time. Your gifts of financial support, masks, meals, cards, concern and care have made a difference. We are incredibly grateful for your support.



▶ Local KFC restaurants were just one of several local food services that delivered food to staff.



▶ Sara Brush, oncology nurse, and Stacie Riffe, medical assistant, from Kootenai Clinic Cancer Services, wearing donated masks.



◀ Over 5,000 handmade cloth masks were donated to Kootenai Health from the community. These masks were distributed to staff and departments that did not require clinical-grade PPE for patient care.



◀ Local Dutch Bros Coffee owners and staff donated coffee to Kootenai Health staff.



◀ KORE Power staff donated PPE to Kootenai Health during the national shortage.



◀ Emergency Department nurse, Callie Wood, with a donated gift card from local retailer, Tiffany Blue.



◀ North Idaho Dermatology staff donated items to support and uplift Kootenai Health Staff.

Community Donates \$330,000 to **Health Care Heroes**

Every day, nurses, physicians and other hospital staff show up to work to care for patients and improve the health of our community. Since word of COVID-19's arrival in Seattle back in March, these health care workers quickly adapted to a new situation and worked around the clock to ensure their readiness to care for COVID-19 patients. It is during these challenging times that we are reminded of how important having high-quality health care close to home truly is.

It is also during these times that we get to see the best of our community. Before even knowing what the hospital's needs were, generous community members stepped up to offer financial support, masks, meals, cards and encouraging words for staff .

"The outpouring of support from businesses and community members coming forward with donations has been overwhelming," said Julie Holt, Kootenai Health Foundation president. "We wanted to create an appropriate channel for these donations, so the Foundation created the Health Care Heroes fund to benefit our local heroes and the patients they serve every day."


\$330,000



5,000



\$30,000



\$40,000

Meaningful gifts

To date, over \$330,000 and over 5,000 homemade cloth masks have been donated to the Health Care Heroes fund. This is in addition to donations of N95 masks and countless meals and goodies for staff from local restaurants.

So far, \$30,000 of these funds were added to the Kootenai Health Family Fund, an internal fund designated to help employees undergoing financial hardship due to COVID-19 or other life changes. Another \$40,000 went to purchase technology to help connect patients with their families during times of visitor restrictions.

The remainder of the funds may support:

- Additional equipment needed to prepare for COVID-19, such as personal protective equipment, monitors, ventilators and training for staff.
- Costs to set up, manage and expand the COVID-19 testing sites.
- Additional support for employees to help keep morale high.

Donations to the Kootenai Health Foundation can benefit a variety of services and be a means of support for both patients and hospital operations. Because so many fundraising events have been canceled due to COVID-19, independent donations are even more meaningful than usual.

"Because of the limitations on large gatherings, local nonprofits haven't been able to hold important fundraising events or meet with donors in person, so all of this has been done via phone, mail or online," said Eve Knudtsen, chair of the Kootenai Health Foundation Board. "We are incredibly grateful for all of the support from the community. Thank you from the bottom of our hearts for your continuing support of your community hospital."



We're in this together! If you would like to learn more about the Kootenai Health Foundation or make a donation, visit KH.org/foundation or call **(208) 625-4438**

Why I Give

"Doreen and I have been involved in the Kootenai Health Foundation for many years, including my having been on the Board some years ago. We have been patients at Kootenai Health on a number of occasions and have appreciated the excellent care that is provided there. We believe deeply in the work of the hospital and the Foundation—this is why we have chosen to support them."

—Jim Terrill, former Kootenai Health Foundation board member and longtime supporter

Excellence In Cancer Care

Kootenai Clinic Cancer Services has offered quality cancer care in northern Idaho since it began in 1987 as the North Idaho Cancer Center. Since then, the clinic and staff have received multiple awards, certifications, and accreditations for their commitment to patient care.



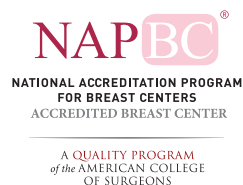
COC Accreditation

Commission on Cancer (COC) accreditation is the “gold standard” for cancer program accreditation. Issued by the American College of Surgeons, Kootenai has held this designation since 1990. We are one of only four centers in Idaho, and one of only two in the Inland Northwest to hold this accreditation. Receiving COC accreditation required Kootenai to share information with both the Idaho state and national cancer database repositories. This information is used to monitor and report outcomes, determine patterns of care, identify disparities, and focus on areas for quality improvement.



QOPI Certification

Issued by the American Society of Clinical Oncology, Kootenai Clinic Cancer Services received this certification in 2017. Kootenai is the third organization in Idaho to receive this certification, and the only organization in the Inland Northwest. QOPI demonstrates Kootenai’s compliance with nationally approved standards and demonstrates a commitment to quality.



NAPBC Accreditation

Issued by the American College of Surgeons, NAPBC is a new accreditation earned in 2017 for excellence in breast cancer care. Kootenai is the only organization in Idaho and the Inland Northwest to receive this accreditation. To receive this accreditation, Kootenai had to meet specific additional requirements above and beyond COC accreditation for breast cancer patients. This demonstrates Kootenai’s commitment to provide the best care for patients in northern Idaho and willingness to continuously improve.



Breast Imaging Center of Excellence

Kootenai received this designation from the American College of Radiology in 2010. This means the imaging technologists and radiologists, and equipment at Kootenai meet the highest national standards. This allows patients to have the best opportunity for early detection and survivorship.



Certified Lung Cancer Screening Facility

Kootenai Clinic has held this designation from the American College of Radiology since 2015. Much like the Breast Imaging Center of Excellence, this designation means the imaging technologists and radiologists, and equipment at Kootenai meets the highest national standards. This allows patients to have the best opportunity for early detection and survivorship.



GO2 Foundation for Lung Cancer Center of Excellence

The GO2 Foundation for Lung Cancer Foundation has recognized Kootenai Health as a Lung Cancer Center of Excellence which recognizes our program as having the highest quality of care with a patient-centric approach for patients with cancer. Meeting this rigorous criteria puts our program on par with leading academic and research institutions not typically found in community hospitals.



Low Dose Screening and Navigational Bronchoscopy Program Recognition

Kootenai’s program was awarded first place at the Global Lung Health Summit in 2017. This program helps to catch cancer earlier so the impact to the patient is minimized, and their opportunities for a good outcome are improved.