

CANCERCONNECTIONS

Connecting patients and community to the cancer resources and updates in North Central Washington.



*Dr. Robin Imperial,
Confluence Health Oncology Team*

We would like to welcome Dr. Robin Imperial to our Confluence Health Oncology Team! Robin completed his Hematology Oncology Fellowship at the Mayo Clinic in Florida, Internal Medicine Residency at the University of Missouri-Kansas City, and holds degrees in Biology, Microbiology and Computer Science with special interest in genomics and computational analysis. During Fellowship, Robin developed a special interest in Pancreatic and Hepato-biliary tumors and is also well trained in all Hematologic and Oncologic diagnoses. Robin will be primarily based in Wenatchee with outreach clinics in Omak. He and his wife Marjon (Internal Medicine) look forward to making Wenatchee their new home, exploring more of North Central Washington, and being near their extended family in British Columbia.



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Skin Cancer Screening Event

Moving Beyond Cancer to Wellness



VALUE AND COST IN REGIONAL CANCER CARE...

How Does Cancer Care at Confluence Health Hold Up?

By: Julie Smith, MD

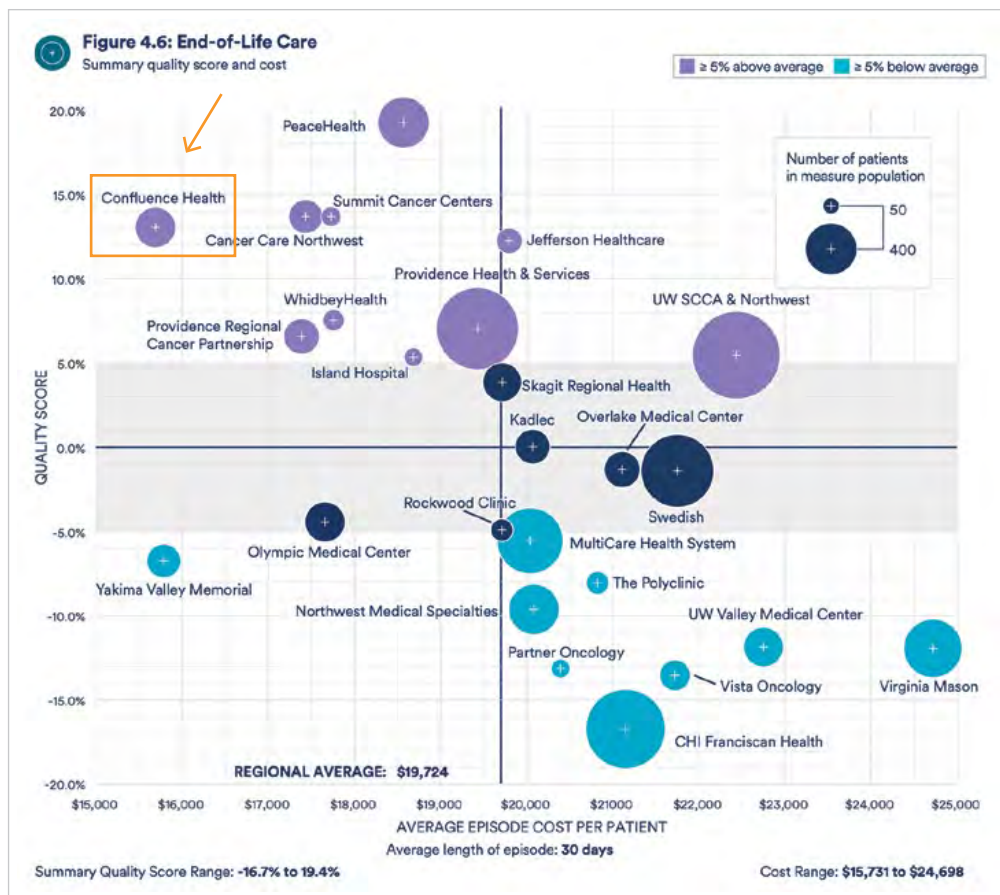
Medical Director of Oncology

Value and Cost in healthcare are measured in many ways.

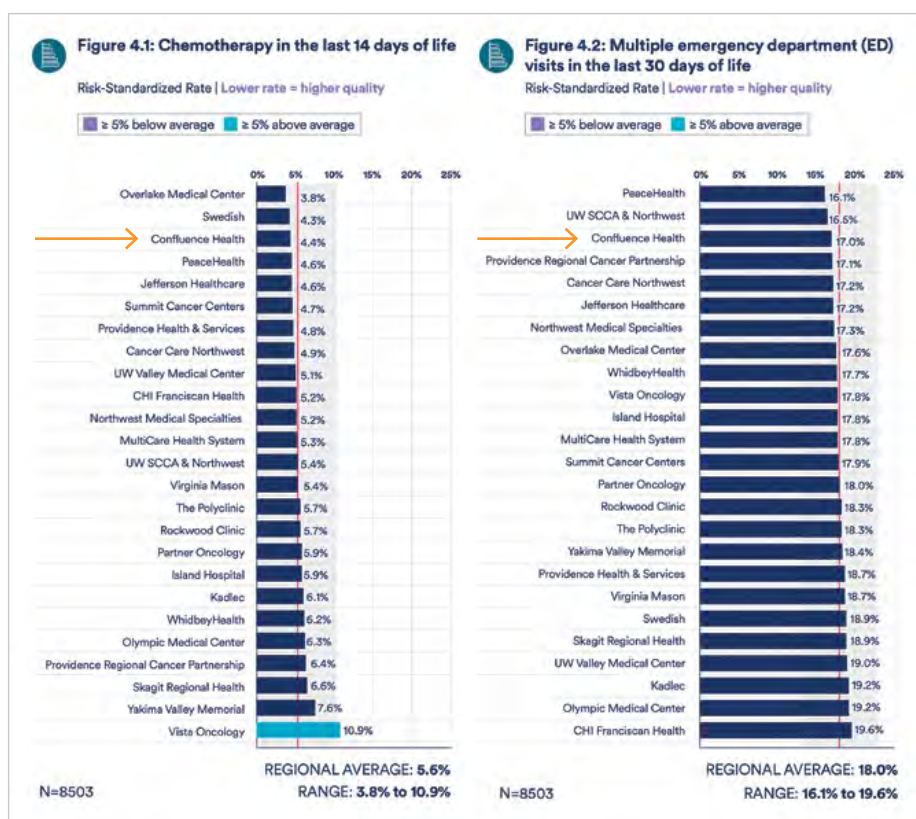
Quality, Value, and financial toxicity are all metrics that have been at the forefront of Oncology conversations for many years to decades. With the advent of increasingly personalized and targeted therapies, the cost of cancer care has continued to rise as has the effectiveness of targeted therapies. The longevity of patients diagnosed and treated for cancer also continues to rise over recent decades. In Washington State in 2024, more than 50,000 individuals are expected to be diagnosed with cancer, and in the United States, over 2 million

individuals will also be diagnosed with cancer. We currently have unprecedented numbers of cancer survivors of over 20 million individuals, with cancer death rates decreasing by over 32% in the past three decades. We expect these trends to continue with ongoing clinical trials continuing to discover additional targeted treatment options for many patients.

The Oncology Service Line at Confluence Health has been one of the longest participants in an ongoing regional and state study and dialogue of granularly measuring value and quality versus cost in real numbers paid and reported by payors for cancer care delivered year by year. This is known as the **HICOR Value in Cancer Care yearly report*** (Hutchinson Institute for Cancer Outcomes Research). The goal of this ongoing body of work is to improve cancer's prevention, detection, outcomes, and economic burdens, and is to be used for quality reporting, public reporting, internal quality initiatives, but not to be used for marketing or negotiating with payors.



Quality metrics through HICOR are measured and compared against other cancer programs in the State of Washington, and include metrics such as: delivery of standard of care for each cancer, adherence to national guidelines, adhering to choosing wisely initiatives, not performing and/or delivering unnecessary and costly care, not performing and/or obtaining high end imaging or unnecessary testing, not delivering chemotherapy in the last 14 and 30 days of life, early referral to hospice, number of hospitalizations during active cancer care for patients receiving chemotherapy, and the cost of care at end of life. At our multidisciplinary Cancer Committee for many years now, and as part of our Commission on Cancer accreditation we continually look at similar metrics over time, compare internally to ourselves, to our regional peers, and to our national peers from other community and academic cancer centers.



I am proud to report that WE continue to score high in many of these areas, particularly in high quality and low cost in end-of-life care, early referral to palliative care and hospice, not delivering chemotherapy in the last 14-30 days of life, and lower number and cost of hospitalizations for patients undergoing active cancer treatment, and lower/less ICU admissions. These results are obtained only by the diligence of an enormous and widespread team of many committed individuals from many departments across the region. The Oncology Service Line, Medical and Radiation Oncology, Cancer Committee, Tumor Board, Tumor Registry, Quality Coordinators,

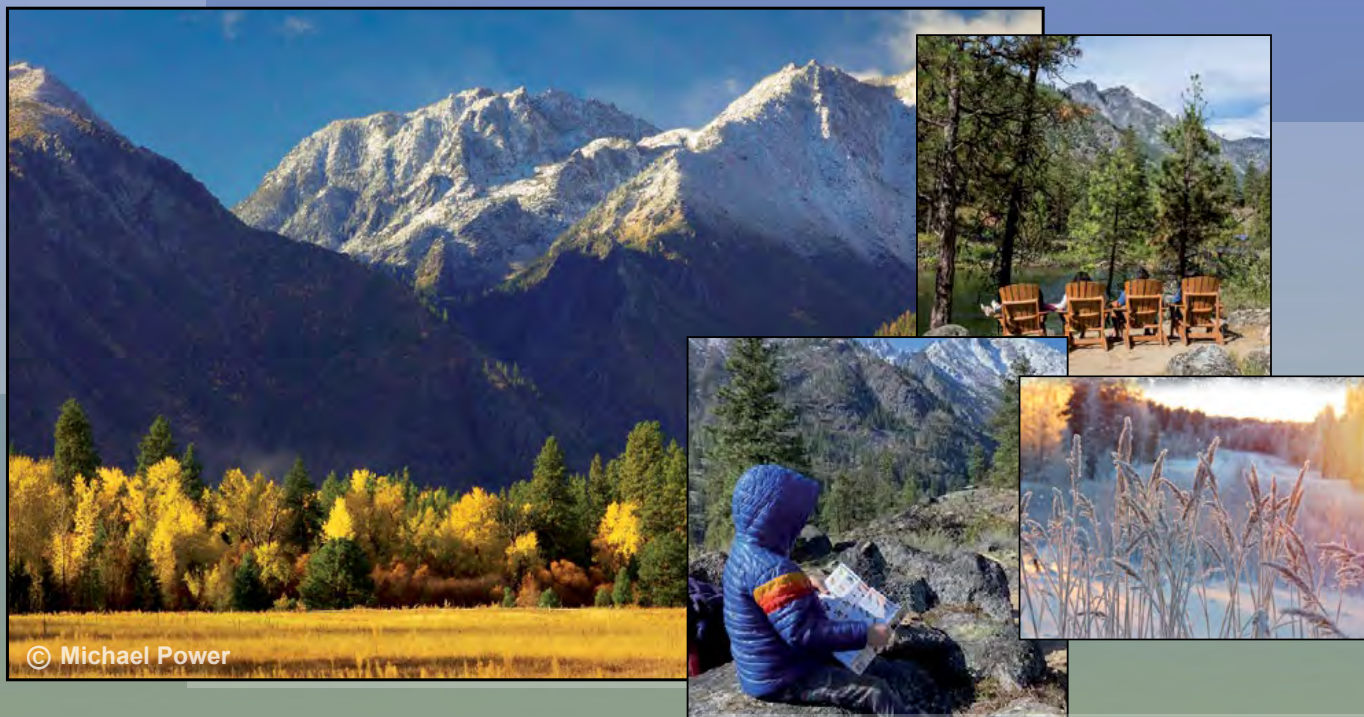
Cancer Survivorship Program, Palliative Care and Hospice, Pathology, Radiology, Surgery, Medical and Surgical Specialties, Primary Care, Hospitalist Teams, Emergency Room teams, Nurse Navigations, Home Health, Oncology Pharmacy Teams, Operational Leadership, and Administrators... all have a part in the care of cancer patients. And so many more here at Confluence Health are part of OUR Cancer Team here at Confluence Health.

These results would not be possible as stated above without interconnected and dedicated teams, physicians, nurses, departments, and overall vision.

*HICOR Value in Cancer Care yearly report: [HICOR-Community-Cancer-Care-Report-Quality-Cost-2023.pdf](https://www.fredhutch.org/HICOR-Community-Cancer-Care-Report-Quality-Cost-2023.pdf) ([fredhutch.org](https://www.fredhutch.org))

Cancer Survivorship Workshop

17th Journey to Wellness



October 19, 2024

*Sleeping Lady Mountain Resort
Leavenworth, WA*



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

A registered 501c3 non-profit corporation based in North Central Washington, dedicated to providing innovative educational programs for cancer survivors and enhancing cancer survivorship services in rural areas.

REGISTRATION

To register go to www.easecancer.org

LOCATION

Sleeping Lady Mountain Resort
7375 Icicle Road Leavenworth, WA.

Workshop Highlights

- ✦ KEYNOTE - Nutrition, Physical Activity, and Cancer Prevention
- ✦ Demystifying Cancer Genetic Counseling.
- ✦ Benefits of Exercise on Mind & Body
- ✦ Optimizing Sleep to Maximize Health.
- ✦ Physical Wellbeing & Symptom Management
- ✦ Supporting Lymphatic Health.
- ✦ Body Image and Intimacy Changes During and After Cancer Treatment.
- ✦ GBA: Gut-Brain Axis.
- ✦ Healthy Weight Strategies.
- ✦ Whole Food Nutrition & Cancer Fighting Foods
- ✦ Therapeutic & Restorative Yoga.
- ✦ Massage Therapy for Furry Friends.
- ✦ Expressive Art.
- ✦ Cancer Survivor Perspectives - Stories of Meaning, Resilience, and Persevering.



EASE Cancer Foundation and Confluence Health Cancer Survivorship Program *Quarterly Talks*

Art for the Winter Holidays. Joy. Peace. Health. Explore what giving and receiving mean to you during the holidays. Using the Eric Carle technique of glue and tissue paper, prepare a simple garland to express what you most want to receive and what you most want to give.

Free to Public!

When:

Saturday, December 14, 10:00 a.m. - 11:30 a.m.

Where:

Confluence Health Conference Center,
1000 N Miller St, Wenatchee

Registration:

Please RSVP to jill@easecancer.org

Speaker



Amanda Jacobs, PhD

Amanda Jacobs, PhD has a doctorate in Educational Psychology, and specializes in learning environments. She is a professional composer, playwright, and artist educator. As a composer, she is recognized for her award-winning work on *AUSTEN'S PRIDE*, A Musical, which made Carnegie Hall last June and swept the New York Musical Theater Awards.

UPCOMING EVENTS

OCTOBER 19

JOURNEY TO WELLNESS, 17TH ANNUAL CANCER SURVIVORSHIP WORKSHOP

EASE Cancer Foundation educators are experts in their fields and offer a wealth of valuable information on a range of meaningful topics for anyone whose life has been affected by cancer.

For more information go to www.easecancer.org.

DECEMBER 14

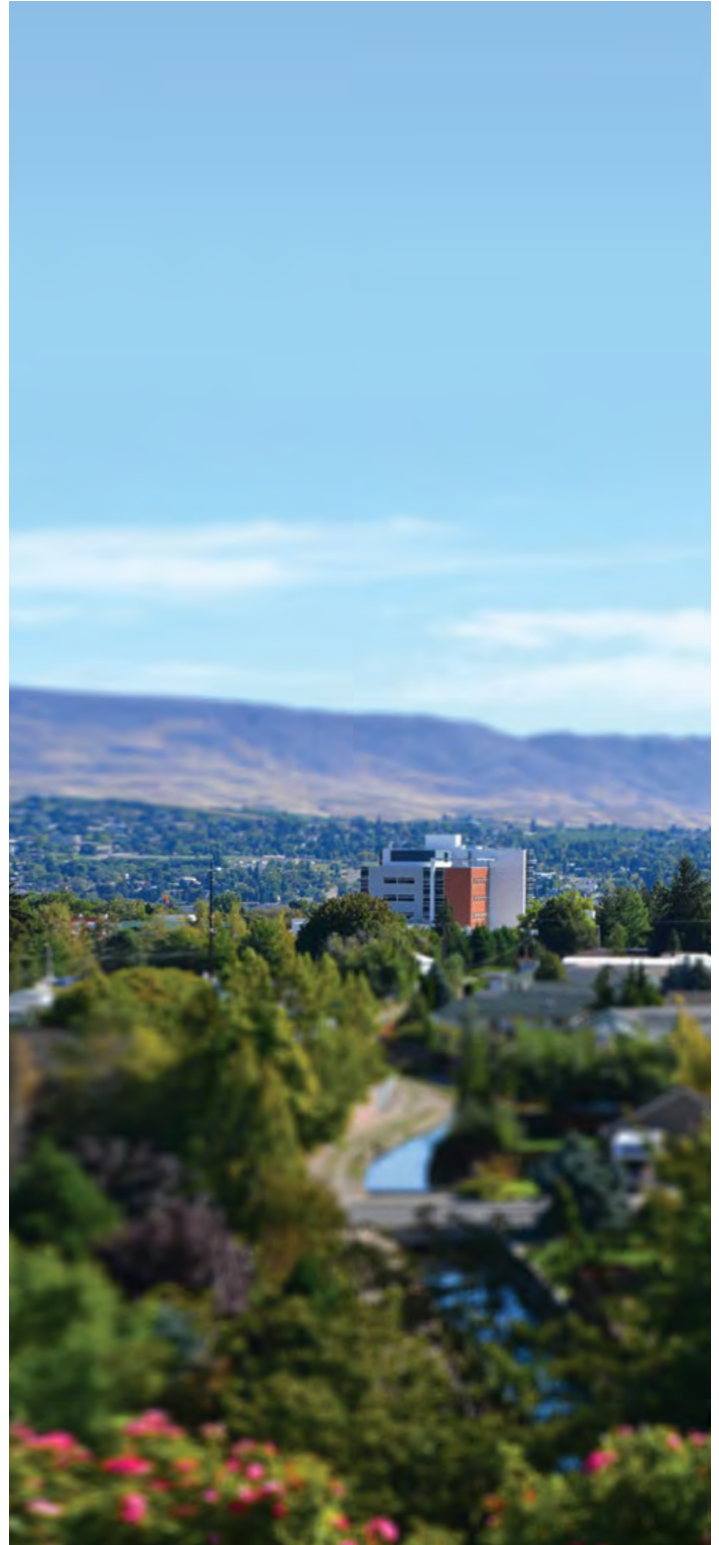
FREE QUARTERLY TALK - ART FOR THE WINTER HOLIDAYS. JOY. PEACE WITH AMANDA JACOBS, PHD

Explore what giving and receiving mean to you during the holidays. Using the Eric Carle technique of glue and tissue paper, prepare a simple garland to express what you most want to receive and what you most want to give.

MARCH 2025

CANCER SURVIVORSHIP WELLNESS AND REHABILITATION PROGRAM

This is a 10-week comprehensive program for individuals who received cancer treatment and are trying to transition to a more active and healthier lifestyles. This bi-annual program is a collaborative effort with Confluence Health, the EASE Cancer Foundation, Central Washington University, and the Wenatchee Valley YMCA. For more information contact [Korissa Dietrich at 509-663-8711, ext 69466 or jill@easecancer.org](mailto:Korissa.Dietrich@easecancer.org).



PREVIOUS EVENTS

RELAY FOR LIFE

The American Cancer Society held its annual benefit **Relay for Life** last June to support and celebrate survivors and caregivers. **Relay for Life** is more than just a walk. It's an opportunity to come together as a community to celebrate cancer survivors, remember loved ones lost, can connect with others knowing there is a strong support system available to them.



SKIN CANCER SCREENING

Confluence Health and Cancer Care of North Central Washington held a skin cancer screening event at “Our House” and screened 52 individuals, referring 5 participants for further follow up for suspicious

findings. This is a great service to our community. A very special thanks to those below that volunteered their time on a weekend to make this happen:

- Drs. Burke, Baskin, Thelin and Arnold, who are Dermatologists who did the screenings.
- Cancer Care of North Central Washington “Our House” for hosting the event.
- Kim Fischer, Oncology Quality Coordinator, who created the flyer and online Signup Genius for the event.
- Will Gahringer, Marketing Department Campaign Manager for Specialty Services, who helped promote the event. We filled the spots in less than 48 hours!
- Marissa Collins, Executive Director of Wellness Place, and Kelcie Green who were general volunteers along with “Our House” staff. It takes a community...

MOVING BEYOND CANCER TO WELLNESS

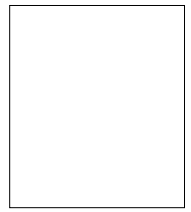
This was a free event last spring that provided education on wellness after cancer. The program was hosted by Confluence Health, Fred Hutchinson Survivorship Program, and the EASE Cancer Foundation. Please see Confluence MBCTW 2024 event page to access the event presentations.

Topics included:

- Long Term Survivorship: Emerging Care in Wellness and Rehabilitation
- Nutrition for Survivorship
- Supporting Lymphatic Health
- Body Image and Intimacy Changes During and After Cancer Treatment
- Cancer Survivor Perspectives: Stories of Meaning, Resilience, and Persevering
- Finding the New Normal



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CONFLUENCE

CANCER CONNECTIONS

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confluencehealth.org

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PARTNER ORGANIZATIONS

And many more!

