



## Pharmacists Crucial to High Quality Care

MetroHealth's oncology pharmacists are an integral part of the cancer care team, promising the evidence-based and safe administration of chemotherapy and other medications to patients.

"We help the provider ensure that they are administering the best care," said **Jan Kover**, pharmacy hematology/oncology specialist at MetroHealth's Cancer Center. "We're really engaged with providing a great service for our patients."

### **SOME OF THE MANY SERVICES PHARMACISTS OFFER INCLUDE:**

**Building all treatment plans in Epic Beacon**, an oncology electronic medical record (EMR). "This allows us to alert or communicate with providers about the safety of medications," said Kover. The pharmacy can also use the EMR to notify physicians and nurses about when bloodwork should be ordered for treatment monitoring purposes.

**Offering support at all MetroHealth infusion centers and the inpatient unit.** "We're imbedded where doctors are prescribing chemotherapy and nurses are administering it," said Kover, adding that these locations include MetroHealth Medical Center's main campus, Cleveland Heights, and Parma. Pharmacists are highly involved

in the treatment process and have ready access to providers to help them make quick adjustments to complex therapy plans.

**Implementing quality and safety checks.** Oncology pharmacists review all treatment plans for appropriate weight-based dosing, drug timing and to ensure lab parameters are appropriate for treatment. Pharmacists check orders to confirm the medications are in the right fluid at the right concentration, with the appropriate bags and vials. "We also have a dispense prep and check process that occurs through EPIC that allows the technicians and pharmacists to document that they've pulled the right product," said Kover.

**Participating in provider huddles.** These meetings allow pharmacists, physicians, nurses and other providers to discuss patients, prepare for the day's workflow and streamline care.

**Preparing for the days ahead.** Pharmacists conduct a pre-review of incoming orders so they can identify inconsistencies in timing, dosing or delivery of a treatment regimen. They also verify that new or specialty drugs are in stock and make sure providers know how therapies should be administered.

**Meeting with patients.** Pharmacists regularly meet with patients to address symptom management, medication reconciliation and adherence. "We make sure patients are taking any at-home medications or oral therapy at the right dose and the right time," said Kover.

In short, the oncology pharmacists make providing cancer treatment safer, more accurate and more successful.

**Meeting high compounding standards.** All infusion locations meet the standards for sterile product preparation as mandated by United States Pharmacopeia (USP) 797. This includes environmental protections such as special air flow workstations and clothing to ensure pharmacist safety and product sterility.

Our pharmacists fulfill an essential role on our cancer care team: supporting our commitment to the care and safety of our patients.



CONTRIBUTOR  
**JAN KOVER**

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Oncology Specialist

"We're really engaged with providing a great service for our patients."

# CANCER CENTER UPDATES

Congratulations to our faculty members who were recognized as winners of the 2017 Provider Communication Award. Thank you for your dedication and devotion to your patients.

**Bruce Averbook**  
**Joanna Brell**  
**George Gelehrter**  
**Michael Harrington**  
**Paul Hergenroeder**  
**Natalie Joseph**  
**Benjamin Li**  
**Tim O'Brien**  
**Susan Sharpe**  
**Sareena Singh**  
**Michelle Treasure**

## 3rd Annual Cancer Symposium

Friday, August 31, 2018  
Theme: Palliative care in cancer  
Guest speakers will include Elizabeth Weinstein, MD, Kathleen Neuendorf, MD, and an Interdisciplinary Panel.

## Community Health Fair

Saturday, September 29, 2018  
8 a.m. - 12 p.m.  
Iglesia Sagrada Familia Church  
7719 Detroit Avenue  
Cleveland, Ohio 44102

## 14th Annual Edward G. Mansour, MD Lectureship in Surgical Oncology

Saturday, October 13, 2018  
8 a.m.  
MetroHealth Medical Center  
Medical staff, residents, fellows and nurses are invited to attend.  
Look for more details coming soon.



## Complex Oncologic Care a Priority at MetroHealth Cancer Center

A multidisciplinary approach to cancer care for complex malignancies such as gastric, esophageal and pancreatic cancers is vital to improving patient outcomes.



Decades ago, surgery for these cancers resulted in five-year survival rates of 20 percent at best. Over the last 20 years, with the introduction of multidisciplinary care, many patients began receiving adjuvant

chemotherapy with or without radiation — depending on cancer characteristics and stage — to improve outcomes. However, survival gains could be modest. More recently, oncologists began prescribing neoadjuvant chemotherapy and radiation to shrink tumors, making surgery less extensive and improving the chances of obtaining clear surgical margins. There have been studies to support the usefulness of this approach.

The next step in the evolution of complex, multidisciplinary care is using genomics to tailor chemotherapy and targeted therapy regimens to each patient. Our pharmacy hematology/oncology specialists, overseen by Jan Kover, are critical to ensuring the safe administration of these medications. Genomics may also help to personalize radiation therapy and surgical approaches to eradicating tumors.

In addition to genomics, oncologists are increasingly assessing patient health in a

more holistic manner, considering underlying comorbidities, as well as functional and nutritional status when creating treatment plans.

As such, prehabilitation is often an important part of care. Assessing an individual's functional and nutritional status at baseline and working to improve these before surgery, especially during neoadjuvant chemotherapy or radiation therapy, can help to improve outcomes. We are fortunate to have Susan Sharpe, MD, who is fellowship trained in complex general surgical oncology, and Yevgeniya Dvorkin Winger, MD, a physical medicine and rehabilitation specialist with additional fellowship training in cancer rehabilitation at Memorial Sloan-Kettering Cancer Center, to provide prehabilitative evaluation and care for these patients.

With rehabilitation and ongoing nutritional support, improving patient wellness continues long after cancer treatment has ended. Patients who are in good shape have the best chance of making a full recovery from their cancer, which is our ultimate goal.

**Benjamin D. Li, MD, FACS**  
**Cancer Center Director**



# Prehabilitation Boosts Patient Ability to Contend with Cancer Treatment

A new prehabilitation program at our cancer center aims to improve the health and wellness of patients, enabling them to better tolerate and recover from treatment.

After patients receive a diagnosis, physiatrists conduct an assessment to screen for impairments and underlying deconditioning problems, explained **Yevgeniya Dvorkin Winger, MD**, a physical medicine and rehabilitation specialist. Assessments can occur before any treatment starts or during chemotherapy or radiation treatment.

“We look at the whole picture to improve the patient’s functional status and try to address problems early,” said Dr. Winger. Depending on the level and type of functional impairment, she may prescribe an exercise regimen that patients can follow on their own or physical therapy.

Prehabilitation can help build patients’ strength before major surgery, said **Susan Sharpe, MD**, a cancer surgeon (surgical oncologist). “It can get the body to a better place to tolerate treatment,” she said. “We’re excited to be able to offer this service to patients.”

Notably, Dr. Sharpe has seen prehabilitation reduce hospital stay after surgery and decrease

the need for postoperative rehabilitation. The literature also indicates that prehabilitation helps patients with postoperative recovery. Enhancing mobility and endurance with exercise may also enable patients undergoing chemotherapy and radiation to better contend with fatigue, added Dr. Sharpe.

Another important part of patient wellness and treatment recovery is nutritional status. If a patient appears to have nutritional deficits, dietitians who specialize in cancer care are readily available to provide dietary assessments and recommendations, said Dr. Winger.

Specialists in the prehabilitation program continue to see patients throughout treatment and recovery, and can connect them with any needed rehabilitative care at MetroHealth Cancer Center, added Dr. Winger. “We can also transition them to community resources and survivorship programs in the Cleveland area that help them with exercise and staying healthy.”

## Cancer Center’s Camille Garcia Pitches for Patients



More than 100 people attended the first-ever MetroHealth N.E.T. Fast Pitch event, held on Friday, April 20, 2018 at Magnolia Night Club in the Flats.

**N.E.T. — Now, Every Day, Tomorrow** — is an affiliated committee of the MetroHealth Foundation Board. Made up of a group of civic-minded young professionals, their mission is to leverage the resources of the emerging-leaders community to promote and sustain

MetroHealth initiatives to create a healthier Northeast Ohio Community.

Congratulations to **Camille Garcia**, Community Outreach Coordinator & Senior Patient Navigator at the Cancer Center. She and her team presented on behalf of the BREAST/Amigas program, which aims to reduce out-of-pocket expenses for cancer patients. The team was awarded \$5,000 toward their project.



## What does it mean to be a cancer survivor?

A free event for cancer survivors and their families will be **Thursday, August 2, 2018**. Learn what “cancer survivor” means and how to get the help you need to thrive during and after cancer treatment.

- Learn about managing long-term cancer treatment side effects
- Learn about coping with the emotional impact of life after cancer treatment
- Participate in art, music, fitness and healthy cooking demonstrations
- Connect with organizations and community resources that support cancer survivors

**This is a free program, but registration is required.**

For more information and to register online, visit [metrohealth.org/cancer](http://metrohealth.org/cancer)

Questions? Or to register by phone, call 216-778-8557.

10 a.m. – 2:30 p.m.  
Rammelkamp 170  
MetroHealth Medical Center  
2500 MetroHealth Drive  
Cleveland, Ohio 44109



## The 15th Annual OROC OutRun Ovarian Cancer 5K Run/Walk and 1-Mile Family Fun Run

The 15th Annual OROC OutRun Ovarian Cancer 5K Run/Walk and 1-Mile Family Fun Run will take place at the Rock and Roll Hall of Fame Museum on **Saturday, August 4, 2018**. OROC has raised over \$1 million for ovarian cancer research, awareness and education, leading to the early detection of the disease and saving lives.

The event will feature live entertainment as well as activities for the whole family. Great prizes for top male and female finishers.

The pre-registration fee for OROC is \$25 for adults and \$15 for youths 10 and under. Participants have the option of registering as individuals or joining forces as part of a team.

To register yourself or your team, contact **Hermes Sports & Events** at 216-623-9933 or visit [hermescleveland.com/roadracing/events/oroc.asp](http://hermescleveland.com/roadracing/events/oroc.asp).



## Join the MetroHealth Race for the Cure Team!

The Cleveland Komen Race for the Cure will be held on **Saturday, August 18, 2018**. We would love for you, your family and friends to join our MetroHealth Team for the 5K race.

To join, visit [clevelandraceforthecure.com](http://clevelandraceforthecure.com) and search for the MetroHealth team.

MetroHealth team members receive \$5 off registration when using the special discount code METRO2018. General registration is \$30.

If you are unable attend the Race/Walk please consider donating to our team. Your support will fund breast cancer screening, treatment and education programs that save lives in our community!

6 a.m. – Registration opens  
8 a.m. – Competitive/Timed 5K run  
8:45 a.m. – Survivor and Awards Ceremony  
9:15 a.m. – 1M/5K Walk  
Edgewater Park  
6500 Cleveland Memorial Shoreway  
Cleveland, Ohio 44102