



It Takes TEAMWORK

When it comes to treating cancer, recent studies have demonstrated that the team approach to care really is best. At the Comprehensive Cancer Center, this patient-care strategy has been embraced for years.

✦ **When the treatment** team convenes, patients get the benefit of a multidisciplinary assessment and the psychological reassurance that multiple experts agree on the recommended treatment plan.

At Community Hospital of the Monterey Peninsula, doctors act as the captains of the ship when it comes to coordinating patient care. Oncologists regularly coordinate a team of surgeons, radiation oncologists, and radiologists, as well as nurses, laboratory technologists, and patient navigators – to ensure everyone is in agreement about the patient’s treatment plan.

Navigation for a Better Experience

While oncologists at the Comprehensive Cancer Center make treatment recommendations, the decision about pursuing treatment is ultimately in the hands of the patient. Although this responsibility sounds daunting, nurse navigators and nurse educators are available for crucial conversations to help patients make informed decisions.

“Our dedicated nurse educators take notes during consultations with the doctor, capturing the goals of treatment and the plan of care,” says Phillip Williams, RN, director of the Comprehensive Cancer Center at Community Hospital. “The nurse

educator then follows up with patients and loved ones to ensure all facets of treatment are understood.”

A nurse navigator works with the doctor, aiding in decision-making and stress management. In addition, the nurse navigator can connect patients with resources at Community Hospital and in the community or recommend additional resources such as DVDs and reading materials from Community Hospital’s Health Resource Library.

“As both a nurse educator and navigator, I make rounds with physicians, listen to the discussions, and contribute from a nursing viewpoint on how each patient’s care is carried out,” says Joy Smith, RN, nurse educator at Community Hospital. “I also frequently revisit each patient, clarify information, meet with family members, and follow-up with patient education materials about transportation, wigs, financial assistance, and support groups.”

Learn how clinical trials at Community Hospital can assist in cancer care, see the article on page 3.



✦ *be empowered* ✦

Use these suggestions to help you become a member of your treatment team:

- * Ask questions until you receive an answer you understand.
- * Keep a notebook of questions, concerns, and any new symptoms for discussion with your doctor.
- * Read about your condition to stay informed about your options.



A Healing Environment

If you are faced with a cancer diagnosis, you might not be able to enjoy all of your usual activities. But don't let illness stop you from living your life.

The staff at Community Hospital of the Monterey Peninsula understands how a patient's emotional health plays a significant role in recovery. Through the Comprehensive Cancer Center at Community Hospital, patients have access to support groups and programs that complement traditional treatment.

Healthy Distractions

The Comprehensive Cancer Center provides support services such as the American Cancer Society's "Look Good...Feel Better®" program. During this program, stylists provide make-up tips, wigs, and scarves to patients whose appearance has been affected by cancer, helping patients feel more like themselves and enhancing their confidence during treatment.

As part of the healing environment and to help alleviate stress, the Comprehensive Cancer

Center also offers services and classes, such as:

- AROMATHERAPY
- CANCER JOURNEY, A COPING SKILLS PROGRAM
- MASSAGE
- MUSIC AND ART THERAPY
- NUTRITION COUNSELING
- TAI CHI

Located in one of the most beautiful settings in coastal California, the Monterey Peninsula offers many stress-relieving opportunities, such as enjoying a day at the beach, spending time in the garden, or taking a hike or walk on one of the many local trails.

➔ **To learn more about complementary programs offered at Community Hospital, visit www.chomp.org. Browse through "What We Do" and "Classes and Events."**



* stay empowered

After receiving a cancer diagnosis, many patients simply do what their doctors tell them to do without taking an active role in their care. By learning how to develop a partnership with your healthcare provider, you can feel both **empowered** and positive about the treatment you receive.

"Part of being **empowered** as a patient means having the right relationship with your doctor that allows you to feel you can participate in your care decisions," says Joy Smith, RN, nurse educator at Community Hospital of the Monterey Peninsula. "There are many things that you can do to promote clear communication between you and your medical team."



Reaching Out to Patients

Through Clinical Trials

More than one million Californians living with cancer today are navigating their cancer journeys. At Community Hospital of the Monterey Peninsula, patients can turn to an experienced treatment team and top-quality technology.

Once diagnosed with cancer, patients are overwhelmed with questions and concerns. The support they seek should extend beyond the treatment of disease and should address psychological, spiritual, social, and financial concerns, while also providing guidance for family and caregivers.

“We feel very fortunate to provide comprehensive treatment that allows patients to remain in their own communities close to their loved ones during care,” says Phillip Williams, RN, director of the Comprehensive Cancer Center at Community Hospital. “In addition to cancer management, Community Hospital makes available a full array of support groups and educational opportunities that are open to anyone in the community.”

Clinical Trials

Patients can also benefit from participating in leading-edge cancer treatments through clinical trials.

“Clinical trials are available to qualified patients through the hospital’s affiliation with Stanford University,” says Grant Swanson, MD, oncologist and medical director of the Comprehensive Cancer Center. “We’re typically involved with Phase III trials, which are studies conducted to help determine how a new treatment compares with the current best management.”

Cancer patients interested in participating in clinical trials should speak with their healthcare providers.

➔ **For additional information about services available to cancer patients, visit www.chomp.org or call (831) 625-4753.**

Full Disclosure

One of the first concerns for patients who receive a cancer diagnosis is how to break the news to loved ones.

“Ideally, we would like to see patients and their spouses or support people at the doctor’s office so they can hear the diagnosis and help formulate a plan,” says Joy Smith, RN, oncology nurse educator at Community Hospital of the Monterey Peninsula. “When patients talk with children, siblings, or even parents, it is helpful to have treatment plans in place when disclosing the diagnosis.”

According to Smith, including information about treatment strategies can help family members cope with the news. Additionally, talking to relatives about what they can do to assist may help patients and their loved ones with the cancer journey.

IN OUR COMMUNITY

Area residents are fortunate to have a wide variety of services, events, and support programs available for those diagnosed with cancer and their families:

- * TOP-QUALITY CLINICAL CARE
- * SUPPORT GROUPS FOR PATIENTS AND CAREGIVERS
- * EDUCATION-BASED GROUPS
- * ACCESS TO PHASE III CLINICAL TRIALS
- * HEALTH RESOURCE LIBRARY
- * ANNUAL CANCER SURVIVORS’ DAY CELEBRATION AND PICNIC



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2010 SPRING CALENDAR

Annual Cancer Survivors' Day

Saturday, August 21
11:30 a.m.–3 p.m.
Monterey County Fairgrounds

Breast Cancer Early Support Group

Wednesdays
1–2:30 p.m.
Cancer Center classroom
Preregistration required

Cancer Journey, a coping skills program

Wednesdays, April 14 to June 2
4–6 p.m.
Cancer Center classroom
Preregistration required

Cancer Wellness[®] Support Group

Mondays and Tuesdays
4–6 p.m.
Cancer Center classroom

Caregivers' Support Group

Tuesdays
4–5 p.m.
Terrace West conference room

Chronic Pain Support Group

Wednesdays
10 a.m.–noon
Cancer Center classroom

Healing Art Retreat

Mondays, April 5, May 3, or June 7
9 a.m.–3 p.m.
Cancer Center classroom
\$20 for course materials
Preregistration required

Unless otherwise indicated,
call **(831) 625-4753** for class
descriptions or to register.
LEARN MORE AT WWW.CHOMP.ORG.



Leukemia-Lymphoma Support Group

Mondays, April 12, May 10, June 7
5–6:30 p.m.
Conference room B
Preregistration required

Prostate Cancer Self-Help Group of the Central Coast

Wednesday, May 5
5–7 p.m.
Westland House multipurpose room
100 Barnet Segal Lane, Monterey

Women's Cancer Support Group

Tuesdays
1–2:30 p.m.
Cancer Center Classroom
Preregistration required

70%

of American
smokers say
they want to
STOP.

American Cancer Society

*Are you or a loved one part of
this startling statistic?*

KICK the NIC IS HERE TO HELP.

"Kick the Nic" is a comprehensive, medically supervised smoking cessation program that pairs individuals with a doctor and counselor specializing in smoking cessation to evaluate the level of nicotine addiction and determine the best course of treatment.

For more information about Kick the Nic, visit
www.chomp.org and click "Classes & Events."

