

FEATHER RIVER HOSPITAL

CANCER CENTER

Welcome to the Feather River Hospital Cancer Center.

The Cancer Center at Feather River Hospital is here to provide you with excellent care. We have the state of the art technology, highly qualified staff that care and support you throughout your journey. You can feel confident that your care here on the Ridge rivals that of larger centers. Our hospital is accredited by both national and state organizations to ensure you are getting the best care possible.

While you may be feeling anxious and confused about the options and treatment plan that you and your physician have developed, we want to assure you that we will make every effort to ease your experience. This binder was developed to help clear up some of the confusion; you can keep track of the tests, treatments, and medications that your doctor orders. It also contains important phone numbers and resources.

At the Feather River Hospital Cancer Center, we treat the whole person. Our staff is here to take care of your physical, spiritual and emotional needs. We specialize in providing a positive environment during treatment with support throughout and into recovery for patients with all forms of cancer. You have access to state of the art technologically advanced cancer treatments and access to clinical trials of new treatments. We take your care personally and have specialists who work directly with the patient, family, and referring physician develop a specific treatment plan. The Cancer Center is a leader in improving the comfort and quality of life of patients.

By proactively understanding and managing aspects of your treatment, you can help ensure the best possible outcome from treatment and maintain control in your life. Things that you can do early on to optimize treatment of cancer are:

- Get informed
- Stay organized
- Discuss the effectiveness of treatment
- Work with your physician to select the best treatment for you

At the Feather River Hospital Cancer Center, patient and family education is family-centered and individualized based on an assessment of your needs. The overall goal of patient education is to empower patients and families to participate as full partners in making informed decisions about their health and care.

Our Cancer Center staff is devoted to you and your family. If there is anything that we can do to make your journey easier, please don't hesitate to call.

Sincerely, Margaret Murphy MBA, CMD Director of Cancer Services (530) 876-7184



We want to take this opportunity to welcome you the Feather River Cancer Center.

As employees, we take pride in the work that we do and the care that we provide to you and your family. We are dedicated to taking care of you as though you are an extension of our own family, and hope that you will get to know each of us personally.

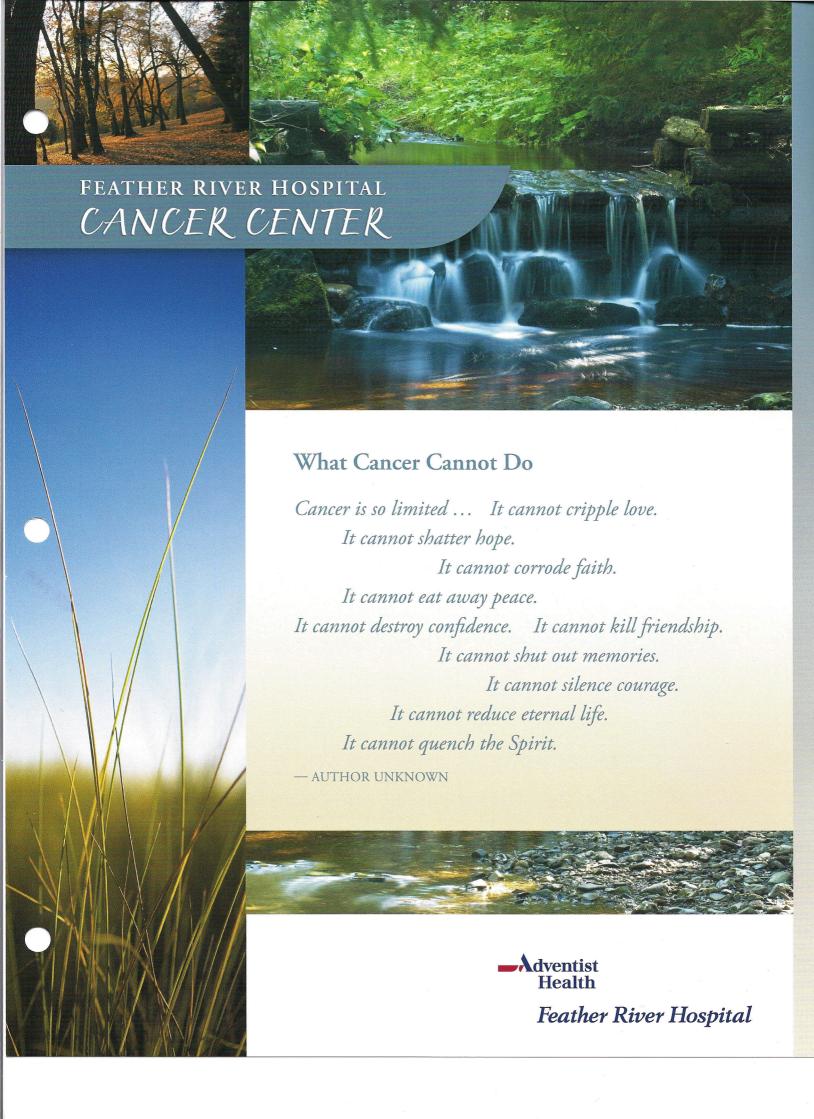
The American Cancer Society projects that one out of every three Americans will develop some form of cancer in their lifetime. We are devoted to helping those affected with this disease.

Your journey is an ongoing process that may at times cause you to feel overwhelmed; we want you to know that you are not alone. Our primary objective is to make your journey easier.

The staff at Feather River Cancer Center.

The staff at Feather Rive Sincerely,

The staff at Feather River Cancer Center.



FEATHER RIVER HOSPITAL CANCER CENTER

Feather River Cancer Center

Welcome

The Feather River Cancer Center team is composed of dedicated health care professionals who specialize in caring for individuals and their family undergoing cancer treatment. Cancer is a difficult experience both physically and emotionally. The Feather River Cancer Center is here to provide you with the best possible care during your journey through treatment and recovery.

Mission Statement

Our mission is to continue the healing ministry of Jesus Christ by providing comprehensive, excellent healthcare in a setting of advanced science that is compassionate and attentive to the whole person: body, mind, and spirit.

By providing a holistic approach to healthcare we are helping our patients to achieve their highest potential and live their life to the fullest.

Philosophy

The healthcare professionals of the Feather River Cancer Center (FRCC) believe in a team approach to patient care, which includes you, your family and the FRCC team. The active participation of each member of the team is essential to overcome the challenges of cancer treatment.

Our goal is to prepare you for your role as a team member by offering you education about the plan of care and what to expect during treatment and recovery.

The diverse group of health care providers of the Cancer Center team includes: physicians, physician assistants, registered nurses, pharmacist, dietitians, pastoral care, social workers, lab personnel, and unit secretaries. All team members are dedicated to providing compassionate care to you and your family throughout your cancer journey. Our commitment to you and your family begins during the initial evaluation, continues through the cancer treatment, recovery and survivorship. We are there to guide you through along the path of your journey.





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Contact Information

Welcome to the Feather River Cancer Center! In an effort to keep you and your family connected to your Cancer Center team, we have developed this list of contact numbers. Please call us if you have any questions or concerns.

Feather River Radiation Oncology Center	876-3144
Feather River Medical Oncology Center	876-3141
Feather River Cancer Center Resource Nurse	876-3173

The Resource nurse is the contact person for all of your medical concerns. Examples of reasons to call the resource nurse would include; any change in your medical condition, prescription refills, or any questions about your treatment. The Resource nurse is available Monday through Friday from 8AM to 5PM. After hours contact the hospital directly at 877-9361 and they will locate the physician on call.

Please notify the Resource nurse if you develop

- Signs of infection
 - Fever greater than 100.4
 - Shaking or chills
 - Severe night sweats unrelated to hot flashes
 - Bladder infection symptoms: burning, pain, increased frequency, or an increased urgency with urination
- Nausea or vomiting that is not resolved by the medication that your physician prescribed
- Inability to take in adequate food and fluids
- Dizziness with position change
- Diarrhea greater than 3 stools per day
- New constipation (greater than 2 days)
- Unrelieved pain
- Neurological changes: dizziness, unsteady gait, numbness, or tingling

For fever greater than 101 degrees (while on chemotherapy), go the nearest Emergency Room immediately



My Care Team:

Medical Oncologist-

Radiation Oncologist-

Primary Care Doctor-

Surgeon-

Physician Assistant-

Case Manager-

Triage Nurse-

Social Worker-

Chemotherapy Nurses-

Radiation Nurses-

Radiation Therapist-

Registered Dietitian-

Other-

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Physician Biographies

Medical Oncology

Sam. Mazj, MD, F.A.C.P.

Dr Mazj trained at New York Hospital-Weill Cornell Medical College, Memorial Sloan Kettering Cancer Center, North Shore University Hospital, NYU School of Medicine and Stanford University Medical Center. He is board certified in Internal Medicine, Hematology, Medical Oncology, and Bone Marrow Transplantation. Dr Mazj serves as the Medical Director of Medical Oncology at Feather River Cancer Center.

Lee Schwartz, MD

Dr Schwartz trained at Wayne State University School of Medicine, Loma Linda University, Vancouver General Hospital, MD Anderson Hospital and Tumor Institute, and Harbor/UCLA Medical Center.

He is board certified in Internal Medicine and Medical Oncology.

Ronilee Scofield, Physician Assistant (PA-C)

Ronilee graduated in 2004 from the Stanford/Foothill Physician Assistant program. Prior to joining the Feather River Hospital Cancer Center, "Roni" worked in a busy family practice/primary care setting in Chico and has an extensive emergency care background.

Radiation Oncology

Steve Wahlen, MD

Dr Wahlen received his medical school and residency training at Loma Linda University. He is board certified in Radiation Oncology.

He is currently president of North Valley Radiation Oncology and serves as the Medical Director of Radiation Oncology at the Feather River Cancer Center.

Kevin Xu, PhD, DABR

Dr Xu received his PhD in Experimental Nuclear Physics and his Master of Science Degree in Physics from Oregon State University.

He has worked as a Radiological Physicist in Oregon and the Northern California area since 1993. He is board certified in Therapeutic Radiological physics since 1997 and is widely published in related fields.





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Cancer Center Management

Margaret Murphy, MBA, CMD- Cancer Services Director

Margaret trained as a Radiation Therapist and treated patients in the Bay Area for over 15 years. While working in Walnut Creek she got her MBA and managed the Radiation Oncology and Radiosurgery Center for several years. She has lectured both nationally and locally on Patient Care and Life Balance topics. She is on the faculty of City College of San Francisco and formerly on the University Of St. Francis IL. She started the first children's bereavement group in East Contra Costa and led many patient support groups in the Bay Area.

She is currently working on her PhD in Organizational Development with an emphasis on Leadership Development and Patient Quality of Life issues. She is a member of the American College of Healthcare Executives and preparing to become a Fellow by the spring of 2009.

She moved to Paradise in December of 2008 and enjoys playing piano, dancing and fly-fishing.

Kate McDonald RN MSN- Nurse Manager

Kate has worked at Feather River Hospital in the critical care units for over 10 years and is completing her MSN in nursing education from CSUC in the fall of 2008. She is married to Mike and they have 4 children (ages 25, 22, 20, & 17), and reside in Paradise.

She enjoys reading, traveling, and spending her spare time at the family cabin near Lake Almanor.

Quincy Shannon-Office Coordinator

Quincy is the Office Coordinator for the Cancer Center. She moved from Arizona to Paradise in 2002 with her 2 children. Quincy has really appreciated life on the ridge and has found it to be all that the name implies "Paradise".

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Nursing Biographies

Beverly Davis RN- Resource Nurse

Beverly (Bev) lives in Magalia and is the mother to 3 children and grandmother of 5 (all live in Bakersfield). She spends her free time volunteering at the Hospice Thrift Store and riding Quads.

Lori Dresler RN- Dr Mazj's Case Manager

Lori has worked in Oncology and Chemotherapy Infusion for 25 years. She is an Oncology Certified Nurse (OCN) and has worked as at Feather River as a Case Manager for 3 ½ years. She shares her home in Oroville with 2 cats, 2 cockatiels, and a small aviary.

Rachel Garibladi RN- Infusion Nurse

Rachel has worked in Oncology and Chemotherapy Infusion for 12 years. She is married, has 2 sons and lives in Chico. She and her husband also own a catering business.

Lori Goodliffe RN- Dr Schwartz's Case Manager

Lori has been a nurse since 1982 with past experience in acute care, home health, and wound/ostomy nursing. She has worked at the Cancer Center since 2005 and is currently pursuing her Masters Degree at Sonoma State.

Jeanine Hietpas RN- Infusion Nurse

Jeanine is an Oncology Certified Nurse (OCN) with an extensive history in chemotherapy infusion. She is married, with two daughters and three grandsons, and lives with her husband in Chico.

Rhonda Kennedy RN-Infusion Nurse

Rhonda is married with 4 children. She is a published photographer who is passionate about her work and has contributed to the Cancer Center's advertising brochure. She also enjoys traveling with her husband.

Christy Lemke RN- Radiation & Resource nurse

Christy has worked for 25 years as a Registered Nurse. She has a diverse background in various aspects of nursing. She is certified in ACLS, PALS & is a CNOR. She has 2 adult children and enjoys spending time golfing, running and on her boat at Lake Oroville.



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Helen Martine RN-Infusion Nurse

Helen has been a nurse for 24 years with the last 8 years in chemotherapy infusion. She has been married to her husband Don for 20 years and has 4 daughters and soon to be 7 grandchildren.

Audra Myers MA

Audra is a medical assistant who started at the Cancer Center under the ROP program. She and her husband have been together for 12 years and have a combined family of 4 children

Christine Ramos RN- Infusion Nurse

Christine is originally from Eastern Canada and has worked at Feather River Hospital for the last 15 years in various departments (Surgical Unit, GI lab, Same Day Services, and the OR). She is married to her husband of 7 years and they live in Paradise.

Tiffany Robbennolt CNA

Tiffany is the newest member of the Cancer Center team. She has been a Certified Nurses Assistant (CNA) for 9 years. She is married with 2 adorable boys and lives in Paradise.

Charlotte Sweetland RN- Dr Schwartz's Case Manager

Charlotte is an Oncology Certified Nurse (OCN), who has worked in Medical Oncology for over 15 years. She is married to an RN and lives in Paradise. Charlotte is a talented artist who regularly contributes to the local art galleries.

Janet Slaten RN- Radiation Nurse

Janet is an Oncology Certified Nurse (OCN), who has worked in Radiation Oncology for over 5 years. She has been a nurse for over 27 years and has worked in many areas of nursing, however has always returned to Oncology.

Shirley Wulfert RN- Dr Mazj's Case Manager

Shirley has worked at Feather River Hospital for more than 23 years, starting as a nurse's aide. She is married and lives in Chico, and likes to garden and travel.





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Clerical Biographies

Maureen Cervantes-File Clerk and Medical Records

Maureen is married with 2 children and 1 grandchild. She enjoys traveling and spending time with her husband in her "lodge" style home.

Alicia Davis- Department Secretary

Alicia has an extensive background in insurance. She and her husband have 4 children. They have lived in Paradise for 15 years.

Susan Mayo- Department Secretary Medical Oncology

Susie has been married to her High School sweetheart for 31 years. They have 3 children and 2 grandchildren. Susie and her family have lived in Paradise for 4 years and love the trees and fresh air.

Mira Milardic- Customer Service Representative

Mira came from Yugoslavia 20 years ago. Her and her husband have 2 boys, David and Daniel. David is in college and Daniel is in High School.

Pat Van Dusen- Department Secretary Radiation Oncology

Pat has worked at the Feather River Cancer Center since it's inception. She is the Radiation Oncology Department Secretary and enjoys her job because of her interactions with the patients.

Vi Widman-Billing and Coding Specialist

Vi has been married to her high school sweet heart for 39 years. They have 3 children and 3 grandchildren. Vi and her husband are competitive Bass Fisherman and spending their time outdoors.

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Radiation Therapist Biographies

Rachel Freeman- (RTT)

Rachel is a graduate of Weber State University and stays busy raising her 12 year old son.

Earlene Slusarenko- (ARRT) (R) (T) (M)

Earlene and her husband Brian came to Paradise from Loma Linda University Hospital. They have enjoyed raising their 2 children and living in Paradise for over 20 years.

Angie Vargas- (ARRT) (R) (T)

Angie attended Yuba College and Weber State University to obtain her Registered radiographer and radiation therapist degree, and resides in Chico.

Social Worker

Shelly Buta, MSW, ASW

Shelly received her master's degree in Social Work in 1991 from University of Illinois, Chicago and her Bachelor's Degree from UC Davis. She is working towards her clinical social work license and will then provide private counseling services to patients and families. Shelly is the proud parent of 2 teenage children, Abby and Zach and she enjoys gardening, the outdoors, camping and singing.



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Susan Artin-Daniel Certified Tumor Registrar (CTR)

The Cancer Registrar collects, stores, and distributes information on the diagnosis and treatment of cancer patients at FRH. The data collected and maintained in the cancer registry serves as a valuable resource for our medical staff and national researchers who are interested in the causes, diagnosis and treatment of cancer. Statistical reports of cancer registry data enable physicians who treat cancer patients to evaluate the success of specific treatment modalities as measured by the quality of life and length of survival. The cancer registry is responsible for the life long follows up of the reportable cancer patients, which may lead to early detection, treatment of recurrences and better follow-up with their physicians in order to provide optimal care for our cancer patients.

Susan is married and is enjoying the tall trees of Magalia after moving here from southern California.

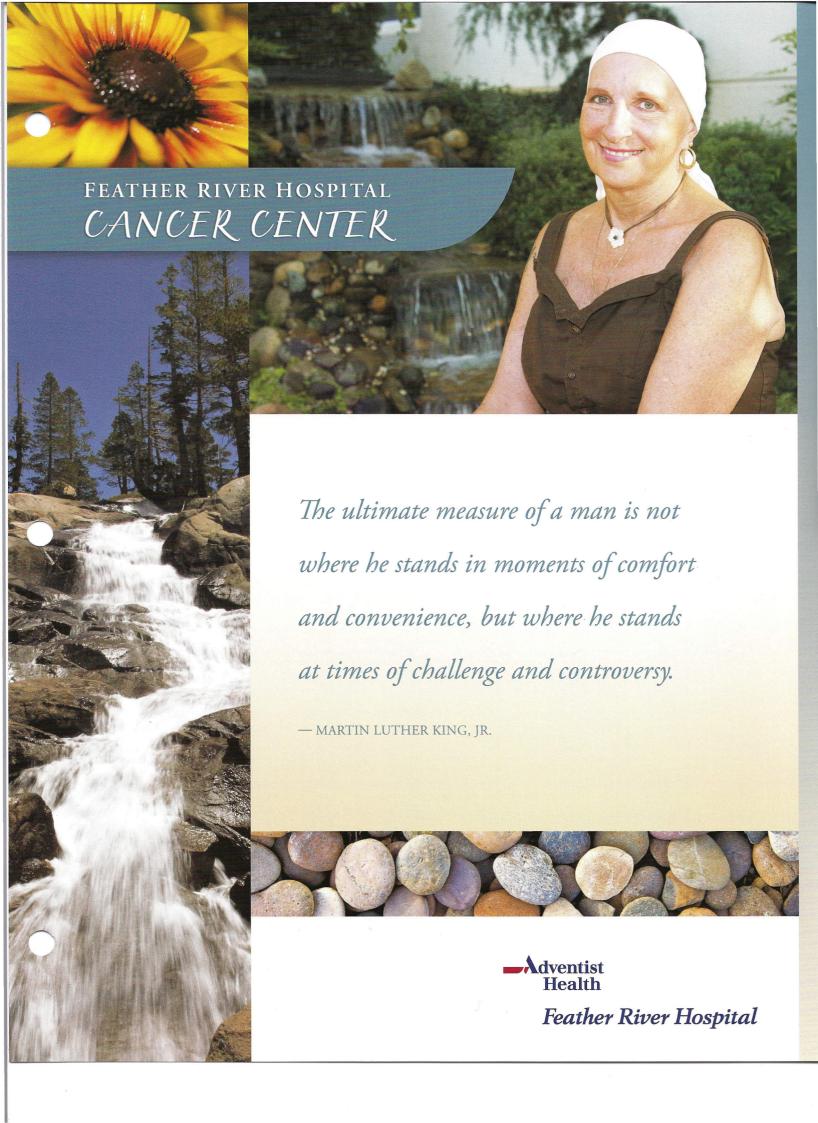
Elise Hale Clinical Trial Associate

Clinical Trials are research studies conducted with patients to find improved treatments for diseases. Clinical Trials test many types of treatment such as; new medications, new approaches to surgery or radiation, and new combinations of treatments. They are important because they often lead to the development of more effective treatments. If a treatment proves effective in a study, it may become a new standard of care that can benefit our patients.

The Clinical Trials office is responsible for ensuring Feather River Hospital and its physicians are in compliance with the state and federal regulations regarding human subject research and assuring adherence to human subjects protection guidelines.

Elise is married with one son. She enjoys spending time with her family going hiking and kayaking in this beautiful part of the state.







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My Treatment Plan:

	Type of cancer:	Stage:
	Plan of care:	
	ICD-9	
Su	rgery Plan:	
	Type of surgery:	
	Date of surgery:	
	Date of follow up:	
Me	edical Oncology Plan:	
	Date starting chemotherapy	
	Type of chemotherapy	
	Chemotherapy frequency	
	Estimated date of completion	
	Physician visit schedule	
	Laboratory schedule	
	I' (' O I TI DI	
Ka	diation Oncology Therapy Pla	n:
	Date of initial simulation	
	Date of of Simulation	
	Date of field verification	
	Date starting radiation	
	Number of treatments	
	Frequency of treatment	
	Physician visit schedule	

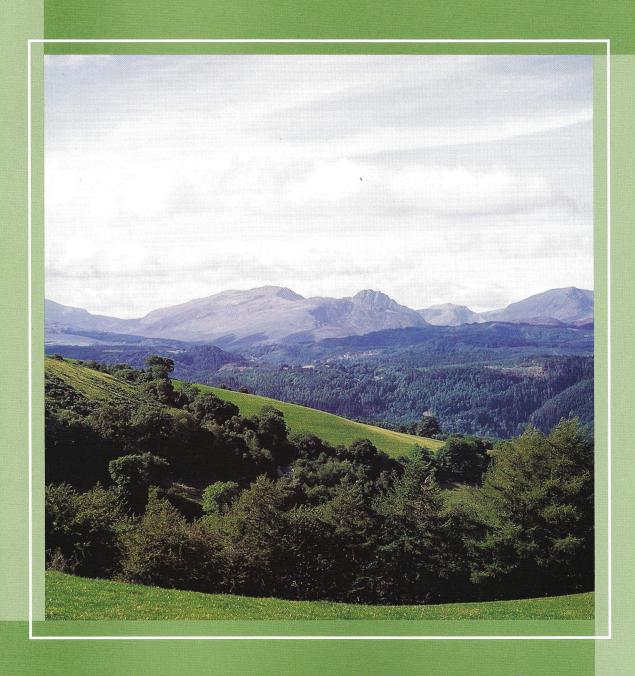
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Month: Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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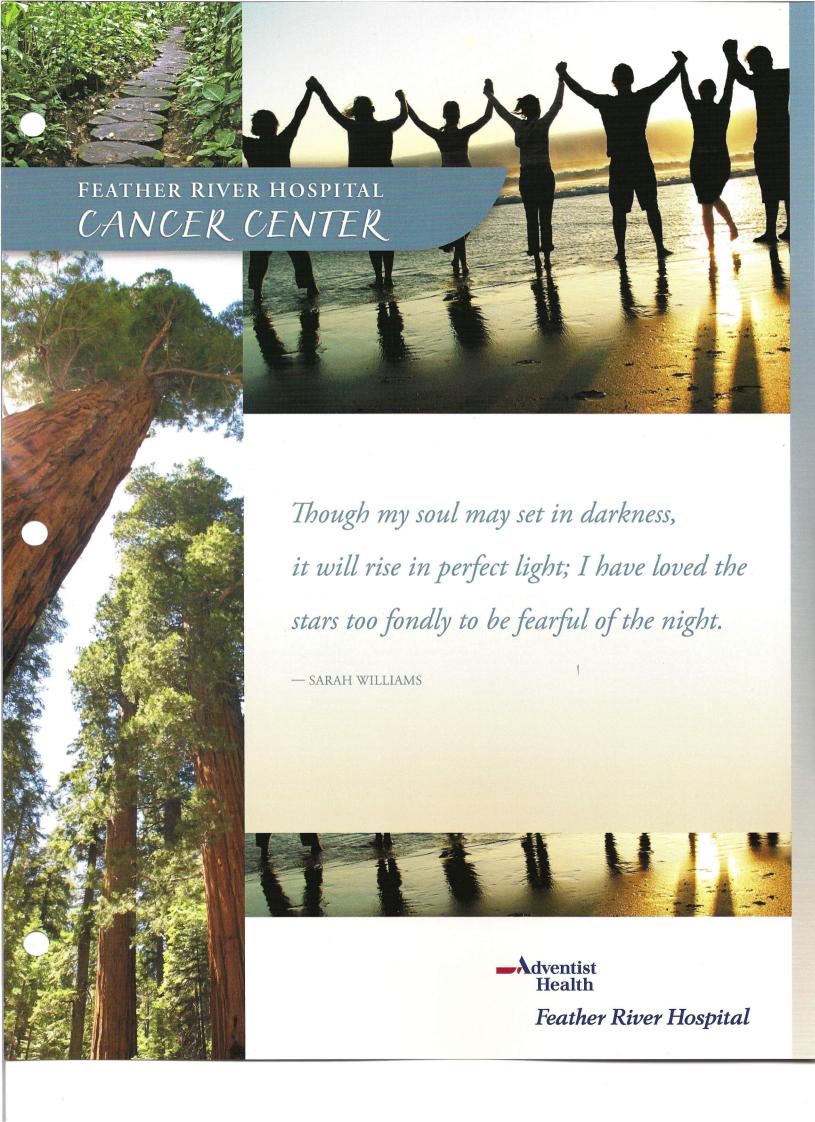
Patient Name:

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Chemotherapy and You



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES National Institutes of Health





Physician/Provider:

Pathway to Healing

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Date/Time:

My Appointment Record:

A tool for communicating with your physician

Symptoms/concerns/questions:	,
	•
Medication changes/new prescriptions.	tests ordered:
	i jaja*
Notes:	
Physician/Provider:	Date/Time:
Symptoms/concerns/questions:	
Medication changes/new prescriptions/	tests ordered:
f	
Notes:	

More Appointment forms are available at the front desk





FEATHER RIVER HOSPITAL CANCER CENTER

Guidelines for your visit to the Oncologist

In an effort to simplify a rather overwhelming experience, we offer these guidelines for when you come in to see the doctor:

Unless you are thoroughly familiar with your medications, please bring either a list of all your medications or the bottles to every doctor visit.

We encourage you to write down questions and bring paper and pen or tape recorder to visits. We can provide pen and paper if needed. It is helpful to have a family member or supportive friend along as well. If you are fortunate enough to have a large supportive family, please designate one person for us to give information.

Labs need to be drawn at least one day prior to your visit unless otherwise ordered by your doctor. If not, treatment and / or the doctor's visit may need to be rescheduled. You may use any lab as long as they fax us the results. We have a computer link to both Feather River and Oroville Hospitals.

Keep the Receptionist current with your address, all phone numbers, and insurance information at every visit.

We encourage you to call for test results if you do not have a follow up appointment to see the doctor for reviewing them.

Due to Medicare regulations, we are not able to have you see the doctor and receive treatment such as chemo, shots, or port flush on the same day. We understand this can be a financial hardship if you drive from out of town. You may contact the American Cancer Society at 342-4567 for help paying mileage.

For any confidential problems that you do not feel comfortable discussing with your doctor or nurse, you may contact the Cancer Center Director, Margaret Murphy at 876-7184 and ask either to speak to her or leave a confidential voice mail.

Health



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Questions to ask when dealing with Cancer And Cancer treatments

Questions to ask your doctor when they order tests:

- 1. What is the test for?
- 2. What will the procedure be like?
- 3. What will you learn from the test?
- 4. Why is it important for me to have this test?
- 5. Can it be done on an outpatient basis?
- 6. How much will the test cost?
- 7. What are the risks in doing the test?
- 8. When will I get the results?
- 9. What decisions will I have to make if the test is positive?

Questions to ask yourself before decisions are made about treatment:

- 1. Is this the doctor I want to handle my case?
- 2. Am I comfortable with him/her?
- 3. Is he/her someone who understands how I feel and is sensitive to my needs?
- 4. Do I have enough information to make a decision?
- 5. Who do I want with me when I get a diagnosis?
- 6. Should I have a second opinion?
- 7. Should I go to another facility for further tests or treatments?
- 8. Which hospital do I want to go to for treatment?

Questions to ask about treatment:

- 1. What treatments are available and what treatment do you recommend?
- 2. Is this treatment necessary for me?
- 3. Are there other alternatives? What are they?
- 4. Why do you think this treatment is preferable?
- 5. What do you expect the results to be?
- 6. How safe is the procedure?
- 7. What are the side effects of the treatment and what can be done to relieve them?
- 8. Can I be put on a treatment program that won't interfere with my work?
- 9. How will we determine how well the treatment is working?
- 10. Do I have a type of cancer that would be better treated at a specialized center?

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Questions to ask your surgeon before an operation:

- 1. Why do you want to do the surgery?
- 2. Exactly what will you do- in simple terms?
- 3. How long will I be in the hospital?
- 4. What are the chances of cure with surgery?
- 5. What other treatments can you use instead of surgery?
- 6. Are there any less extensive, less deforming, less painful operations that the one you are suggesting?
- 7. What are the risks of the surgery?
- 8. What are the risks of the other possible treatments?
- 9. Do you feel the benefits outweigh the risks?
- 10. What will happen if I don't have the surgery?

Questions to ask about radiation therapy:

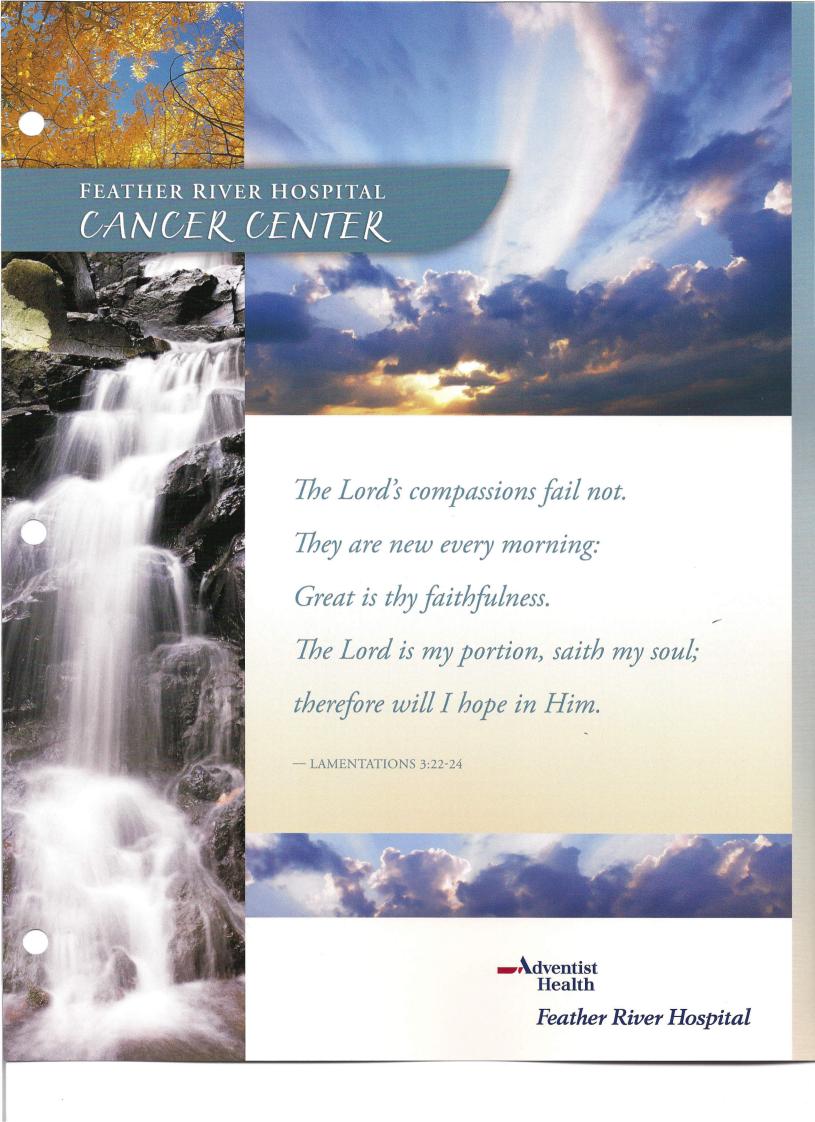
- 1. What type of radiation treatment will I get?
- 2. Who will be responsible for my radiation treatment?
- 3. Who should I talk with when I have questions about the treatment?
- 4. Can I work during the time I am receiving treatment?
- 5. How long will each treatment take? How many sessions will there be?
- 6. What side effects can I expect?
- 7. What should I do if these side effects occur?
- 8. What is likely to happen if I don't have these treatments?
- 9. What are the risks involved?
- 10. What are my alternatives?

Questions to ask about <u>chemotherapy</u>:

- 1. Who will be giving me these treatments?
- 2. What are the names of the drugs to be used?
- 3. What are these drugs supposed to do?
- 4. What are the possible side effects? What should I do if these occur?
- 5. How will the drugs be given to me?
- 6. How often will each treatment be given?
- 7. How long will each treatment take?
- 8. How long will the whole series take?
- 9. Can I take other medications at the same time? Can I drink alcohol?
- 10. Is there any special nutritional advice I should follow?
- 11. Are there any special precautions I need to take while on chemotherapy?
- 12. What are the risks involved?

13. What are my alternatives?

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My Medications:

Medication name:
Reason for taking:
Dose:
Prescribed by:
Start & stop date:
Medication name:
Reason for taking:
Dose:
Prescribed by:
Start & stop date:
Medication name:
Reason for taking:
Dose:
Prescribed by:
Start & stop date:
Medication name:
Reason for taking:
Dose:
Prescribed by:
Start & stop date:

Note: Please bring a list of your medications to every physician's appointment. Most narcotic prescriptions cannot be called in; a prescription form must be picked up in person. More of the My Medication forms are available at the front desk

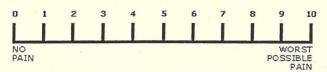
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My Pain Scale:

Grade your pain using the scale below. A value of 0 is no pain. A value of 10 is the most pain you have ever experienced.



Medication	My Pain Rating (0-10)	
	BEFORE meds	AFTER meds
-		
•		
	Medication	

More of the My Pain Scales are available at the front desk



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Central Venous Catheter

A central venous catheter (frequently referred to as a CVC) is primarily used to allow you to have intravenous (IV) treatments over a period of time (anywhere from 7 days to as long as a year). Having a CVC will make it more comfortable for you because you won't have to be stuck with a needle every time you have an IV treatment or need blood drawn.

A CVC can be one of several types of catheters that terminate in the large central vessel above the heart, called the superior vena cava (SVC). The SVC is the large central blood vessel that is directly above the right side of the heart. There is a large volume of blood that flows through the SVC and into the right atrium of the heart. Due to the size and the volume of blood that flows through the SVC, we can instill almost any kind of medication or treatment that you may need and draw blood for most lab work needing to be done.

The three types of CVC used here at Feather River Hospital are:

- 1. Peripherally Inserted Central Catheter-PICC
- 2. Porta Cath
- 3. Tunneled Groshong- not commonly used

If you need a CVC, your doctor will discuss with you which type is best for you and your situation.

As with almost any procedure done in the hospital, there are risks involved. Possible risks include infection, thrombosis (clots), and phlebitis (irritation of the vein that the CVC is in).

Infection can occur when bacteria gets into the CVC and grows. With an infection, you may have a temperature, chills, and/or feelings of fatigue.

A **thrombosis** can occur when anything foreign is placed in the body. Some signs of thrombosis are swelling of your hand, arm, shoulder, or neck on the same side of your CVC.

With phlebitis, you may have redness, swelling, tenderness, or pain on or around the insertion site. All of these signs and symptoms should be reported to your health care provider

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Peripherally Inserted Central Catheters (PICC)

This is the kind of CVC that is placed in the upper arm and threaded to the SVC. A specially trained nurse places the PICC in the hospital.

There are many types of PICC lines available and the care and use of each line may be different. The PICC lines inserted at Feather River Hospital may be used for certain procedures in the x-ray department requiring IV access. They also require only a saline flush without any extra medication added to prevent clotting. PICC lines inserted at other hospitals may or may not be used for such x-ray procedures, and may require special flushing techniques. **Find out what type of PICC line you have** if it has been inserted at another hospital, keep the wallet card provided with you when you go for procedures so your health care provider will know how to use and care for you line.

After insertion of the PICC, the site will be dressed with gauze and a partially transparent dressing. The gauze is there because usually after insertion there is some bleeding from the site. After the first dressing change (within 24 hours), the PICC line dressing will be changed once a week. However, if the dressing becomes soiled, loosened, or the insertion site continues to ooze blood, the dressing must be changed sooner to reduce the risk of infection.

Your PICC line catheter must remain underneath the transparent dressing at all times. Any portion of the catheter that is not covered by the dressing is a high risk for developing an infection.

As well as having your dressing changed once a week, your health care worker will be measuring your arm and the length of any extra catheter that is underneath the transparent dressing. This is done to detect any problems that may occur with

the PICC line such as possible leaks, clots, or catheter migration. When your PICC line is placed, these initial measurements will be given to you to take home.

Regardless of what type of PICC line you have, your PICC will need to be flushed. When flushing your PICC line, a 10ml. Syringe or larger must always be used. You cannot use anything smaller than a 10ml. Syringe.

NEVER let anyone access your PICC line without FIRST wiping off the cap of with an alcohol swab for at least 15 seconds. This is done to help reduce the risk of a bacterial infection.

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Important points to remember:

- 1. Do not allow anyone to take a blood pressure on the arm with the PICC line in it.
- 2. Do not allow anyone to stick you with a needle on the same arm with the PICC line in it.
- 3. Always keep the PICC insertion site covered and dry.
- 4. Always flush the catheter after use.
- 5. Be careful to not get the PICC line caught on clothing.
- 6. Never let anyone access your PICC line without first wiping the end with alcohol for at least 15 seconds.
- 7. Call your health care provider if your dressing is soiled, wet, or coming off.
- 8. Call your health care provider if you have any swelling of the neck or arm on the same side as your PICC line.
- 9. Call your health care provider if you have puss, pain, redness, swelling or tenderness on or around your insertion site.
- 10. If blood cannot be drawn from your PICC line, you need to notify your health care provider.

Porta Cath

A Porta Cath is another form of a central venous catheter. As with the PICC, the tip of the Porta Cath terminates in the SVC, the large central vessel above the right atrium. A physician places it in surgery or through Interventional Radiology.

Once the port is placed beneath the skin, it is ready to be used for easy delivery of medication into the bloodstream. The venous port also provides an easy method for collecting of blood samples. When a medical treatment or blood sample is needed, a special needle is placed through the septum of the port, which connects to the catheter. For most patients there is only a mild pricking sensation felt during needle insertion. Frequently, the sensation of the needle insertion decreases over time.

During the first few days after receiving the port, it will be important to avoid any heavy exertion and to follow any special instructions the doctor gives for care of the small incision. Once the incision is healed, you will not have to take any special care of the port and can resume your normal daily activities. The port will require flushing by a health care provider every month or before and after the port is used for medication administration or to withdraw blood for laboratory tests.



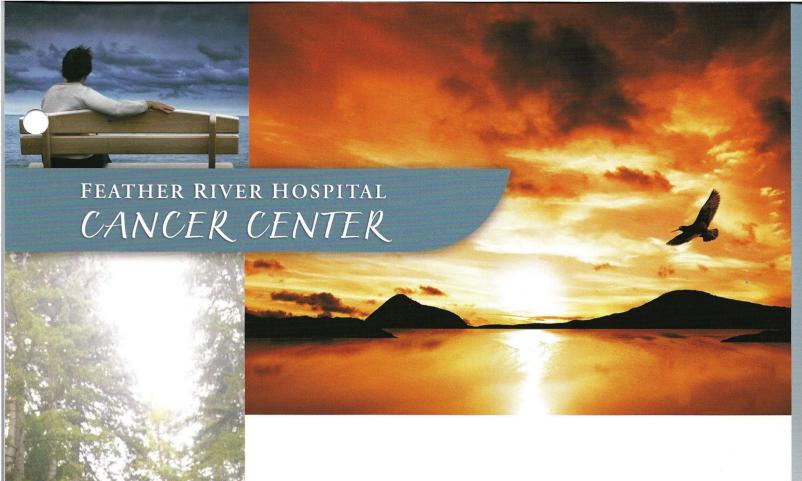


FEATHER RIVER HOSPITAL CANCER CENTER

Important points to remember:

- 1. The port can only be accessed with the special needle used for that purpose. The needle comes in different lengths and sizes. Once the proper length is determined for your port keep a record of that length on your Porta Cath wallet card in case other health care professionals need to access your port.
- 2. Once the small incision over your port has healed you can shower or swim without fear of contaminating your central line.
- 3. If the port is not in use you must make an appointment to have it flushed every month.
- 4. Inform your health care provider if you have any redness, swelling, or drainage from the insertion site. This could be a sign of an infection.





Hope is the thing with feathers that perches in the soul, and sings the tune without the words, and never stops at all.

— EMILY DICKINSON

Adventist Health



FEATHER RIVER HOSPITAL

CANCER CENTER

My Tests:

Test name:	
Date:	
Body area:	
Facility:	
	*
Test name:	
Date:	-
Body area:	
Facility:	
Test name:	
Date:	
Body area:	
Facility:	
	,
Test name:	
Date:	
Body area:	
Facility:	
Test name:	
Date:	
Body area:	
Facility:	
Results:	

More of the My Test Results forms are available at the front desk.



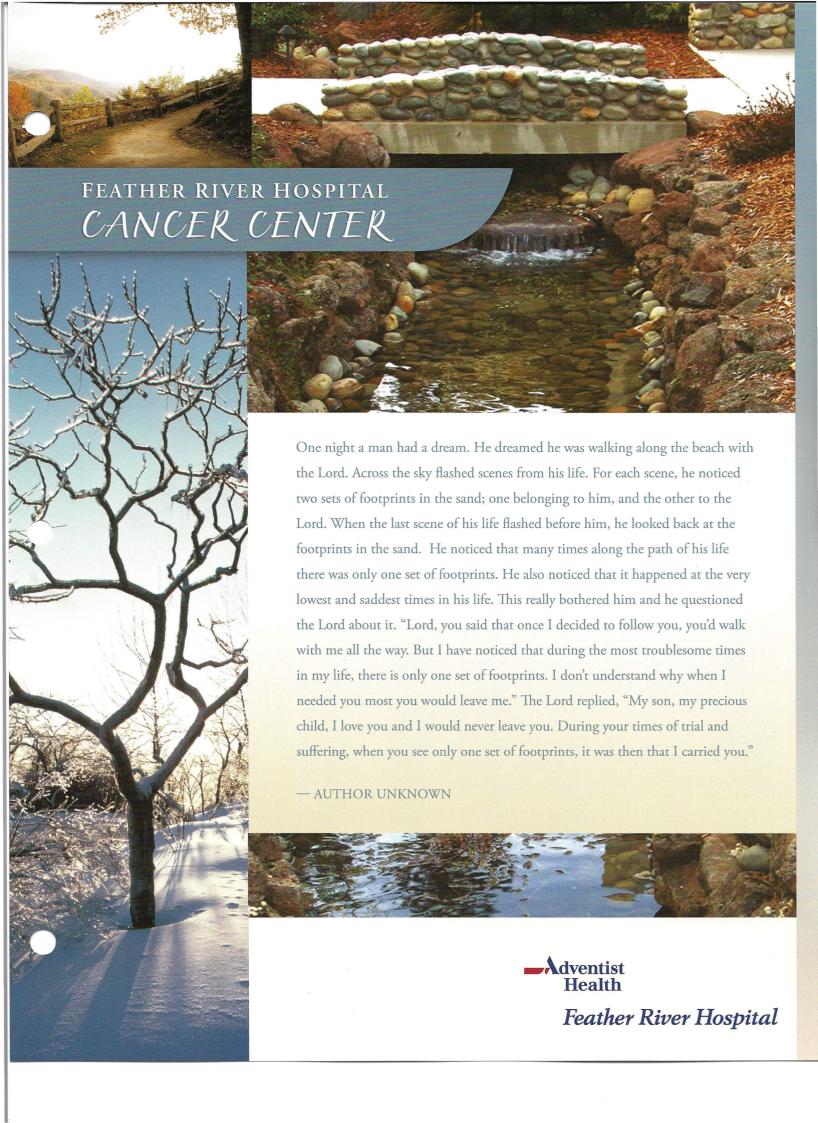
FEATHER RIVER HOSPITAL CANCER CENTER

My Hospitalizations:

Hospital name:
Reason for hospitalization:
Date:
Hospital name:
Reason for hospitalization:
Date:
Hospital name:
Reason for hospitalization:
Date:
Hospital name:
Reason for hospitalization:
Date:
Hospital name:
Reason for hospitalization:
Date:

More of the My Hospitalizations forms are available at the front desk





& Welcome &

The chaplain staff of Feather River Hospital would like to welcome you to our Oncology Center. We look forward to providing you and your loved ones excellent whole person care in a compassionate and supportive environment. Chaplains are prepared to offer a friendly visit, prayer, spiritual reading materials, or assistance with accessing your spiritual support person upon request.

Our office hours are Monday through Thursday, 8:00 a.m. to 4:00 p.m. and Fridays 8:00 a.m. to 12:00 noon. The office phone is 876-7102.

You may dial the hospital operator after office hours to request the chaplain on call. There is a chaplain available 24 hours a day, seven days a week.

We are glad you are here and look forward to the opportunity to meet with you!

... The Lord's compassions fail not.

They are new every morning: great is thy faithfulness.

The Lord is my portion, saith my soul; therefore will I hope in Him.

Lamentations 3:22-24

May God's blessing and peace be with you,

La Freeda Thomas Director, Pastoral Care Services

Adventist

Patient Education Class Calendar Cancer Center Conference Center 5:30-7:00 PM

January 13th Radiation therapy

January 27th Chemotherapy

February 10th Radiation therapy

February 24th Chemotherapy

March 10th Radiation therapy

March 24th Chemotherapy

April 7th Radiation therapy

April 21st Chemotherapy

May 5th Radiation therapy

May 19th Chemotherapy

American Cancer Society

The American Cancer Society has a variety of services available to patients and their families. All of our programs are completely free and they include: patient transportation, gas mileage reimbursement, wigs and breast prosthetics, cancer information booklets, support groups, financial assistance and insurance referrals, as well as extensive resource database to meet any other needs you may have.

Our website www.cancer.org is a wonderful resource of information and the American Cancer Society's National Cancer Information Center (NCIC) at 1.800.ACS.2345 is available 24 hours a day, 7 days a week and is staffed by trained professionals to assist you.



Feather River Hospital
5629 Canyon View Drive
Paradise, CA 95969
Date:

American Cancer Society Patient Referral Form Fax to: 1-800-750-5751

By completing this form, patients will receive information including free programs and services available through, and activities carried on by, your American Cancer Society.

If immediate assistance is needed, we are available 24 hours a day/7 days a week to answer questions about cancer and provide referrals to local resources. Please call 1-800-227-2345 or visit our website at www.cancer.org.

All information will remain confidential. This is not a solicitation or request for donations. All American Cancer Society Information, Programs and Services are FREE of Charge.			
Please check all requested services: Cancer information and organize A call to discuss Information and A call to discuss Transportation Other (please specify)	l Support Servic		ancer below)
* Required information			
* Patient Name:		Birth Date:	
* Daytime Phone: () * OK To Leave Telephone Message? \square Yes \square No			ge? 🗆 Yes 🗆 No
* Address:	197 (80)		2
* City:	* State:		* Zip:
Primary Language:	Race/Ethnicity	:	Sex: □M □F
Type of Cancer:		Diagnosis I	Date:
Type of Insurance: \square Personal \square M*check all that apply \square Employer-provided \square N	ledi-Cal o Insurance	☐ Medicare ☐ Prefer not to an	□ Military/VA nswer
Contact Name: if other than patient)	, - W	Phone: () Contact instead	of Patient? □ Yes □ No
Patient/Guardian Signature:	3	Date:	
Referred by:		Phone: ()	ч
Comments:			
		e:	

Please fax this form or call:

American Cancer Society, Stephanie H. Lane Cancer Resource Network Telephone: 1-800-227-2345 Fax: 1-800-750-5751

The information contained in this facsimile message is confidential. It is intended for the use of the American Cancer Society. If the reader of this message is not the intended recipient, you are hereby notified that any dissemination, distribution or copying of this telecopy is strictly prohibited. Please fax to the American Cancer Society at the above number. Thank you for your cooperation.



Sharing the Journey Support Group

Welcoming all cancer patients, caregivers & family members!

When: Second & Fourth Tuesday of Every Month

Time: 10:00 - 11:30 am

Location: Cancer Center Board Room

For more information call (530) 876-3157

Adventist Health

Feather River Hospital

Brighter Days

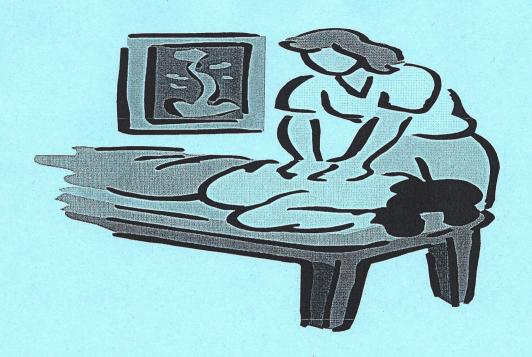
Bringing Hope & Comfort
To those in chemotherapy or radiation
treatment

Personal attention of skin care problems by Dr Donald Richey, MD North Valley Dermatology Center

Participants are provided a skin evaluation and generous size products to help relieve the problems associated with chemotherapy & radiation

1st Wednesday of each month at 1:00 & 2:00 P.M.

Feather River Cancer Center Conference Room Please sign up with Kate at 877-9361 ext 4523



For your benefit we offer Massage Therapy
On
Mondays & Fridays
9 AM to 5 PM

Contact the front desk for available appointments

This service is free for cancer center patients & their families

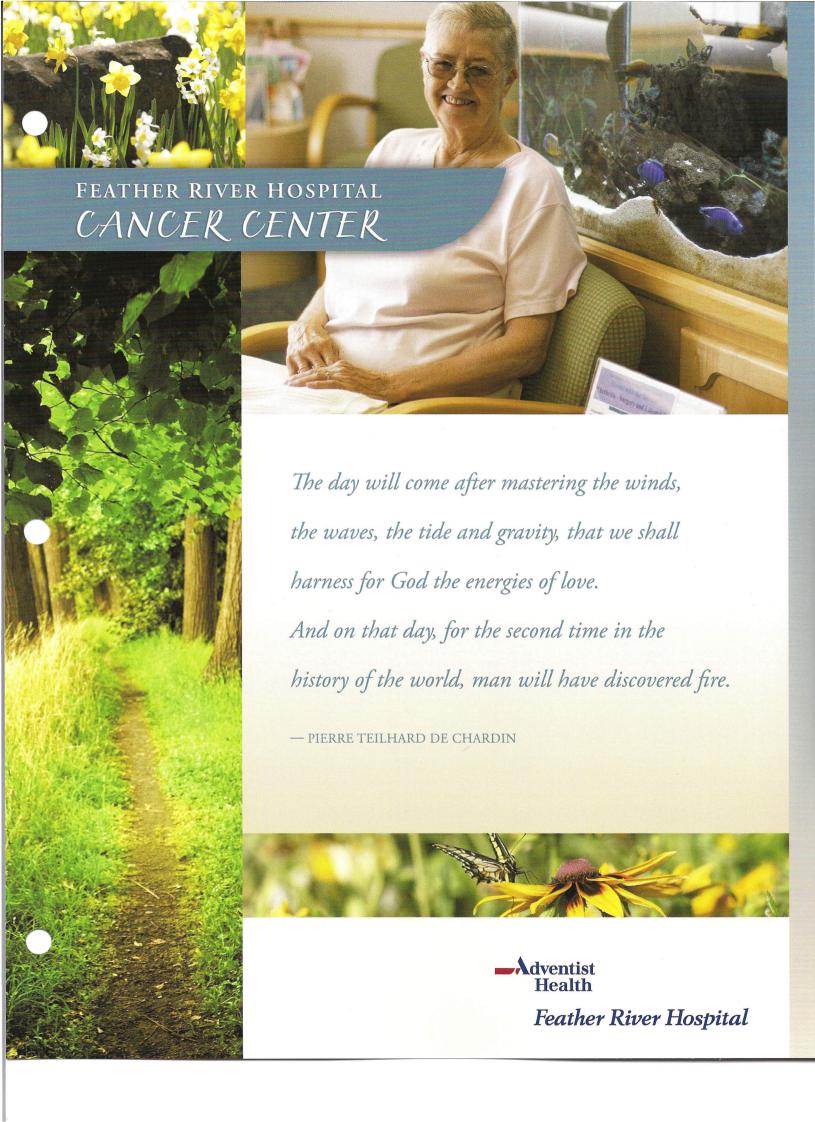
CARING FOR YOU ON YOUR JOURNEY WITH NUTRITION

Good nutrition is an extremely important part of your fight against cancer before, during, and after treatment.

Maintaining adequate nutrition can help in managing symptoms and aid in healing and recovery.

As part of your cancer treatment plan at Feather River Cancer Center, a registered dietitian is available to meet with you to discuss any nutrition concerns or questions you may have.

If you would like to meet with the dietitian, please call Betsy Daniels, MS, RD at 877-9361 Ext.8117.



Journaling is the oldest and most widely practiced form of expressive therapy that individuals can use to express thoughts and feelings. Journaling is known to ease pain, help sort out confusion and strengthen your immune system. Writing can be done individually or in a group, at home, during treatment or in any comfortable place. It gives you a chance to express your most private thoughts and worries in a confidential way, which you may or may not chose to share with others at a later time.			

