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Colorectal Cancer Awareness Month

by Linda Scovern, MPH, RD, LD, PAPHs, Ohio Department of Health,
Comprehensive Cancer Control Program Manager



Located on <https://www.norwalkhospital.org>

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. Cancer is not one disease but many – there are more than 100 different types of cancers. In Ohio, colon and rectum cancers are the second leading cause of cancer death and the fourth in cancer incidence. March is National Colorectal Cancer Awareness Month. This health observance was created in 2000 to increase awareness of the importance of regular screening to save lives and decrease the national burden of colorectal cancer (cancer of the colon or rectum). Colorectal cancer is the second leading cause of cancer-related death in the United States, after lung/bronchus cancer.

The Ohio Partners for Cancer Control (OPCC), the statewide cancer coalition, is dedicated to reducing the burden of



The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) is a coalition of primary care providers, health professionals from the medical neighborhood, insurers, employers, consumer advocates, government officials and public health professionals. They are joining together to create a more effective and efficient model of healthcare delivery in Ohio. That model of care is the Patient-Centered Medical Home (PCMH).

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cancer in Ohio (<http://www.ohiocancerpartners.org>). The coalition includes representatives of organizations and individual members who have cancer prevention and control as a focus of their work. The mission of the OPCC is to create "A Cancer-Free Future for all Ohioans" by stressing a unified fight against cancer through collaboration and use of a comprehensive approach. The OPCC led the development of *Ohio's Comprehensive Cancer Control Plan 2015-2020* (Cancer Plan). The Cancer Plan is a strategic plan to reduce the cancer burden in the state. It is designed to provide guidance to individuals and organizations spanning a wide range of health and social disciplines that can play a role in controlling cancer. One of the key

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Located on <http://www.arizonadigestivehealth.com>

objectives in the Cancer Plan is, "By December 31, 2018, increase the percentage of adults aged 50-75 years who receive a colorectal screening based on the most recent guidelines (blood stool test in the past year, sigmoidoscopy in the past five years plus a fecal occult blood test in the past three years, or a colonoscopy in the past ten years) from baseline 63.5 percent to 80 percent." Embracing the National Colorectal Cancer Roundtable's (NCCRT) 80 percent by 2018 campaign is one of the initiatives selected by the OPCC Colorectal Cancer workgroup. Some specific strategies that can be implemented in the family practice setting are included in the NCCRT 80% by 2018 *Primary Care Physicians, working together to save lives* paper (<http://nccrt.org/resource/primary-care-physicians-advance-80-by-2018/>).

Two of the strategies being implemented by the OPCC to reach the 80 percent by 2018 goal include the FluFIT program, aimed at increasing screening rates among patients frequenting Federally Qualified Health Centers (FQHCs), and promoting and recruiting family practice teams to participate in the Ohio Academy of Family Physicians (OAFP) sponsored Quality Improvement Summit and Team Training Day addressing colorectal cancer screening.

Ohio was also chosen by the Centers for Disease Control and Prevention (CDC) and the National Association of Chronic Disease Directors (NACDD) to attend the *80% By 2018 Technical Assistance Forum* in Atlanta in July 2017. The six-member Ohio team chose to focus on enhancing efforts for colorectal cancer screening with the FQHCs, and is actively involved with the strategies of the OPCC concerning this objective.

Colorectal cancer screening can detect cancer, polyps or abnormal cell growth, which can develop into colorectal cancer. Finding and removing polyps or other areas of abnormal cell growth may be one of the most effective ways to prevent colorectal cancer development. Through the work of the OPCC, the 80 percent by

2018 forum team, and the OAFP Quality Improvement Summit, Ohio is striving to decrease colorectal cancer incidence and subsequently, death rates of colorectal cancer.

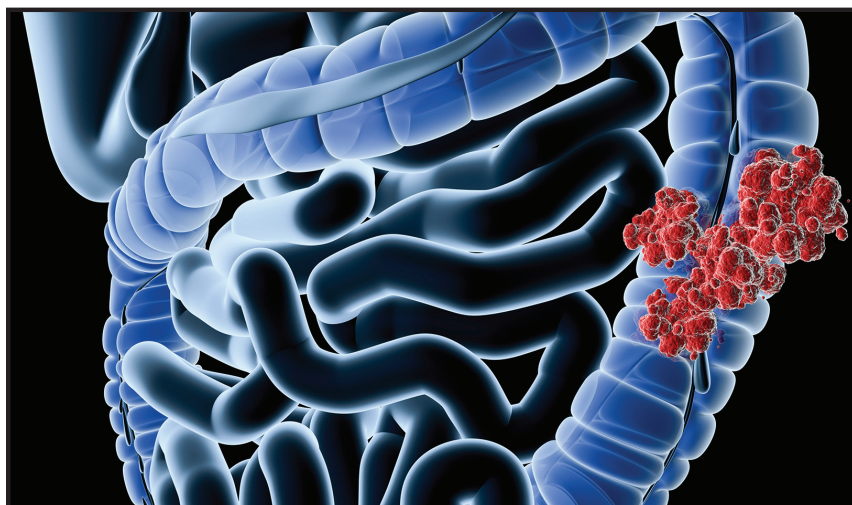
Some data and statistics concerning colorectal cancer for Ohio are listed below. These points are taken from the *Ohio Annual Cancer Report, 2018*. Ohio Department of Health, Office of Health Improvement and Wellness, Columbus, Ohio, February 2018.

- Colon and rectum cancer is the fourth leading cause of cancer incidence in Ohio in 2015 (9.2 percent).
- The rate of new invasive cancer cases in Ohio, 2015 is 42.3 (48.2 for males and 37.6 for females).
- Cancer is the second most common cause of death in Ohio and the United States, accounting for nearly one of every four deaths. Lung and bronchus cancer was the leading cause of cancer deaths at 28.3 percent, followed by colon and rectum cancer at 8.6 percent.
- In Ohio in 2015, 32 percent of colon and rectum cancers were diagnosed at a local stage, and 33 percent were diagnosed at a regional stage. When colon and rectum cancers are diagnosed at a local stage, the five-year relative survival probability is 90 percent. If the cancer has spread regionally to involve nearby organs or lymph nodes at the time of diagnosis, the five-year survival probability drops to 71 percent.

Primary Care Practitioners can be a tremendous asset to help realize the 80 percent by 2018 initiative for colorectal cancer screening. As a trusted health care provider, recommending and referring eligible patients for one of these guideline procedures is one of the most successful actions for increasing screening rates (targets include those over age 50 as well as younger patients who are at risk for the disease). You can be one of the keys to colorectal cancer prevention!

Ohio Cancer Reporting

by Lynn Giljahn, Ohio Department of Health, OCISS Registry Manager



Located on <http://www.ClevelandClinic>

The Ohio Cancer Incidence Surveillance System (OCISS) at the Ohio Department of Health collects and analyzes cancer incidence data on all Ohio residents. OCISS data are widely used by public health professionals, medical researchers and others to determine the burden of cancer in Ohio's communities; to develop, implement and promote cancer prevention and control activities; and to support cancer-related research.

Each physician, dentist, hospital, or person providing diagnostic or treatment services is required by law (Ohio Revised Code 3701.262) to report all newly-diagnosed and/or treated cancers to OCISS. A reportable case is defined as any primary malignant neoplasm, with the exception of basal and squamous cell carcinoma of the skin and carcinoma *in situ* of the cervix. Benign and borderline intracranial and central nervous system tumors are also reportable.

Cases are to be reported within six months of diagnosis. Data to be reported includes patient demographics and information on cancer diagnosis, first course of treatment, and staging. OCISS encourages providers to report monthly. OCISS has developed an abbreviated format for physician reporting of cancer cases which is done online through a secure web interface.

It is important to note that, although all hospitals in Ohio send reports to OCISS on cancer cases diagnosed and/or treated in their facility, hospitals do not typically report cases diagnosed and/or treated solely in a physician's office unless there is a specific agreement in place for them to do so.

A major goal for OCISS is to increase physician reporting of cancer cases that are diagnosed and treated outside the hospital setting. Please contact OCISS at OCISS@odh.ohio.gov or (614)752-2689 to learn more about cancer reporting or visit the OCISS website at <http://www.odh.ohio.gov/health/cancer/ocisshs/reporting1.aspx>. The website also provides information on how to access OCISS data for cancer-related research.

ODH Cancer Publications Update

The Ohio Cancer Incidence Surveillance System (OCISS) at the Ohio Department of Health (ODH) has recently released several reports on its Cancer Data and Statistics website, available at: <http://www.odh.ohio.gov/health/cancer/ocisshs/newrpts1.aspx>.

1. *Ohio Annual Cancer Report, 2018*. This report provides a summary of cancer incidence data for 2015, the most recent and complete year of OCISS data now available to the public, along with cancer mortality data for 2015 and cancer trends for 2006-2015.
2. *County Cancer Profiles*. A new series of county-level profiles was posted to the website featuring 2010-2014 cancer data on incidence, mortality, stage at diagnosis, and associated health behaviors.

Thank you to Ohio's cancer registrars and others reporting cancer cases in Ohio who make these reports possible.



2018 Quality Improvement Summit



The Ohio Academy of Family Physicians is proud to announce a unique opportunity for family medicine practice teams to take part in a quality improvement (QI) summit. Practice teams will meet outside of their normal office setting and discuss the importance of effective and efficient teamwork and its impact on patient care. Teams will have the opportunity to pick one of four topic tracks: Diabetes Prevention & Management; Hypertension Management; Breast & Cervical Cancer Prevention and Early Detection; and Colorectal Cancer Screening Improvement. Teams will hear from expert speakers in their topic track of choice on best practices in screening protocols, up-to-date guidelines, and the importance of QI in patient care and population health as a whole. [Learn more and register.](#)

Five Myths About Colorectal Cancer

Myth: Colorectal cancer is a man's disease.

Truth: Colorectal cancer is almost as common among women as men.

Myth: Colorectal cancer cannot be prevented.

Truth: In many cases, colorectal cancer can be prevented. If it is found early.

Myth: African Americans are not at risk for colorectal cancer.

Truth: African-American men and women are diagnosed with and die from colorectal cancer at higher rates than other US racial or ethnic group.

Myth: Age doesn't matter when it comes to getting colorectal cancer.

Truth: Most colorectal cancers are found in people age 50 and older.

Myth: It's better not to get tested for colorectal cancer because it's deadly anyway.

Truth: Colorectal cancer is often highly treatable. If it's found and treated early.

Webinar: Link Between Gestational Diabetes and Type 2 Diabetes

On Wednesday, April 11, 2018 at 12 p.m., you are invited to participate in a one-hour webinar with Drs. Steven Gabbe and Seuli Bose Brill from The Ohio State University Wexner Medical Center on the long-term risk of developing type 2 diabetes for women following a diagnosis of gestational diabetes (GDM) during pregnancy. This no-cost webinar will include research and best practices for the ongoing testing for type 2 diabetes and communication strategies for treating women with a history of GDM. In addition, the webinar, which is geared toward providers, nurses, and diabetes educators, will highlight resources available for both providers and patients. This presentation is being offered as part of the Ohio Type 2 Diabetes Learning Collaborative, a quality improvement project sponsored by the Ohio Department of Health and the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. Learn more about the project by visiting <http://ohiogdm.com>. Please click [here](#) to register for the webinar or contact Jenni Chichka at Jennifer.chichka@osumc.edu with questions.



Announcements and Upcoming Events OPCPCC Activities and Events

Tue., Mar. 27 at 11 a.m. OPCPCC Center for Provider and Patient Engagement call

Tue., April 24 at 11 a.m. OPCPCC Center for Provider and Patient Engagement call

Tue., May 22 at 12 p.m. OPCPCC Patient Engagement webinar

The 2018 OPCPCC annual conference will be held on Friday, September 14 at the Nationwide and Ohio Farm Bureau 4-H Center in Columbus, Ohio.

March is Colorectal Cancer Awareness Month. Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer. It is the fourth most commonly reported cancer in Ohio (9.2 percent of new cancer cases reported to the Ohio Cancer Incidence Surveillance System). Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older. [Learn more](#)

April is Alcohol Awareness Month. Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. [Learn more](#)

May is National Physical Fitness and Sports Month. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. [Learn more](#)

If you have ideas or would like to contribute an article for an upcoming newsletter, please send your ideas to PCMH@odh.ohio.gov or call Amy Bashforth at (614) 644-9756.

OPCPCC Provider and Patient Engagement Toolbox Updates

The OPCPCC Patient Engagement Toolbox contains a wealth of information and resources to help practices engage patients in their own care. For example, the toolbox includes more than 30 resources related to self-care goals on many topics including depression, sleep, medications, and exercise. You can access these valuable resources through the [OPCPCC Toolbox website](#).

Recent additions to the toolbox include diabetes resources for providers and patients, a short video about LGBTQ cultural competency and the archived OPCPCC patient engagement webinar on the topic of self-care skills for medical professionals. The toolbox is updated monthly by the OPCPCC Center for Provider and Patient Engagement, to ensure that new resources are made available in a timely manner. Users may submit tools for consideration for inclusion in the toolbox. Be sure to visit the [toolbox](#) regularly to access new resources!

OPCPCC Membership

The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) invites you to become a member of OPCPCC and join us in spreading PCMH throughout Ohio. **Membership in OPCPCC is free** and benefits include:

- Notices of conferences and networking opportunities
- Quarterly Newsletters
- Ohio PCMH Weekly updates

Please complete the [on-line membership form](#), to ensure that you will receive updates about OPCPCC and PCMH activities in Ohio. Please call (614) 644-9756 with any questions regarding membership in OPCPCC.