# Your Choice IN CANCER CARE



### **Table of Contents**

From the President and CAO
Mission, Vision, and Values
History of Thompson Cancer Survival Center
Our Response to COVID-19
About Covenant Cancer Network
Our Approach to Patient Care
Multidisciplinary Clinics
Cancer by the Numbers
Radiation Oncology
Navigating the Way – A Nurse Navigation Spotlight
Patient Navigation Statistics
Overcoming Barriers to Care
Navigation by Disease Site
Genetic Counseling
Social Services
Clinical Research
New Technology and Treatment Methods
Building Our Team
Awards and Recognition
Community Service
Meet Our Medical Director of Clinical Research
Physician Highlight
Patient Success Stories



### From the President and CAO

On behalf of the entire Thompson Cancer Survival Center team, I am happy to share with you the 2020 Annual Report. This overview gives a small glimpse of the great work taking place every day throughout our system. In this report, you will see data quantifying the cancer prevalence and care given in the communities we serve. Beyond the numbers, and perhaps more important, we have included some of our patients' stories, spotlighted some of the key members of our team, and highlighted some of our team's recent accomplishments.



Scott Warwick

Thompson Cancer Survival Center is rooted in a legacy of providing the most advanced cancer care available to the people of East Tennessee. While 2020 presented many challenges, including the COVID-19 pandemic, I am proud of the way we adapted, modified, responded, and remained focused on providing excellent patient care.

Throughout the year, Thompson Oncology Group added four full-time medical oncologists and hematologists to the group, bolstering our geographic ability to provide care in our patients' communities. Covenant Health signaled a continued commitment to cutting-edge treatments and technologies by investing in upgrades to our radiation therapy technologies and services. These updates include a new Gamma Knife ICON and six state-of-the-art linear accelerators, upgrading existing equipment. Our reinvigorated clinical research team continues to keep Thompson on the frontier of developing treatments by opening 15 new oncology pharmaceutical trials. Under the leadership of new Clinical Research Medical Director David Chism, MD, Thompson's clinical research team enrolled 52 patients to the COVID-19 Cancer Consortium, as well as 250 patients to the COVID-19 Convalescent Plasma trial. Finally, we added several key members to Thompson's leadership team, ensuring our focused progress continues in the future.

Our staff is committed to prioritizing patients and achieving excellence in every aspect of our daily work – our vision translates into an active mission of service. We recognize that patients have a choice in where they receive their cancer care. We are determined to ensure Thompson remains the first and best choice for cancer care in East Tennessee.

A Harriek

Scott Warwick Chief Administrative Officer Thompson Cancer Survival Center

# Mission, Vision, and Values

### Mission

"To increase the number of cancer survivors in our community through education, screening, research, and the most advanced treatments available."

### Vision

"To be the first and best choice in cancer care throughout East Tennessee."

### Values

"That every patient has been the better for having been cared for by each one of us."

### History of Thompson Cancer Survival Center

#### **Thompson Cancer Survival**

**Center** (TCSC) was founded to bring world-class cancer care to East Tennessee. This vision and the desire of B. Ray Thompson, the benefactor for whom TCSC is named, came from a very personal connection to the people of East Tennessee and, unfortunately, to cancer.

B. Ray Thompson, a native of Scott County, rose from humble economic roots and became a highly successful and prominent businessman. The son of a saw mill operator, he worked his way up in the mining industry from salesman to the presidency of the Garland Coal Company. He left Garland to manage and own coal mines and timber operations in Tennessee, Kentucky and Virginia that employed more than 10,000 people, and he became a benevolent philanthropist to his home region.

Unfortunately, B. Ray Thompson's second wife, Mary Louise Moore, died of cancer in 1953. The Thompsons had the financial means to seek the most advanced cancer care of the time and to receive it, they traveled to Memorial Sloan Kettering in New York. Thompson recognized that many cancer patients in Appalachia could not afford to do the same. This realization led Mr. Thompson to honor his wife with the bequest to the Thompson Cancer Survival Foundation and with the vision that the people of East Tennessee would have access to premier cancer care without leaving the region.

Thompson Cancer Survival Center has brought life-saving cancer technologies to the East Tennessee region since it opened in 1989. In 1990, it pioneered photodynamic therapy for treatment of Barrett's Esophagus with high grade dysplasia. The Fort Sanders Regional Laser Center is now a world-renowned Center of Excellence for treating Barrett's Esophagus. TCSC offers an array of endoscopic treatment options, including endoscopic mucosal resection (EMR), radiofrequency ablation and cryotherapy. It was also one of the first institutions to introduce radiofrequency ablation (RFA) treatment.

Thompson Cancer Survival Center has been home to many other "firsts:"

In 1993, it was the first area facility to offer stereotactic guided core biopsies.

TCSC was the first facility in the United States to offer TomoTherapy, a radiation treatment that uses digital technology to deliver a precise beam of intensitymodulated radiation therapy. More than 25 years ago, TCSC was the first to bring cancer clinical trials to the region. The Thompson Cancer Clinical Research program is now the most active in the region. With a designated medical director and a dedicated staff that includes research coordinators and associates, the program manages over 20 active clinical trials with over 125 patients on trial or in follow-up.

TCSC was the world's first designated training site for respiratory gating, an innovative advancement in radiation oncology treatments for lung cancer.

In 2001, TCSC's west Knoxville location was the first facility in the region and second in the world to have an LSO PET Scanner.

Thompson's outreach services have provided thousands of free or low-cost mammograms, cervical cancer screenings, prostate cancer screenings and cancer education services to medically underserved groups in Knox and 18 surrounding counties.

THOMPSON CANCER SERVER ONE

麚

# Our Response to COVID-19

### At Thompson Cancer Survival Center, our top priority always has been and always will be the safety and wellbeing of our patients. Here are

some things we have done in response to COVID-19 to keep our patients and their family members safe.



incredible team of ambassadors to help us greet and screen people as they arrived at their appointments.

Did you <u>know</u>?

Thompson Cancer Survival Center was among the first to join the COVID-19 Cancer Consortium, a national organization of more than 50 cancer centers whose goal is to understand the effects of COVID-19 on cancer patients.

Telehealth – We offered telehealth appointments for patients to meet with their providers from the comfort of their homes.



Masks – We required our employees and patients to wear masks in order to prevent the spread of Coronavirus and other airborne illnesses.

# About Covenant Cancer Network

### THOMPSON CANCER SURVIVAL CENTER | 2020 ANNUAL REPORT



- Cumberland Medical Center, Fort Sanders Regional Medical Center, Parkwest Medical Center, Methodist Medical Center and Morristown-Hamblen Healthcare System hold accreditations from the American College of Surgeons Commission on Cancer.
- Thompson Comprehensive Breast Center is accredited by the American College of Radiology in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy, and is one of only a few breast centers in Tennessee to be awarded a Breast Imaging Center of Excellence designation.
- Cumberland Medical Center's Radiation Oncology program is accredited by the American College of Radiology.
- ► Thompson Cancer Survival Center's PET Imaging Centers are accredited in positron emission tomography by the American College of Radiology. This accreditation assures patients that their treatment meets the most rigid standards of excellence mandated by the ACR.

### **Our Approach to Patient Care**

### **Cancer Conferences**

When patients are managed according to the principles of multidisciplinary team evaluation, cancer outcomes are better. This process is associated with improved clinical decision making, clinical outcomes, and patient experience. Individual cases are presented at conferences, discussed by various providers and support services, and a collective treatment decision is made to take back and discuss with the patient and family.

TCSC hosts several weekly Multidisciplinary Conferences to evaluate patient management. In addition to the General Tumor Conferences, Thompson holds several disease site specific conferences including:

- Breast Conferences
- Chest Conferences
- Liver Conferences
- Neuro/GammaKnife Conferences
- Rectal Conferences

#### Subspecialty providers involved in conferences:

- Surgical Oncology
- Medical Oncology
- Radiation Oncology
- Radiology
- Pathology
- Pulmonary
- General Surgeons
- · Cardiothoracic Surgeons
- Gastroenterologists
- Neurosurgeons
- Medical Physicists

#### Support Services involved in conferences:

- Nurse Navigators
- Genetic Counselors
- Clinical Research Coordinators

**2,082** patients presented at Multidisciplinary Conferences throughout the system.

#### THOMPSON CANCER SURVIVAL CENTER | 2020 ANNUAL REPORT

### Multidisciplinary Clinics

#### To successfully treat cancers of the breast and chest, a variety of cancer specialists **must collaborate effectively.** We are proud

to offer unique multidisciplinary clinics for our breast and chest cancer patients, which bring the entire team of specialists into a single office visit. That means a communication process that might otherwise take weeks is completed in a single day, allowing treatment to begin more quickly. Prior to the office visit, organized by our nurse navigators, a team of physicians convenes to discuss each case and determines the best treatment option. Following the meeting, each specialist meets individually with the patient to explain treatment choices and answer questions. In most instances, patients will meet with a medical oncologist, a radiation oncologist, a surgeon, and other specialists participating in the treatment plan. The nurse navigator helps patients understand the treatment plan, schedule subsequent care and services, and serves as the patient advocate throughout treatment.

**126** patients seen in multidisciplinary clinics in 2020.

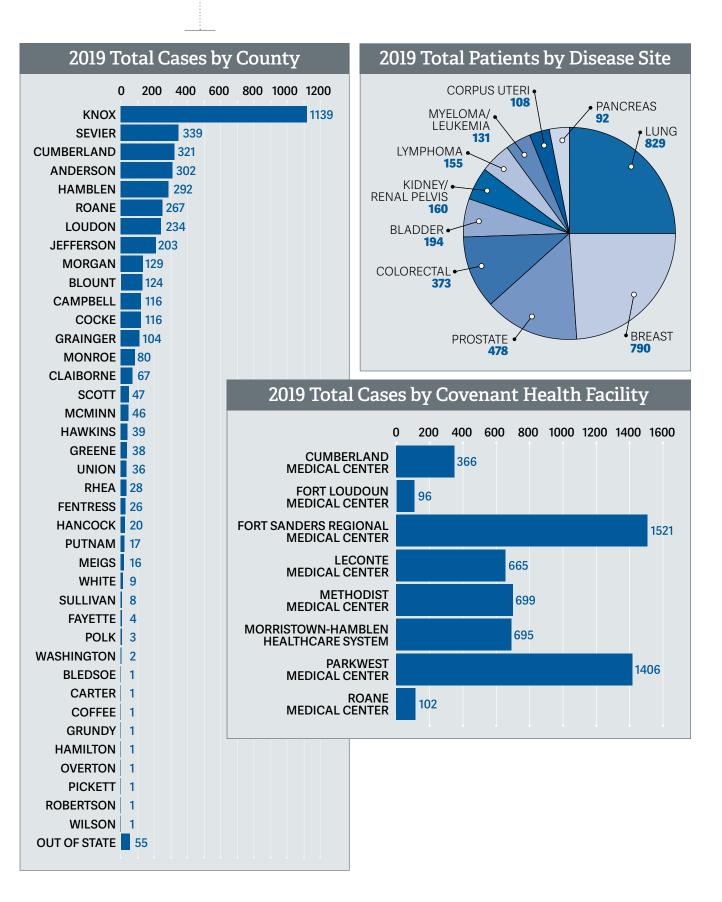
Our multidisciplinary team Includes:

- Medical Oncologist
- Radiation Oncologist
- Surgeon
- Radiologist
- · Pathologist
- Nurse Navigator
- Social Worker
- Nutritionist
- Genetic Counselor
- Clinical Research Coordinator
- Other physicians, depending on cancer diagnosis

TCSC holds weekly Multidisciplinary Breast and Chest linics.



# Cancer by the Numbers



# **Radiation Oncology**

At Thompson Cancer Survival Center, we believe comprehensive cancer care should be available in every community.

Our team of radiation therapy experts uses a multidisciplinary approach with the latest technology and treatment methods to develop a customized treatment plan for each patient.

As part of the Covenant Health network, we have six radiation therapy centers located throughout the region. Each location is equipped with the most advanced technology that can precisely focus radiation on the tumor. As part of our commitment to bringing the latest technology and treatment methods to cancer patients in East Tennesssee, we purchased new Elekta Versa HD Linear Accelerators. Benefits include:

- > Shorter treatment times
- > Enhanced ability to treat extremely small cancerous tumors
- Robotic positioning system to improve treatment accuracy
- > 4D imaging

# **Our Radiation Oncology Physicians**



John Anderson, MD



Grant Clark, MD



Elliot Navo, MD



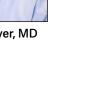
Daniel Scaperoth, MD Natasha Townsend, MD



Joseph Meyer, MD







# Navigating the Way – A Nurse Navigation Spotlight

### Lucy Davis has been a nurse navigator at Thompson Cancer Survival Center since March 2018. She is one of 10

nurse navigators at TCSC and has 70 to 80 patients assigned to her at any given moment. The Thompson Cancer Survival Center Foundation funds the majority of nurse navigator positions throughout the Covenant Health system.

When Davis entered nursing school and performed a clinical rotation in oncology, she knew it's what she wanted to do. "Nurse navigation can be crucial when patients have more than one doctor," said Davis. "Between their medical oncologist, radiation oncologist and surgeon, we coordinate between offices, take notes during appointments, and make sure their procedures and follow-up appointments get

"Miss Lucy reminded me that I wasn't going through it alone. When I had doubts, she had faith."

> – cancer patient Rosetta Carter

on their calendars," she says. "I like to build relationships with my patients," she says. To support them and empower them through their cancer journey is the most rewarding part of my job." For example, Davis tells her patients they can always call her, even if it's just to have someone to talk to. "It's important for us to get them through treatment and keep them encouraged so they don't give up, and to make sure they understand why they're receiving their treatments so they can get back to their lives and have the best chance of survival."

Knoxville resident Rosetta Carter did not know what to do when she was diagnosed with cancer. Carter says she became frozen with fear upon hearing the word "cancer," and her first thoughts were of her 15-year-old twin sons. Because she lost her mother to cancer as a young girl, she did not want her sons to go through the same suffering she endured as a child. Carter was referred to Thompson Cancer Survival Center where she received chemotherapy and radiation for non-Hodgkin lymphoma. The multidisciplinary medical team that oversaw her treatment plan included Davis as Carter's nurse navigator from the onset, and Davis connected Carter with local resources to help meet her specific needs.

"At my first appointment, they introduced me to Miss Lucy. After the tests and the lab work, it was she who explained to me that what I had was curable. I was terrified, but she said, 'you can beat this.' She gave me loving and caring support when I needed it to help me overcome my battle. When I felt ready to give up, she told me to take just one step at a time."

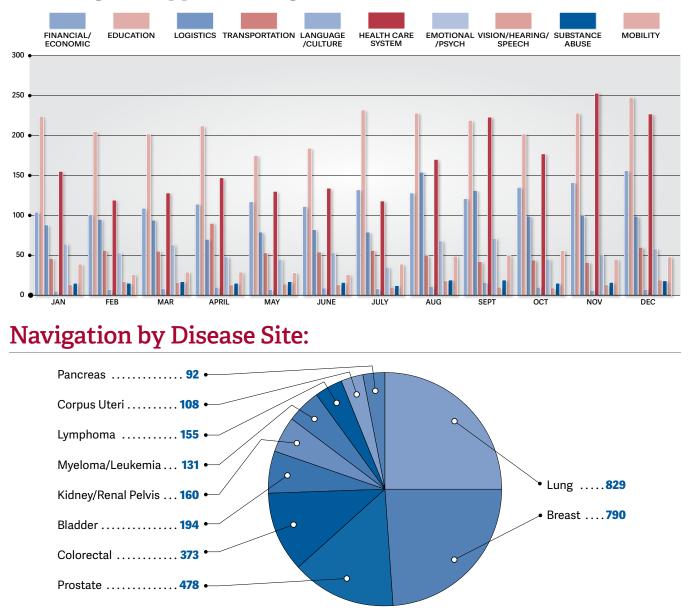
Davis arranged for Carter to have transportation to and from appointments, helped her get wigs when she faced hair loss, and connected her with cancer support groups. "Miss Lucy reminded me that I wasn't going through it alone. I couldn't have gotten through it without her help. When I had doubts, she had faith. Every time I went to treatment, she was there." The words Carter would use to describe Davis are: "Life-saver, spirit-lifter, supporter. If you turn your fear into faith, this battle is not fought alone. The Lord will get you through it."

# **Patient Navigation Statistics:**

Patients Served:1,328
Education Encounters:
Patient Satisfaction Scores:

# **Overcoming Barriers to Care:**

Nurse Navigators help patients manage numerous barriers.



# **Genetic Counseling**

**Genetic testing may help clarify cancer risks** for an individual and his or her family members, as well as allow individuals to make informed decisions about their clinical cancer risk management.

#### Who should consider genetic testing?

Genetic testing is not for everyone. After a family history risk assessment, individuals who have a reasonable likelihood of being genetically predisposed to cancer are offered genetic testing. Prior to testing, individuals will learn the significance and implications of the possible test results to be sure they are making an informed choice about the testing.

### **Nutrition Services**

**Good nutrition helps the body** withstand stress, recover from surgery more quickly, have more energy and stamina, and decrease the risk of infections and other illnesses. It is important for cancer patients to maintain adequate nutrition throughout the course of treatment for optimal performance.

TCSC has registered dietitians on staff to help patients with nutritional needs. They will collaborate with the medical team to optimize nutritional status throughout treatment and recovery. They help patients understand what to eat during treatment and how to cope with nutrition-related side effects.

### **Social Services**

#### Dealing with a cancer diagnosis can be a stressful

**experience.** Thompson's clinical social workers offer helpful information about support groups and community services, and provide general information about coping with cancer. Our social workers help patients better understand and deal with the social, emotional, and financial impact of cancer.

#### Additionally, our social workers can:

- Assist patients with applications for Social Security Disability, SSI, and Medicaid
- Help qualified patients apply for financial assistance through the Thompson Cares Fund
- · Connect patients with transportation resources
- Refer patients to other community agencies

**391** Patients received genetic counseling in 2020.

> 598 New patients

**1,387** Follow-ups

1,618 New patients

4,743 Follow-ups

### 7]

Patients seen for individual counseling with our Licensed Clinical Social Worker in 2020.

# **Clinical Research**

### Clinical trials are research studies designed to discover new ways to treat different cancers, and directly impact the

number of new therapies and treatments available to fight cancer. Today's trials are tomorrow's standard of cancer care. Thompson was the first to bring cancer clinical trials to East Tennessee more than 25 years ago. Our oncologists are certified to participate in clinical trials and work with multiple cancer research groups to bring innovative treatments to East Tennessee. In addition, we partner with pharmaceutical companies to give our patients access to new treatments not otherwise available. We offer clinical trials because they often lead to better ways to diagnose, treat, and prevent cancer, allowing people to live healthier and longer lives.

### Number of Active Patients in Clinical Trials:

14 Active patients on treatment trials

53 COVID-19 Consortium patients

159 Follow-up patients

### New Technology and Treatment Methods

#### New Diagnostics: NETSPOT

Thompson Cancer Survival Center now offers NETSPOT, a new FDA-approved agent, gallium-68 dotatate, used as a Positron Emission Tomography (PET) tracer to better diagnose and treat neuroendocrine tumors. PET imaging using NETSPOT has a major impact on treatment plans for patients with neuroendocrine tumors, and can result in canceling or radically changing surgery, switching to Peptide Receptor Radionuclide Therapy, and switching to nonchemotherapy treatments. PET Imaging using NETSPOT has demonstrated improved lesion detection compared to Octreoscan, MIBG scintigraphy, and MRI. Ga-68 dotatate PET allows detection of 30% more lesions than with Octreoscan. Benefits of Ga-68 dotatate PET/CT include patient convenience with a short time acquisition and lower radiation exposure. NETSPOT may allow for savings through the reductions of healthcare utilization, such as required examinations, hospitalizations, risk associated with biopsy, and misdiagnoses leading to futile surgery.

### Improved Oncology Pharmacy Processes

We began using the B.Braun OnGuard system, which is a membrane-tomembrane technology. The new technology is called a Closed System Transfer Device (CSTD). It is a needleless system that allows us to mix the drugs and administer the drugs while reducing the exposure to the employees.

#### New Linear Accelerator in Oak Ridge

Thompson Cancer Survival Center at Methodist installed a new linear accelerator that added advanced radiation oncology capabilities for treating cancer. The Elekta Versa HD is equipped with a high-resolution beam-shaping device that can safely focus a beam of high-intensity radiation at cancer cells. The Versa HD is specially designed to use imaging to visualize and track the cancer and surrounding normal tissue, which helps minimize the risk of side effects. The system allows the delivery of the most advanced radiation therapy techniques while setting a new standard in patient safety.

> The Elekta Versa HD linear accelerator

OElekto

# **Building Our Team**

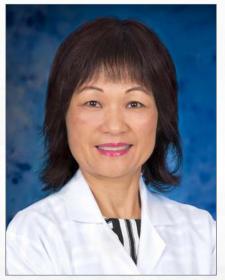
We expanded our team of expert oncologists as part of our strategic plan in 2020. Meet our newest physicians:



David Chism, MD Medical Oncology and Hematology



Michael Magee, MD Medical Oncology and Hematology



Wei Lin, MD Medical Oncology and Hematology



Mailien Rogers, DO Medical Oncology and Hematology

### Awards and Recognition

### **DAISY Awards**

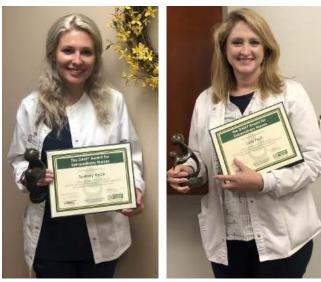
At Thompson Cancer Survival Center and Thompson Oncology Group, we participate in The DAISY Award for Extraordinary Nurses, an



IN MEMORY OF J. PATRICK BARNES

international nurse recognition program that celebrates the extraordinary care and compassion nurses show every day to patients and their families.

Sydney Keck, RN, ONN-CG, from our Downtown Knoxville location and Lora Fout, RN, OCN, from our West Knoxville location both received The DAISY Award in 2020.



Sydney Keck

Lora Fout

### **Rob Sanders Award**

In Recognition of Outstanding Non-Nurse Employees of Thompson Cancer Survival Center

Rob Sanders, a faithful employee of Thompson

Cancer Survival Center for more than 20 years, passed away suddenly in 2018. Rob always went above and beyond to help staff, physicians, and patients in any way he could. No job was too big or too small in Rob's eyes.

Ro

SURVIVAL CENTER

In order to honor his legacy, we created the Rob Sanders Award, which recognizes outstanding non-nurse employees at Thompson Cancer Survival Center who go above and beyond to improve the experience for our patients and their family members. Each Rob Sanders Award honoree is recognized at a ceremony in her/his unit and receives a certificate and a hand-carved award.

In 2020, we had the distinct pleasure of presenting the Rob Sanders Award to Michelle Cannon, medical assistant at our Blount location and Faye Thompson, receptionist at our Downtown Knoxville location.



Michelle Cannon

Faye Thompson

# **Community Service**

As a locally owned non-profit, we are proud to provide excellent cancer care to the communities where we live and work. Our staff is proud to give back to our communities as well. Here are a few examples:

### **Tiny Trees**

Michelle Lanza and Carrie Manning, two staff members at our TCSC - Sevier office, wanted to find a way to spread some Christmas cheer. They created reindeer-themed treat bags to give to our patients. Thank you for going above and beyond to make spirits bright!





### **Building a Wheelchair Ramp**

Sydney Keck, one of our nurse navigators at the Downtown Knoxville location, learned about a newly diagnosed breast cancer patient who was homebound and needed a wheelchair ramp installed so that she could get in and out of her house more easily for treatments. Sydney coordinated with her local church to raise funds, build a ramp, and install it for the patient.

### **Repairing a Wheelchair**

Dennis Freeman, a staff member at our Oak Ridge clinic, noticed that a patient was using a wheelchair with a damaged wheel. After seeing the patient return with it still broken at the next appointment, Dennis took it upon himself to drive to a hardware store to buy supplies to repair the chair. The next time the patient was in treatment, the team fixed the wheel and surprised the patient.



# Meet our **Medical Director** of Clinical Research

### 2020 began with Dr. David Chism joining Thompson Oncology Group and Thompson Cancer

Survival Center as the Medical Director of Clinical Research. Through his leadership and passion for clinical research, he began laying the foundation for growing our research program.

We established research department goals of opening five new clinical trials specifically targeting non-small-cell lung cancer, gastrointestinal, breast, and genitourinary cancers. We were successful in opening eight trials in those areas. Other goals included increasing accrual and hiring a Research Nurse Study Coordinator. We subsequently increased our accrual over the year before and hired two Research Nurse Study Coordinators.

Dr. Chism has been instrumental in solidifying relationships with surgeons from Premier Surgical and East Tennessee Cardiovascular Surgery Group. With their input, we have opened perioperative trials for early stage colorectal and lung cancer that will be important in answering scientific questions surrounding circulating tumor cells (ctDNA).

COVID-19 left an indelible mark on 2020. The clinical research team found themselves working as hard as ever, continuing to open clinical trials and enrolling patients while other research centers across the

country halted all research activities during the pandemic. We opened seven pharmaceutical-sponsored trials, which included a Phase 1b trial - the first ever at TCSC. We also opened three Cooperative Group trials. In April 2020, TCSC joined the COVID-19 Cancer Consortium, becoming the

"I think it's critically important to maintain an expansive clinical trials portfolio. This allows our oncology team to stay equipped with the latest research and science around cancer treatments and gives our patients access to novel treatment methods and modalities." patients to this

73rd cancer center to join this national consortium to collect prospective, granular data on cancer patients infected with COVID-19 to better understand the true impact of this virus on cancer patients. We enrolled 53 consortium in 2020.

In May 2020, the FDA approved the Expanded Access Use of Convalescent Plasma for patients hospitalized with COVID-19. Patients could receive plasma by consenting to participate in the expanded access clinical trial run by Mayo Clinic. The clinical trials department of TCSC was instrumental in opening this trial throughout the Covenant Health system, enrolling and collecting data on 250 patients between May and August 31, 2020. The ability to help patients throughout our community and surrounding counties was a blessing to those involved.

- Dr. David Chism

# **Physician Spotlight**

Thompson Cancer Survival Center's gynecologic oncologists are board-certified and highly specialized to treat cancers affecting the female reproductive system.

Both Dr. Cofer and Dr. Saunders were recognized as Top Docs by CityView Magazine in 2020.



Kenneth Cofer, MD Gynecologic Oncology

Medical School: University of Tennessee College of Medicine

**Residency:** Obstetrics and Gynecology, University of Michigan

> **Fellowship:** Gynecologic Oncology, University of Southern California



Brook Saunders, MD Gynecologic Oncology

Medical School: University of Tennessee College of Medicine

**Residency:** Obstetrics and Gynecology, University of Tennessee College of Medicine

> Fellowship: Gynecologic Oncology, University of Kentucky

### **Patient Success Stories**

At Thompson Cancer Survival Center, we believe our unique ability to provide comprehensive cancer care close to home serves our patients and our communities well. It's always our goal to provide excellent patient care and to be the first and best choice for cancer patients in our region. Join us in celebrating some of our patients' success stories.

#### Jeanne Bishop:

Jeanne Bishop, a retired nurse living in Sevier County, came into LeConte Medical Center for a routine mammogram last November. When the results came back abnormal, she followed up with an ultrasound and biopsy. She underwent a lumpectomy, or removal of the cancerous tumor, from her right breast with Brian Pugh, DO, general surgery specialist at LeConte. It was the day after her 78th birthday.

Three days before her follow-up visit, Bishop suffered a catastrophic fall, causing her to break her nose, both arms and both shoulder bones. She received medical treatment and stayed at an inpatient facility through mid-January.

"We had to postpone radiation from the breast cancer because I couldn't lift my arms," she recalls. "Emotionally, it was rough. I had to keep at it, because my situation, well it just is what it is."

Bishop had a total reverse left shoulder replacement and a closed reduction surgery on her right shoulder. She spent two months in a double sling. Being a woman of steadfast Christian faith, she says, "I have had a lot of prayer from a lot of people."

Bishop began to heal, slowly and steadily, and got by with the help of close family members and home health professionals. She came to Thompson Cancer Survival Center – Sevier under the care of Natasha Townsend, MD, radiation oncologist. Because of her bilateral humerus and shoulder fractures, her radiation treatment was postponed until March. Marsha Lamb, RT(R)(T), is the lead radiation therapist at Thompson Cancer

Survival Center – Sevier who administered Bishop's therapy. She describes how impressed she was at Bishop's strength and determination throughout the process. Lamb describes the process in which a patient will lay on the radiation table with what they call a 'cast,' which she compares to a deflated bean bag. For breast patients, this helps provide support for the arms and ease any discomfort. It also focuses the radiation therapy to administer it in the same spot each day.

Bishop came to Thompson for 20 sessions over five weeks. Lamb and her fellow radiation therapists, Dianne Bartnik, RT(R)(T) and Mandy Grooms, RT(R)(T), take patient care extremely seriously.

Lamb recalls, "It was extremely painful for her to come in each day and have to remain still with her shoulders above her head for the radiation treatment, but she was incredibly strong and pushed through."

Bishop says, "They helped me lift my right arm and made me a form to fit it in, which was angled to get to my chest.

"When I pulled up, they would help me out of the car and get me a wheelchair so I wouldn't have to walk the distance back to the radiation room. They just took excellent care of me." She adds with a laugh, "You don't realize how heavy a portable oxygen tank is until you have two broken arms." "My approach is treat our people like family," Lamb says. "We see our radiation patients every day for two to eight weeks, depending on the situation. So we become on a firstname basis with them. We encourage them and end up building personal relationships."

After completing her treatment, Bishop brought her radiation team a custom-made cake to show her appreciation of the excellent care she received. The icing on the cake read, "Saying thank you is not enough."

Bishop shares, overcome with gratitude, "There is no way I could have had better care."

#### **Gregory Dorsett:**

Gregory Dorsett of Knoxville is a former smoker who knows the value of early detection. His low-dose CT scan found a small-cell cancerous spot on his lung.

"I found out I had cancer when I went for a regular physical. They found it early."

Dorsett's doctor recommended that he join the chest clinic at Thompson Cancer Survival Center. The team at the clinic decided Dorsett qualified for a low-dose CT scan, which detected his lung cancer early.

Small-cell lung cancer is the fastest growing and fastest-spreading type of lung cancer. It is dangerous because it can metastasize rapidly beyond the lungs to other parts of the body.

Dorsett had surgery at Fort Sanders Regional to remove the spots on his lungs. After surgery, he endured five sessions of radiation followed by chemotherapy. "I remember when I started to lose my hair, I went ahead and shaved my head bald," he laughs. He recalls feeling nauseated at times but had no major issues during treatment.

Dorsett is happy with his experience at Fort Sanders Regional Medical Center and Thompson Cancer Survival Center. "They treated me great. My nurse navigator and caseworker were both great.

"When I first started [treatment], I told my family, 'Don't wait until something hurts to get checked out.' Many people in my family have passed away from cancer because it was too late for them to get help." Dorsett has finished treatment and is currently on surveillance. His last scan was in October 2020 and showed good results, with no new evidence of disease. "I feel great," he says. "I go back every three months to be checked out."

PATIENT





ThompsonCancer.com