

CROSS CURRENTS

Summer 1993

A Publication of Holy Cross Hospital

Autologous Bone Marrow Transplant Unit Opens

Ten years ago, the concept of an autologous bone marrow transplant (ABMT) program at a community hospital would have been unimaginable. Such a complex program was meant for university-based hospitals where research and education co-existed. But enhancements in medical education have provided community hospitals with highly trained medical clinicians and nurses, who are more familiar with medications and procedures necessary for treating cancer patients. Better understanding

of infection control principles and standards have also made community hospitals more suitable for specialty procedures. And because of the long waiting lists for ABMT, larger research and teaching facilities are more willing to share treatment protocols and standards with community hospitals.

Holy Cross Hospital will become the only community-based hospital in Maryland to offer ABMT when the first patient is admitted to the program this

summer. Currently, Johns Hopkins Hospital in Baltimore and Georgetown University Medical Center and George Washington University Hospital, both in Washington, DC, offer ABMT services at their university campuses. Fairfax Hospital, a community hospital in Virginia, also offers ABMT.

Autologous bone marrow transplantation -- where the patient is his or her own marrow donor -- is an

ABMT (cont'd on page 2)

What's Inside

3 *President's Column...*

3 *Blood Bank Recognized*

5 *In The News...*

6 *A Giving Community...*



All hospital ancillary and support services will play important roles in the success of the ABMT program. The Blood Bank will coordinate the processing of bone marrow with The Johns Hopkins Hospital. Shown above, technologist Rickie Kennedy is responsible for component preparation, the separating of whole blood into plasma and red blood cells.



Cross Currents

ABMT (cont'd from page 1)

aggressive cancer therapy used to treat resistant malignancies with little chance of long-term remission or cure. ABMT has proven effective in treating hematologic (blood) malignancies such as Hodgkin's, leukemia, lymphoma and myeloma. More recently, ABMT has been used to treat solid tumors such as breast, lung, brain and genitourinary malignancies. Since the patient is his or her own donor, finding compatible marrow isn't necessary, as is the case with allogeneic or syngeneic bone marrow transplants. In an allogeneic bone marrow transplant, the new bone marrow infused must match the genetic makeup of the patient's own marrow as best as possible to avoid graft rejection. Syngeneic bone marrow transplants occur between identical twins.

The need for this type of treatment in Maryland, particularly in Montgomery and Prince George's counties, is obvious. Maryland has the highest incidence of cancer in the United States, and these two counties rank among the highest in the



Shown above, l-r, Dori Clark, LPN, Dianne Sichau, RN, MSN, and Helen Cook, BSN, review operating protocols in one of the new ABMT rooms. The rooms are designed to be more spacious than a normal hospital room because of the extended length of stay for ABMT patients.

state. An ABMT program at Holy Cross Hospital will meet both a community and state need for more specialized cancer therapies. Offering

Holy Cross will become the first community-based hospital in Maryland to offer ABMT ...

this service in a community hospital rather than a university-based hospital makes good economic and medical sense because it's more cost-effective.

It's also beneficial for the patient to undergo this highly sophisticated and complicated treatment in an environment that's less restrictive and more familiar than a university setting.

Oncologist Ralph Boccia, who first proposed the concept of ABMT at Holy Cross Hospital, is the medical director. "The expansion of ABMT out of the university setting and into community hospitals has only been seen over the past five years," said Dr. Boccia.

ABMT (cont'd on page 4)

Cross Currents is a quarterly newsletter published for the community by Holy Cross Hospital of Silver Spring. Your comments are welcome. Please write to: Holy Cross Hospital, Publications Office, 1500 Forest Glen Road, Silver Spring, Maryland, 20910. For general information on programs and services offered by Holy Cross Hospital, you may call 301/905-0100.

Holy Cross Hospital is the largest acute care facility in Montgomery County with 442 beds. Serving the area since 1963, the hospital offers medical, surgical, obstetric, newborn, pediatric, gynecologic, psychiatric, critical care, emergency, diagnostic, rehabilitative, home care/hospice, and adult day care services. A teaching institution through its affiliations with The George Washington University School of Medicine and Children's National Medical Center, Holy Cross Hospital hosts the largest medical staff in the county.

Holy Cross Hospital is a member of the Holy Cross Health System Corporation, a nationwide system of hospitals and health-care facilities and services sponsored by the Congregation of the Sisters of the Holy Cross with headquarters in South Bend, Indiana.

Board of Trustees

Officers

E. Burns McLindon
Chairman

Sister Joan Carusillo, C.S.C.
Vice Chairman

Charles R. Bailey, Jr.
Secretary/Treasurer

James P. Hamill
President and Chief Executive Officer

Trustees

James Bentley, Ph.D.
Sister Rachel Callahan, C.S.C.

Joseph C. Culyer

Louis G. Galdieri, M.D.

Bernard Heckman, M.D.

Sister Mary Jane Honan, C.S.C.

Sister Gladys Marie Martin, C.S.C.

Sister Patricia Mulvaney, C.S.C.

Holy Cross Hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is a member of the American Hospital Association, the Maryland Hospital Association, the Catholic Health Association, and the Council of Teaching Hospitals of the Association of American Medical Colleges.

Our Mission

Faithful to the Congregation of the Sisters of the Holy Cross, the Holy Cross Health System exists to witness Christ's love through excellence in the delivery of health services motivated by respect for those we serve.

We foster a climate that empowers those who serve with us, while stewarding our human and financial resources.

Holy Cross Hospital, Silver Spring, embodies this mission in an environment of mutual respect, productive teamwork, effective communication, and warm hospitality. A special focus of our ministry is a sensitive response to the needs of the poor.



Blood Bank Selected as Distribution Site

The American Red Cross (ARC) Greater Chesapeake and Potomac Regional Blood Services has selected Holy Cross Hospital's Blood Bank as one of four distribution sites in the Washington-metropolitan area. Additional blood products will be stored in the Blood Bank in excess of Holy Cross Hospital's expected usage. The blood products will be redistributed to other transfusion facilities to fill emergency needs.

The benefit to Holy Cross Hospital is to have readily available blood products for autologous bone marrow transplant (ABMT) patients. The on-hand inventory may vary depending on regional demand, as determined by ARC hospital services directors, local weather conditions, or other influencing factors.

To be selected as an ARC Distribution Site, the Blood Bank must be accredited by, and be in good standing with, the American Association of Blood Banks, and must have properly trained staff available at all times to ship blood products as requested by the American Red Cross.

"This is a mutually beneficial agreement with the American Red Cross, and we are very excited about it," said John Capasso, assistant vice president, clinical services. "The Red Cross will maintain its main distribution site in Baltimore, but this will allow them to provide additional coverage in the area without operating a central location."

President's Column...



Developing specialty programs in health care these days requires extensive evaluation and planning.

Community needs must be determined and similar services in the surrounding communities must be considered. Cost certainly is a factor. When we decided to evaluate the possibility of an autologous bone marrow transplant (ABMT) program at Holy Cross Hospital, we went through each of these steps, and many more.

Identifying the need for such an aggressive treatment for cancer was not difficult because of the high cancer rate in Maryland. Over the past decade, Maryland has had the highest age-adjusted cancer mortality rate for all types of cancer combined with a rating nearly 15 percent higher than the national average. The annual economic cost for cancer

in Maryland was more than \$1.681 billion in 1988.

Holy Cross Hospital is committed to offering cost-effective services that can improve the quality of life for the community. ABMT is just one such program. And while ABMT is a relatively new procedure in community hospitals, it has proven to be very effective. We believe that it will certainly benefit everyone associated with it. Not only can the procedure be performed in a more cost-effective manner, but the patient is treated in a less restrictive and more familiar environment.

With the fine efforts of our employees and physicians and the support of The Johns Hopkins Hospital, Holy Cross Hospital is able to offer this highly specialized program to the community.

James P. Hamill
President

Mark Your Calendars...

Watch for more information about our upcoming community health education seminars, October 12, November 9 and December 1. Light refreshments will be served during these informative discussions. For more information on upcoming topics, call consumer education at 301/905-1215.

Don't miss Holy Cross Hospital's interactive Health Fair, October 2, 1993, 11:00 am to 5:00 pm. Learn about available treatments for diabetes and high blood pressure...listen to a fetal heart beat...and much, much more. For more information, call consumer education at 301/905-1215.



Cross Currents

ABMT (cont'd from page 2)

"University settings have limited capacities and availability, and transplantation is becoming more common. We'll be sharing treatment protocols and data management facilities with Johns Hopkins, and they'll coordinate our marrow processing and marrow storage. This will help us to reduce our costs and allow us to concentrate on treating the patient."

ABMT or "bone marrow salvage," as Dr. Boccia refers to it, is a two-step patient admission process. The initial admission,

resistant cancer cells. This is followed by reinfusion of the previously harvested bone marrow through an intravenous catheter. A successful procedure restores the bone marrow functioning and blood cell production to the patient.

"Contrary to what many people may think," said Dianne Sichau, RN, ABMT program coordinator, "ABMT patients don't have to be in isolation. Infections are normal because the patient's immune system is virtually non-existent when the marrow is first reinfused. The staff must take standard precautions like washing their hands, and patients must wear masks when they leave their room.

psychological status are all very important to increasing the chances of a positive outcome."

Once a patient leaves the hospital to return home their treatment doesn't end. They may require medical and psychological support and physical therapy. Patients must also learn how to care for their catheter, which remains in for approximately six months.

A major component of offering this service is education. "The entire hospital staff and every ABMT patient must understand the situations that may arise during a patient's stay," said Ms. Sichau. "If any complications develop during or after the procedure, our patients can be transferred to one of our critical care areas. The staff in these areas are also familiar with the treatment of ABMT patients. The patients understand what is involved before the process begins."

The cooperation among many hospital departments has been essential in the implementation of the ABMT program at Holy Cross. "Establishing the ABMT program has been a coordinated effort," said hospital president James P. Hamill. "We were fortunate that we could work some design changes into the renovations already taking place within our oncology unit, so we limited construction costs. We have also been blessed with knowledgeable staffs in the ABMT and critical units and in every supporting department. They have put forth the extra effort necessary to begin a new program. The people involved will make this program a success." ■

According to the American Cancer Society, over eight million people alive today have a history of cancer, five million diagnosed five or more years ago. Most of these five million can be considered cured, while others still have evidence of cancer. "Cured" means that a patient has no evidence of disease and has the same life expectancy as a person who never had cancer.

In 1993, approximately 1,170,000 new cancer cases will be diagnosed. Maryland and the District of Columbia have some of the highest mortality rates for cancer in the United States. The mortality rates for Montgomery and Prince George's counties are among the highest in Maryland.

The following rates are provided by the Maryland Department of Health and Mental Hygiene, Division of Health Statistics.

Type of Cancer	Death Rate per 100,000 population		
	Montgomery	Prince George's	Maryland
Breast Cancer	17.2	17.9	16.9
Leukemia	6.1	6.0	5.5
Non-Hodkins Lymphoma	6.5	5.4	5.6
Multiple Myeloma	2.8	3.7	3.3
All Cancers	163.4	193.5	192.8

usually one day, involves the "harvesting" of bone marrow from the patient under anesthesia. Marrow is drawn from the patient's iliac crest -- the back of the hip -- through syringes. This can be an uncomfortable procedure because of the amount of marrow that must be removed and the number of needle sticks. The marrow is then sent to Johns Hopkins where it's filtered, processed and preserved. The second patient admission -- an average of 30 days in duration -- is the treatment phase. The patient is given extremely high doses of chemotherapy and/or radiation in an attempt to eradicate the existing

Over 50 percent of the infections patients develop are from within their own body, and while these infections may be more severe, they're the same infections that anyone could contract."

According to Ms. Sichau, "the success rates for patients undergoing ABMT procedures have increased dramatically over the past few years. In most cases, they're better than 50 percent, depending on the disease being treated."

The process for identifying ABMT patients is very selective. "There are specific criteria we need to consider before a patient can undergo ABMT treatment," said Ms. Sichau. "A patient's age, overall health status and



In the News...



James P. Hamill, president, was appointed chairperson of the Maryland Hospital Association (MHA) Task Force on health care reform. The

task force is the focal point for all MHA-health reform activities, and its responsibilities include developing a framework and specific proposals for comprehensive reform of both the health care financing and delivery systems in Maryland; reviewing and recommending MHA positions on major federal and state health care reform proposals; and, providing guidance to MHA staff and outside consultants.

Eileen Cahill, director, public affairs, was recently elected to the Montgomery County Chamber of

Commerce's board of directors, where she will serve on the executive committee as vice president, community relations. Ms. Cahill also serves on the board of the Corporate Volunteer Council of Montgomery County and is active in the Prince George's Chamber of Commerce.



Elizabeth (Betsey) Hull, vice president, corporate development, was appointed to the organizing board of directors of the Greater Silver

Spring Chamber of Commerce. Ms. Hull is also a member of the economic development committee of the Montgomery County Chamber of Commerce and is active in the Prince George's Chamber of Commerce.

Daytime volunteers are needed to feed patients during mealtime. If you are interested in joining our volunteer team, please call 301/905-1384.



HOLY CROSS
HOSPITAL

Lifeline Special

The equipment is free . . . the service is priceless.

Holy Cross Hospital *Lifeline* offers:

- ☞ 24-hour emergency assistance for people of all ages with medical problems or disabilities
- ☞ low monthly monitoring fee – no equipment charge
- ☞ independence
- ☞ human dignity
- ☞ peace of mind to family
- ☞ 10 years of experience
- ☞ one month monitoring service at no charge (new subscribers only)



For information call 301/905-1850.



A Giving Community...

"A Night of Enchantment" Is Theme for 1993 Ball



James H. Durfee and Dr. and Mrs. Michael Reynolds have agreed to chair the Holy Cross Hospital Celebration Ball, slated for Saturday, November 6, 1993. Mr. Durfee, vice president of Office Movers, Inc., has served as ball chairman twice before and has been president of the Holy Cross Hospital Men's Guild, sponsor of the annual event. Dr. Reynolds is the assistant chief of anesthesiology at Holy Cross and his wife, Mabel, is the press attaché at the Chilean Embassy. Other members of the planning committee include Dr. Bernard Band, A.S. "Migs" Damiani, Eileen Drucker, Jack Reid, Edward G. Sella and Russell Todd. The theme for this year's gala is "A Night of Enchantment."

Shown above, center, James P. Hamill, president, Holy Cross Hospital, accepts a check for \$100,000 from officers of the Men's Guild. They are, l-r, Ernest Palmer, secretary; Joseph O. Zuccaro, third vice president; Edward G. Sella, president; and, Richard Ceccone, second vice president. The Men's Guild of Holy Cross Hospital is a volunteer group that raises money for the benefit of Holy Cross Hospital through special events.

Auxiliary Presents \$190,000 Donation



Ms. E. Veronica (Ve) Meyer, president, Auxiliary of Holy Cross Hospital, presented a check for \$190,000 to hospital president James P. Hamill. The donation represented funds raised predominantly through the hospital Gift Shop and through other auxiliary activities including the annual spring fashion show luncheon.

Ball Kickoff Draws Support



Mrs. Michael (Mabel) Reynolds, left, coordinator for the 1993 Men's Guild Ball, and Ms. Cindi DiBiasi, right, Channel 9 news reporter, cut the cake for guests at the Ball kickoff party held Tuesday, June 22 at Holy Cross Hospital. Ms. DiBiasi served as celebrity emcee for the kickoff and has agreed to serve as emcee for the Ball, which will be held Saturday, November 6, 1993.



Classes, Resources and Support Groups...

For more information or to register for any of the following perinatal classes, call 301/905-BABY.

Classes

Make Way For Baby (\$95.00)

This six-week prepared childbirth class will focus on relaxation and breathing techniques and the coach's role during labor and delivery. Classes meet once per week, Monday, Tuesday, Wednesday or Thursday, 7:30 to 9:30 pm. Saturday sessions are also available.

Childbirth Revisited (\$55.00 per couple)

This three-week refresher series will discuss new advances, help you brush up on your relaxation and breathing skills and allow you to compare notes with other expectant parents. This series meets one day each week on Monday, Tuesday, Wednesday or Thursday, 7:30 to 9:30 pm. Saturday sessions are also available.

Breastfeeding Your Baby (\$25.00)

This two-hour class prepares you for breastfeeding or offers support while you're breastfeeding.

Ahh...It's a Baby! Now what? (\$45.00)

This two-week class provides hands on practice, discusses those important first weeks, and helps you feel relaxed, confident, and ready to enjoy your new baby. Classes meet during the week, 7:00 to 9:30 pm or on Saturdays, 9:30 to 12:00 noon.

Prenatal Exercise -- During Pregnancy (\$50.00) (Doctor's permission required)

This eight-week course focuses on increasing flexibility and muscle tone for the labor and delivery of your baby and is designed for the expectant mother at any stage of her pregnancy. Class meets one weekday evening from 6:00 to 7:00.

Infant CPR (\$25.00 per person)

This three-hour class will help you prepare for infant cardiopulmonary emergencies and accident prevention. Learn exactly what to do when seconds count.

Grandparents-To-Be -- Discussion Group and Tour (\$25.00)

This two-hour discussion group and tour provides information so that you can give support to your children with their new baby and better enjoy your role as a grandparent. The group meets 7:30 to 9:30 pm one weekday evening.

What About Me? A Sibling Class and Tour (\$25.00)

This two-hour class helps siblings take the first step toward becoming big sisters or brothers and includes a tour to acquaint the child with the hospital environment. The class meets one time on Saturday mornings from 9:30 to 11:30 (for 3-5 year olds), and Saturday afternoons from 12:30 to 2:30 (for 6-10 year olds). Your children must be accompanied by an adult.

Movin' Moms Postnatal Exercise (\$50.00)

This eight-week exercise program helps you to bounce back, ready to take care of your new baby. The class is specially designed for you and your baby, six-weeks after delivery, with your doctor's permission.

And Life Goes On -- A Mother's Class (No Fee)

This eight-week series meets one weekday morning from 10:00 - 11:30, and involves informal discussions with other new mothers to help ease your transition to motherhood. Babies are welcome to attend.

Prenatal Tour of Our Birthing Facility (No Fee)

Expectant parents are encouraged to take this complimentary 45-minute tour of Holy Cross Hospital's maternity services. Adults only, please. If you're interested in joining us on a prenatal tour, call 301/905-BABY. Pre-registration is required and tours fill up quickly.

Resources

Adult Day Care

The Adult Day Care Center is accepting applications for new participants. The center provides daytime care for elderly persons and medically-handicapped adults in a nurturing group setting. For more information call 301/905-1878.

Diabetes Education

Classes are offered for persons needing assistance in managing diabetes. The five-week class, recognized by the American Diabetes Association, meets for two hours each week in the evening. For more information, call Gretchen Youssef at Metabolic Services at 301/891-6095.

Smoking Cessation Program

The American Lung Association's (ALA) "Freedom From Smoking" series is offered through Holy Cross Hospital several times during the year. If you would like to register, please call Cynthia at the ALA, 800-445-6016.

Home Care and Hospice

Holy Cross Hospital's Home Care and Hospice programs offer skilled nursing services, social services, home health aides, chaplain services and physical, occupational and speech therapies for our patients. For more information call 301/905-1171.

K.I.S.S. Program

Car seats are available at Holy Cross Hospital as part of the "Kids in Safety Seats" program. Reservations must be made three to six weeks ahead of your due date. For reservations and further information, call 301/905-1183.

TDD Assistance for Hearing Impaired

If you are hearing impaired and need assistance at Holy Cross Hospital, call 301/905-1414.

Support Groups

Bereavement Support for Adults and Children

Holy Cross Hospital offers on-going support groups for adults or children coping with the death of a family member or friend. To register, please call Sister Clarisse Belanger at 301/681-8800. No fee.

Breathing Support Group

Holy Cross Hospital's Breathing Support Group meets monthly to offer educational support for people suffering from Chronic Obstructive Pulmonary Disease. For more information, call 301/905-1248. No fee.

Caregiver's Support Group

Holy Cross Hospital's adult day care center is offering two caregiver support groups. The groups are open to anyone in the community on a drop-in basis. For more information call 301/905-1878. No fee.

Look Good Feel Better

The American Cancer Society offers make-overs for women with skin changes and hair loss from chemotherapy. Join this free make-over session, which is held the last Wednesday of each month at Holy Cross Hospital. Registration is requested. Call Consumer Education at 301/905-1215 to sign up.

Speakers Bureau

Over 250 health-related topics are available from the Holy Cross Hospital speakers bureau as a free community service. Call Consumer Education at 301/905-1215 for more information.



We've Got Connections All Over Town.

Now You Do Too!



Looking for a doctor in your neighborhood?
Need a stop smoking clinic close to your office?
Whatever your health needs... call CROSS CONNECT for the most important, up-to-date information on area health programs and physicians.

Call CROSS CONNECT and you're calling Holy Cross Hospital's 25 years experience serving the community.

CROSS CONNECT... your healthy connection all over town.

For information on the area's most comprehensive doctor referral service and health promotion programs call.... **905-1214**

with 
**CROSS
CONNECT**
THE FREE PHYSICIAN AND HEALTH
REFERRAL NETWORK AT HOLY CROSS



HOLY CROSS HOSPITAL

1500 Forest Glen Road, Silver Spring, MD 20910

Holy Cross Hospital General Information
905-0100



HOLY CROSS HOSPITAL

1500 Forest Glen Road, Silver Spring, MD 20910

Cross Currents is produced
by the Publications Department
of Holy Cross Hospital of Silver Spring.

E. Burns McLindon
Chairman of the Board

James P. Hamill
President

Ken Frager
Manager, Communications

Dan Berger
Photographer