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PROGRAM OVERVIEW

Cancer rehabilitation is a multi-disciplinary approach to cancer care! It provides physical (physical therapy), psychological (behavioral health), vocational (occupational therapy), speech (speech/language pathologist), and nutritional (licensed dietitian) therapies to people diagnosed with cancer.

Cancer rehab is available prior, during and after treatment. Cancer rehab can benefit the patient by improving physical strength and endurance, psychological assistance in dealing with a cancer diagnosis and associated anxiety and depression, treatment and prevention of lymphedema, nutritional support and assistance with speech or swallowing difficulties associated with the disease and/or treatment. A cancer navigator is available throughout your treatment to frequently reassess the cancer patient's needs throughout the treatment and after treatment.

Fillmore County Hospital is excited to offer these comprehensive services close to home!

MISSION STATEMENT

Our mission is to provide a compassionate collaboration of physical, behavioral, occupational, and nutritional services to ensure that each patient achieves optimal strength and endurance, improving their quality of life, while recovering from cancer.

VISION STATEMENT

To provide services before, during, and after cancer treatment close to home, in one location.

Patient Advocate

Our patient advocate will be your “go to” person to help you find what you need. We understand this is a difficult time for patients as well as their families. Sue Keenan, our Patient Advocate is a trusted supporter you can reach out to for any question or need you may have. Sue will answer your questions and help coordinate services to make sure your needs are met. Her services include but are not limited; making appointments, questions about services, HOPE Cancer Rehab funding, and further resources.



Sue Keenan
Patient Advocate

CONTACT

p. (402) 759-4924 Ext. 500
e. skeen@myfch.org

Patient Experience Liaison

To ensure that you have the highest quality of care and best experience possible, your Patient Liaison, John Steider, is available to assist you.

John can assist you and your family with any feedback about our staff or facility, ongoing communication with staff, service items such as luggage, games, beverages, or other quality services.

Fillmore County Hospital is dedicated to making sure all of our patients receive excellent care in all areas of their stay. Please don't hesitate reaching out to John with any request.



John Steider
Patient Experience Liaison

CONTACT

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Clinical Navigators

Our Clinical Navigators offer individual assistance to patients, families, and caregivers to help receive the best care and treatment during and after patient's treatment. They will meet with patients frequently to reassess their needs from diagnosis to post treatment recovery. Each patient is different and everyone's needs are different. These needs may change throughout the course of treatment and recovery. Their role is to be the one "go to" person for all of patients clinical questions and concerns. We want to simplify the treatment process, by providing ONE person to help address your needs and concerns.



Jody Degenhardt RN, BSN
Clinical Navigator

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Heather Probasco MOT, OTR/L
Clinical Navigator

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Julia Bruns RN
Clinical Navigator

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PARTNERING WITH:



12 Week Course for Patients and Caregivers.

A Time to Heal (ATTH) offers innovative wellness recovery programs and ongoing support for cancer survivors and family caregivers, helping them regain physical and psychological strength. The programs assist people who have just finished cancer treatment; whose cancer has reoccurred, or who have chronic or metastatic cancer.

Programs are research-based, using proven strategies that enhance nutrition, exercise, relationships and emotional strength. This mind-body-spirit model empowers participants to make personal choices that enable them to live well, with or after cancer.

Overview: Topics

- 1. Building Resilience - The Skills of Survivors**
- 2. The Power of the Mind**
- 3. Advocating for Me - Building My Survivorship Plan**
- 4. Comforting Myself**
- 5. Moving Forward in the Face of Fear**
- 6. Refuel for Health and Energy**
- 7. May the Circle Be Unbroken**
- 8. Renewing My Body, Regaining My Strength**
- 9. Rebuilding My Core**
- 10. Adventures and Misadventures in the Supplement Jungle**
- 11. Where Am I Going Now?**
- 12. Happiness Is...**

Sessions are held weekly at Geneva Public Library's large meeting room. Sessions last approximately 90 minutes. Spouses, significant others, and/or caretakers are encouraged to attend.

For upcoming course dates or to sign up, please call Sue Keenan at (402) 759-4924 Ext. 500.

PHYSICAL THERAPY SERVICES

Physical therapists are trained and educated to understand all of your health conditions, including a cancer diagnosis. Your physical therapist will work with you to develop a specialized treatment program to address your specific needs and goals.

The American Cancer Society recommends people undergoing cancer treatment, and cancer survivors, perform consistent physical exercise to decrease fatigue, and improve the ability to perform normal daily activities. Studies show that exercise can improve an individual's chances of surviving cancer. Physical therapists can design individualized exercise and treatment programs to reduce or prevent many cancer-related problems.

Physical therapists help people diagnosed with cancer before and after surgery. Before surgery, they evaluate individuals for any of the problems listed above, and help address them. After surgery, they can help with the healing of the incision site, improve circulation, reduce pain, and minimize scarring. They evaluate individuals for any physical therapy treatment needs, and, by designing individualized treatment programs, help them recover and heal faster than they would on their own.

Your physical therapist may work with you to improve your:

Comfort and well-being Cancer and cancer treatments can cause symptoms such as pain, burning sensations, numbness, tingling (neuropathy), cramps, spasms, and weakness.

Aerobic capacity Cancer or cancer treatment may have decreased your ability to process oxygen (aerobic capacity), causing fatigue.

Bone density Lack of activity and certain cancer treatments can cause weakening of your bones, which could lead to bone fractures.

Surgical incisions Your physical therapist can help you care for any surgical incisions and sutured areas, by checking for infections and assisting with dressing changes.

Daily activities Your physical therapist will discuss activity goals with you and use them to design your treatment program.

Walking Your physical therapist will help improve your ability to walk using techniques such as strengthening exercises, walking training, and balance activities.

Motion Your physical therapist will choose specific activities and treatments to help restore normal movement in any stiff joints.

Strength If your physical therapists find any weak or injured muscles, the physical therapist will choose, and teach you, the correct exercises to steadily restore your strength and agility.

Balance Your physical therapist will examine your balance, and choose specific exercises that you can perform in the clinic and at home to improve your balance and prevent falls.

Home program Your physical therapist will teach you strengthening, stretching, and pain reduction exercise to perform at home.



Bryan Felker, PT
Physical Therapist

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OCCUPATIONAL THERAPY SERVICES

Occupational therapy works with individuals to help them live their life to the fullest each day after a cancer diagnosis. This is accomplished through increasing function, decreasing weakness and fatigue, lymphedema management, and home modifications to maximize safety and independence. Our goal is to help individuals successfully participate in everyday activities and maintain or improve quality of life throughout the continuum of cancer care.

Cancer treatment can cause interruptions in daily routines affecting how individuals perform their self-care, work, leisure, or social activities. Some examples include: experiencing difficulty with self-care activities such as bathing or dressing, difficulty performing essential job functions such as lifting, carrying, or having the mental or physical endurance to work full time. Some individuals with cancer may experience difficulties with leisure activities such as traveling, gardening, or exercising while others may experience difficulty socializing with friends and family. Individuals with cancer may experience these difficulties as a result of the disease or from the effects of its treatment. Common side effects of cancer or its treatment include fatigue, pain, weakness, cognitive difficulties, anxiety or depression, and changes in self-esteem or self-image.

Occupational therapy practitioners address these effects through intervention aimed at restoring function such as developing home exercise programs to improve strength and mobility; modifying activities such as teaching individuals ways to conserve energy during important everyday activities; or modifying environments such as the workplace, home, or community.



Heather Probasco MOT, OTR/L
Occupational Therapist

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SPEECH THERAPY SERVICES

Research shows that one in four people with cancer reports attention and memory difficulties after chemotherapy. This is sometimes referred to as "chemo brain". Speech and language therapists work with cancer patients to improve communication and cognition that has been hampered by chemo brain.

Speech Therapists provide a full range of exercises, skills, strategies, and solutions for getting around the cognitive problems caused by chemo brain and cancer while their brains and bodies heal and recover. Signs and symptoms of chemo brain may include the following:

- Being unusually disorganized
- Confusion
- Difficulty concentrating
- Difficulty finding the right word
- Difficulty learning new skills
- Difficulty multitasking
- Fatigue
- Feeling of mental foggyiness
- Short attention span
- Short-term memory problems
- Taking longer than usual to complete routine tasks
- Trouble with verbal memory, such as remembering a conversation
- Trouble with visual memory, such as recalling an image or list of words

Managing symptoms is an important part of cancer care and treatment.



Cindy Haggadone MS, CCC-SLP
Speech Pathologist

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BEHAVIORAL HEALTH SERVICES

A mental health therapist will assess the patient for anxiety and depression, which is associated with a cancer diagnosis. A trained therapist will offer individual client-centered therapy sessions to help the patient throughout treatment and their recovery from cancer. The therapist will also help address the thoughts, feelings, physical and emotional changes that the patient will be going through individually, as well as, family sessions for the patient and their supporters as a whole.

Behavioral Health will help facilitate a 12 week support group program designed to help cancer rehab patients to regain physical, emotional, intellectual, psychological, and spiritual strength after undergoing treatment for cancer. During this 12 week program there will be group sharing of information, ideas, psycho-education, exercise and relaxation techniques for coping strategies. There will also be groups offered to the caregivers of the patient as the feelings and physicality can be difficult on the caregiver during the duration of treatment and the recovery process.



Deborah Thimsen-Villa MA, LIMHP
Integrated Health Therapist

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NUTRITION SERVICES

Nutrition is an important part of your cancer treatment. Your nutritional status before diagnosis, during your treatment, and after treatment can make a difference in how well you feel, tolerate treatment, and can be effective in managing side effects of your treatment. Nutrition therapy is the science of using diet and nutrition to impact overall wellness and also for the therapeutic management of diseases.

The dietitian will be available to assess your nutritional status and use interventions as needed to improve your overall well-being through the use of diet counseling, education and promotion of healthy eating as tolerated by the patient. Strategies to prevent or reverse malnutrition will be the primary goal of nutrition therapy.

Good nutrition can help heal the body and maintain lean body mass, improve your immune system in order to fight infections, stay on your treatment schedule, and help you manage side effects from treatment or the cancer itself.

Malnutrition is when your body is not getting enough nutrients to maintain optimal body function or immune function. Depending on the type of cancer, changes in your ability to digest, absorb or metabolize nutrients will affect your appetite, ability to eat and may cause a loss of muscle or unintentional weight loss. According to the National Cancer Institute, 20-40% of cancer patients become malnourished which can lead to more complications and even death. Approximately 80-90% of people with a cancer of the digestive system may become malnourished. Early screening and intervention is important in reducing your risk.

The HOPE Cancer Rehab program will help you to improve your quality of life during your cancer journey.



Miki Loos RD, LMNT
Registered Dietitian

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LYMPHEDEMA SERVICES

What is Lymphedema?

Lymphedema is a very common and serious condition, it occurs if the lymphatic system becomes insufficient and is unable to perform its normal functions. The result is an abnormal accumulation of water and proteins principally in the subcutaneous tissues.

Lymphedema is most commonly present in the extremities. Most patients in the western hemisphere develop lymphedema after surgery and/or radiation therapy for various cancers (breast, uterus, prostate, bladder, lymphoma, melanoma). Lymphedema is serious due to its long-term physical and psychosocial consequences for patients; it continues to progress if left untreated.

How is Lymphedema Treated?

Complete Decongestive Therapy (CDT) is the therapy of choice for most patients suffering from lymphedema. CDT is a non-invasive, multi-component approach to treat lymphedema and related conditions. The goal in lymphedema management is to reduce the swelling and to maintain the reduction. Additional goals are prevention and elimination of infections and the reduction and removal of fibrotic tissues. CDT with its four components Manual Lymph Drainage (MLD), compression therapy, decongestive exercises and skin care, is designed to achieve this goal.

CDT is applied in two phases. In phase one (intensive phase), the patient is treated by a skilled and specially trained therapist on a daily basis until the swollen extremity is reduced to a normal or near normal size. The end of phase one is determined by the results of circumferential or volumetric measurements on the affected extremity. Depending on the stage of lymphedema, the involved extremity or body part may have reached a normal size at the end of the intensive phase, or there may still be a circumferential difference between the involved and the uninvolved limb. If treatment is initiated in the early stage of lymphedema (stage one), which is characterized by a soft tissue consistency without any fibrotic alterations, limb reduction can be expected to a normal size (compared to the uninvolved limb). If intervention starts in the later stages of lymphedema (stages two and three), where lymphostatic fibrosis in the subcutaneous tissues is present, the edematous fluid will recede, and fibrotic areas may soften. However, in most cases the hardened tissue will not completely regress during the intensive phase of CDT. Reduction in fibrotic tissue is a slow process, which can take several months or longer and is achieved mainly in the second phase of CDT.

In the second phase of CDT (self-management phase), the patient assumes responsibility for managing, improving and maintaining the results achieved in the first phase. To reverse the symptoms associated with later stages of lymphedema, good patient compliance is indispensable. Compression garments have to be worn daily and bandages have to be applied during the night. This self-management phase is a lifelong process and includes self- Manual Lymph Drainage, self-bandaging (during the night) and decongestive exercises; regular checkups with the physician and the lymphedema therapist are necessary.



Tara Voss OTD, OTR/L

Lymphedema Certified, Occupational Therapist

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OTHER SERVICES AVAILABLE

Personal Training

Exercise can play a significant role in combating the negative effects of cancer and cancer treatments and improving quality of life during and following clinical treatment for cancer. Beyond the value of reducing the recurrence of disease, exercise helps cancer patients maintain muscle mass and bone health, improve sleep, improve digestion, and manage stress.

Following the completion of your HOPE Cancer Rehab Program, you will have the opportunity to work with a Certified Personal Trainer to help transition you to an exercise routine that is safe and appropriate for you. With the close guidance from your physician and physical therapist, exercise programs will be individualized to meet the needs of each patient.

Rather than being the end result, the value is in the consistency, the support, the recovery, and the process of getting connected to a stronger body.



Jenni Hoarty BS, CPT
Certified Personal Trainer

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Cardiac Services

Chemo has too many side effects on our body. Some cancer treatments can affect our heart, damaging the vessels and possibly causing heart failure. For patients affected, adding Cardiac Rehab to their treatment plan can help strengthen a weakened heart and combat the side effects associated with heart failure. If diagnosed by an echocardiogram, patients who qualify have an Ejection Fraction (EF) of 35% or less. Ask your doctor if you qualify.



Jill Hammer RN
Cardiopulmonary Manager

CONTACT

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From the moment of diagnosis through end of life, Project Pink'd, Inc. provides tools, resources and a strong network to strengthen and renew the mind, body and spirit of breast cancer survivors in Nebraska and Western Iowa.

Helping Hand Program

This program provides breast cancer survivors going through treatment with financial assistance. We provide online secure portal access to the social worker, nurse navigator or healthcare professional and a form is submitted with receipts and our committee approves and pays the applicable bills. (We have a limit of \$1000 annually for a breast cancer survivor).
<https://projectpinkd.org/what-we-do/helping-hand.html>

Healing Heart Survivor Kits

We have kits for each modality of treatment (chemotherapy, surgery and radiation) and deliver them directly to the healthcare agency or ship directly to the survivor.
<https://projectpinkd.org/what-we-do/healing-hearts.html>.

Jars of Hope

These are beautifully decorated jars that have 31 messages for a breast cancer survivor. It's 31 days of Hope in a Jar. We deliver these directly to the healthcare agency or ship directly to the survivor.

Straight Talk

This is a program where we bring the professional directly to the patient. Videos are archived and can be watched at anytime.
<https://projecpinkd.org/what-we-do/pinkd-renewal/straight-talk-ask-the-expert.html>

FUNDING

We understand having a cancer diagnosis can be a difficult transition for you and your family. To lessen the financial burden on you and your loved ones we have funding available. Fillmore County Hospital Tumor Tackler's was started in 2008 and since raised over \$100,000. Tumor Tackler's consists of volunteer hospital employees that hold annual fundraisers.

Funding Guidelines

Up to \$500 per Hope Cancer Rehab patient annually

Eligible items for consideration includes but is not limited to:

Non-covered medical necessities (ie: Lymphedema sleeves, walker, etc.)

Dietary supplements

Travel expenses related to FCH services

Cosmetic items (ie: wigs, scarves, etc.)

How To Apply for Funding

Complete the Funding Request Form on page 14

Return the completed request form to Sue Keenan, Patient Advocate

Your request will be reviewed by our Hope Cancer Rehab Funding Committee

Please allow up to 2 weeks for request processing

You will be notified on your funding request status via your preferred contact method designated on your application

How to Use Available Funding

Upon approval for funding you will be required to fill out an expense voucher for items. This voucher can be found on page 14. We do NOT guarantee reimbursement or funding for all items so we encourage you to submit the voucher for pre-approval.

***For further questions on funding, please call Sue Keenan at (402) 759-4924 Ext. 500**

FUNDING REQUEST FORM

Date:		
Patient Name:	Date of Birth:	
Home Address:	County:	
City:	State:	Zip:
Primary Phone:	Please Circle: Home or Cell	
May we leave a message? Yes or No		
Primary Email:		
Preferred Contact Method:	Best time to reach you:	
Date of Cancer Diagnosis:		
Type of Cancer:		
Household Size (including yourself):		
Please explain any financial hardship your cancer diagnosis has caused you.		
Additional Comments:		

Requested Service *Please check all that apply*

☐ Non-covered medical necessity

☐ Lymphedema Sleeve

☐ Walker

☐ Other:

☐ Dietary Supplements

☐ Travel Expenses Related to FCH Services

Please explain: _____

☐ Cosmetic Item

☐ Wig

☐ Scarf

☐ Other:

☐ Other: _____

Staff Signature: _____

Patient Signature: _____

MEDICATION LIST

Name:

Family Doctor:

Medication Name/Dosage	Instructions	Reason for Therapy	Duration
What is the name of your medication? What is the dosage?	When and how do you take this medication?	Why are you taking this medication?	How long have you been taking this medication?

MEDICATION LIST

Name:

Family Doctor:

Medication Name/Dosage	Instructions	Reason for Therapy	Duration
What is the name of your medication? What is the dosage?	When and how do you take this medication?	Why are you taking this medication?	How long have you been taking this medication?

VOLUNTEER SERVICES

We are always looking for volunteers to help. Our hope is to grow as a community and provide support for those affected by cancer. You can get involved as a volunteer in many ways but a few examples include:

Transportation

Providing Meals

Donating Gas Cards

Assisting with Errands

Our volunteer program is lead by our head volunteer, Pat Gewecke. When a patient is in need of a service they should contact Pat and from there she will get in contact with the volunteer group to match a volunteer to the service requested.

Pat Gewecke

Head Volunteer

CONTACT

p. (402) 759-4061

or (402) 759-1336

If you or someone you know would like to become a volunteer please contact Sue Keenan at (402) 759-4924 Ext 500 or Pat Gewecke at (402) 759-4061.

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