



Patient Guidebook

All-in-one resource for
patients and families



Saint Alphonsus

A Member of Trinity Health

Saint Alphonsus Cancer Institute
1055 N. Curtis Rd., Boise, ID 83706

Boise: (208) 367-3131

Caldwell: (208) 367-3131

Nampa: (208) 367-3131

Ontario: (541) 881-2310

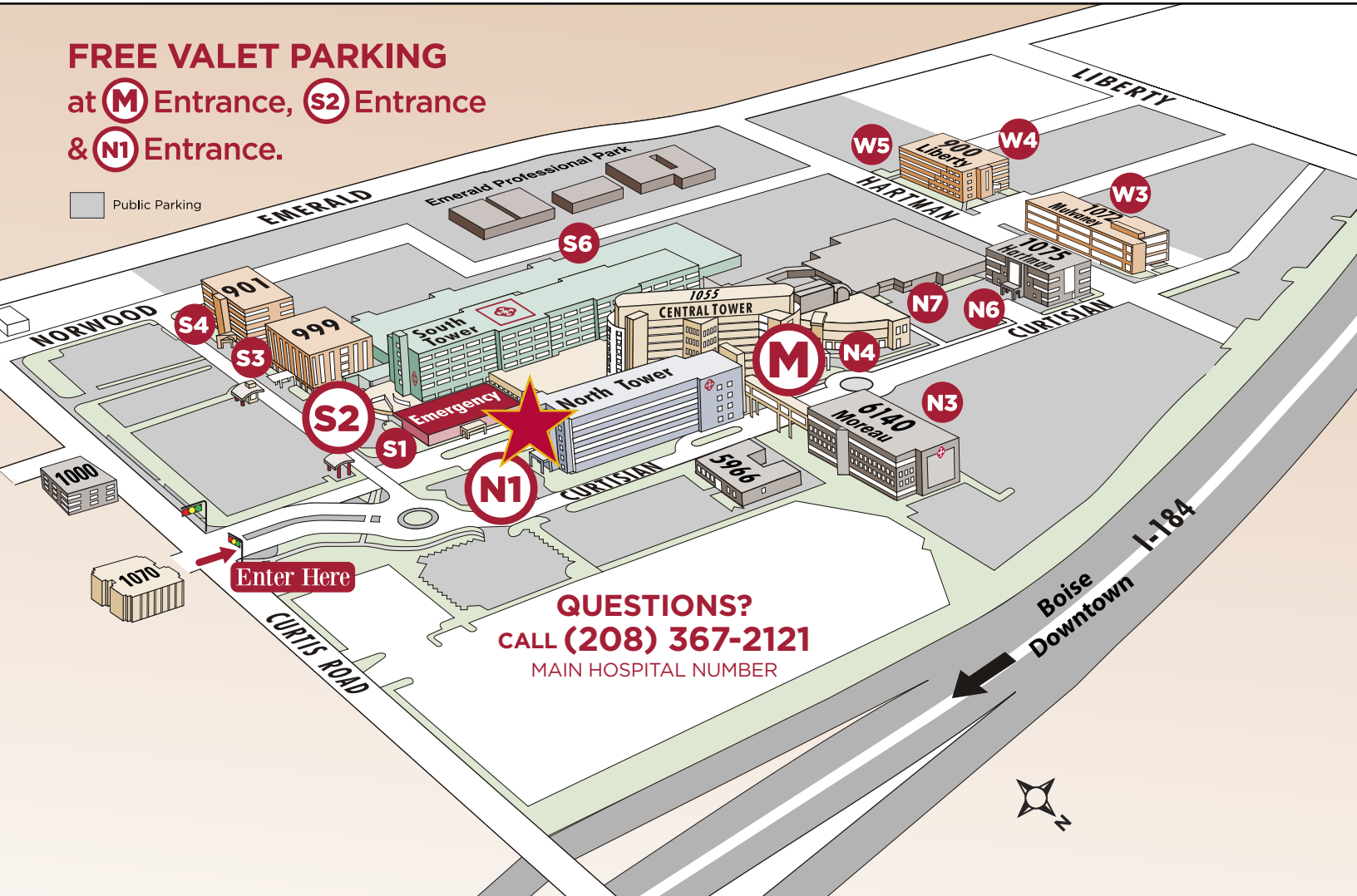
SaintAlphonsus.org

A Member of OHSU Knight Cancer Network

BOISE CAMPUS MAP

FREE VALET PARKING
at **(M)** Entrance, **(S2)** Entrance
& **(N1)** Entrance.

Public Parking



QUESTIONS?
CALL (208) 367-2121
MAIN HOSPITAL NUMBER

PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION:

- ALL VISITORS who want to access patient rooms, please enter at the **(M)** Main Entrance located in the Central Tower.
- FREE VALET PARKING is available at:
(M) Main Entrance **(N1)** S2 Entrance,
and **(N1)** N1 Entrance.

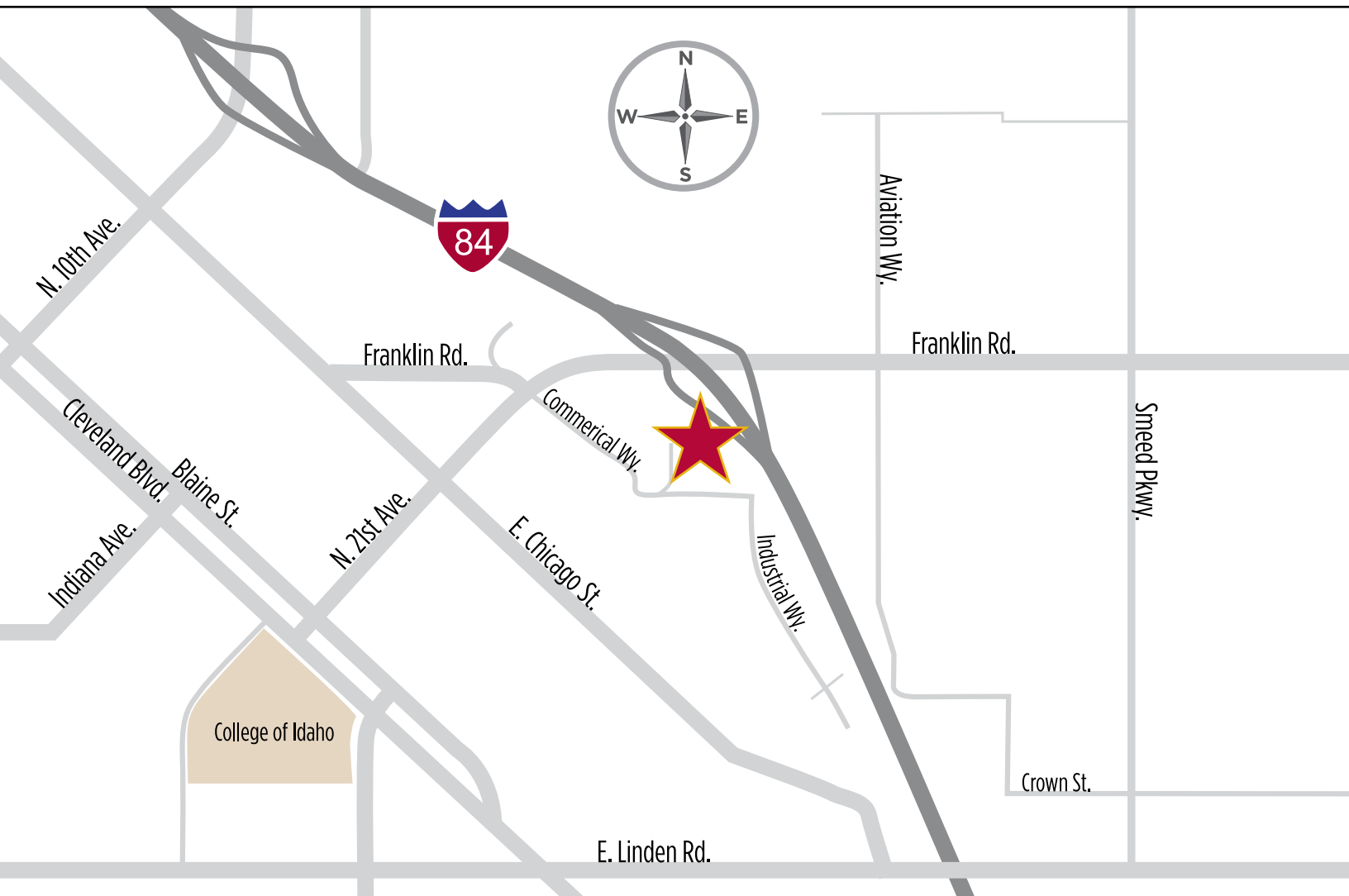


Saint Alphonsus
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1055 N. Curtis Road
Boise, ID 83706

SaintAlphonsus.org

CALDWELL MAP



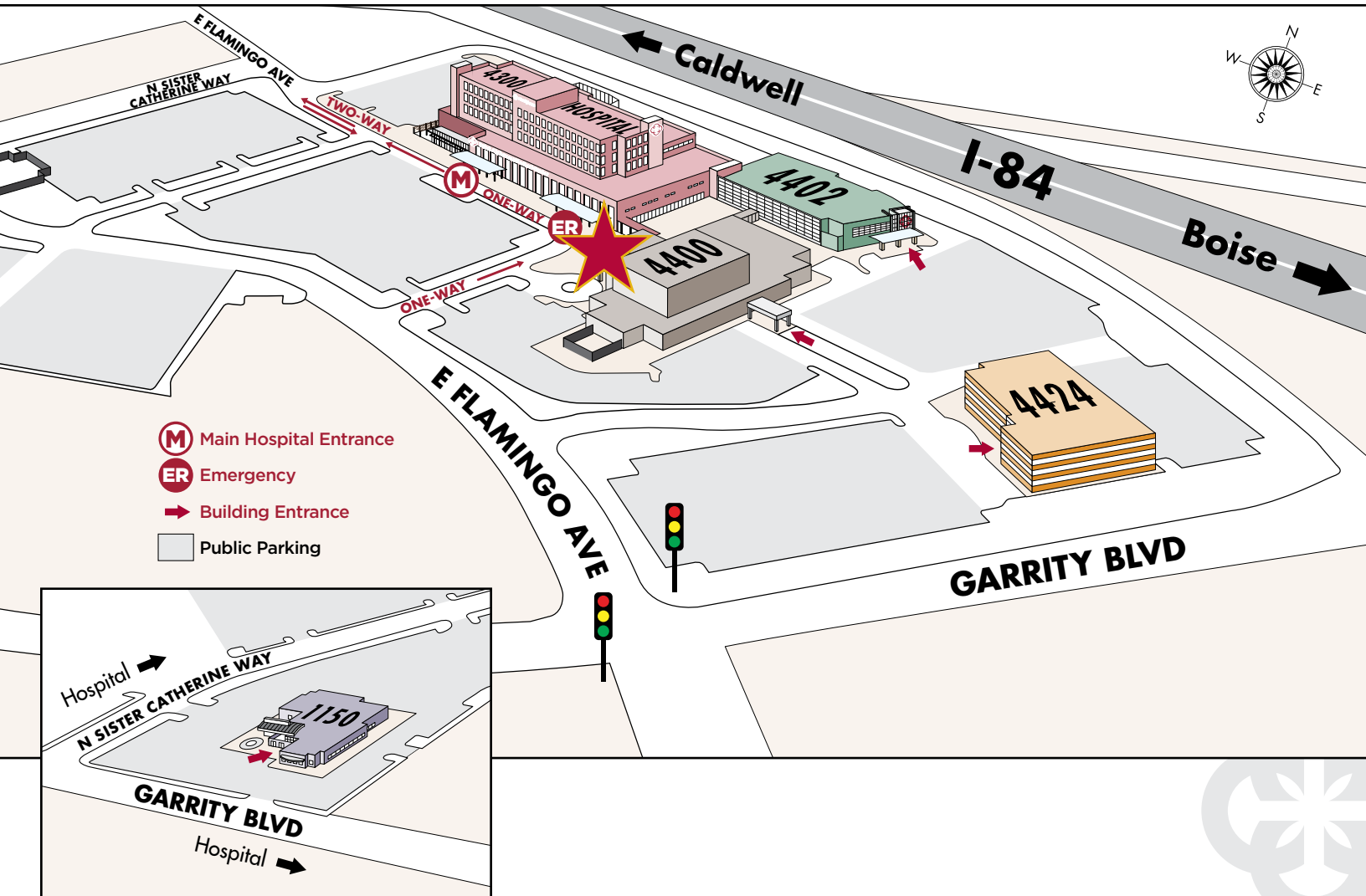
Saint Alphonsus

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3123 Medical Dr.,
Caldwell, ID 83605

SaintAlphonsus.org/services/cancer

NAMPA CAMPUS MAP



PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION:

- VISITORS who want to access patient rooms, in the hospital, please enter at the (M) Main Hospital Entrance.
- For those visiting patients at the Birkeland Maternity and Heart Center please enter at the 4402 Building Entrance.



4400 E. Flamingo Ave., Suite 130
Nampa, ID 83687

SaintAlphonsus.org/nampa-garry

ONTARIO MAP



Saint Alphonsus

A Member of Trinity Health

1050 SW 3rd Ave., Suite 2200
Ontario, OR 97914

SaintAlphonsus.org/services/cancer

About Us

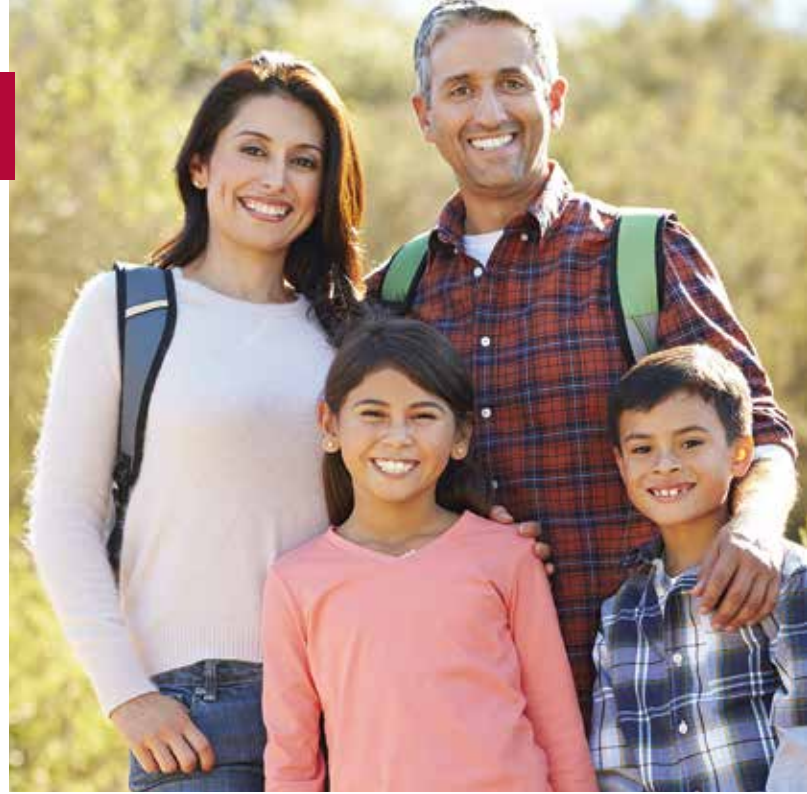
The Saint Alphonsus Cancer Institute offers state-of-the-art cancer treatment with a compassionate approach that is personalized for each patient. Our integrative approach to healing enhances the quality of life for patients and their families.

OUR DEDICATION TO YOUR CARE

The diagnosis of cancer can have a profound effect on patients and their families, affecting physical, psychological, emotional, and spiritual foundations. Mindful of this reality, the Saint Alphonsus Cancer Institute has developed an integrative approach to healing. Our comprehensive methods integrate state-of-the-art techniques to diagnose and treat cancer, including advanced imaging, radiation therapy, and chemotherapy; with nutrition, exercise, and other complementary therapies proven to meet a patient's physical, mental and spiritual needs. Our diverse team of cancer professionals, including oncologists, surgeons, pathologists, radiologists, advanced practice providers and referring specialists collaborate to educate and empower patients, so they can actively participate in their healing and make informed and personalized treatment decisions with their physicians.

Our dedication to providing the best techniques is evident in the fact that Saint Alphonsus Cancer Institute is:

- The first cancer center in Southwest Idaho and Eastern Oregon performing Intensity Modulated Radiation Therapy (IMRT), delivering high-dose



radiation to affected areas and preserving the surrounding healthy tissue. This technology pinpoints the location of the tumor, calculates the right dose of radiation, and then continuously shapes the treatment beam to perfectly mirror the size and shape of the tumor from all angles. TrueBeam even takes into consideration the slightest movements, such as those caused by a patient's breathing, ensuring that the tumor receives the full prescription dose of radiation, while protecting healthy tissue.

- The first cancer center in Idaho to integrate the advanced imaging techniques of PET (positron emission tomography) into our radiation treatment planning process, ensuring the most accurate localization of tumors.
- The ability for Saint Alphonsus to provide these advanced techniques stems from the fact that our board-certified physicians are not only dedicated clinicians, but commendable scientists. They have trained or held faculty positions at many of the highest-rated institutions in the U.S. and have authored a large number of scientific publications, articles, and textbook chapters, receiving national and international recognition for their research.



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Appointments

Appointment Reminders

Each Saint Alphonsus Medical Group location will conveniently provide appointment reminders to our patients by phone call or cell phone text.

- Please take a moment and respond to the appointment reminder. It is important that the clinic knows whether you are confirming or canceling your appointment.
- For follow up patients, please make sure you have had any recommended testing (CAT scan, MRI, labs etc.) done prior to your scheduled appointment to ensure the provider can review the results with you at your appointment.

Appointment Cancellation

If you cannot keep an appointment please give us 24 hours notice. This will allow someone else to be seen at that time. You may call our office 24 hours a day to leave a message about your appointment.

IN CONSIDERATION OF ALL OUR PATIENTS:

- As a new patient, if you miss your initial appointment without notifying us, you may not be rescheduled in a timely manner depending on availability.
- As an established patient, if you miss three appointments without notifying us, you may be considered an inactive patient and not be rescheduled.

Arriving On Time For Appointments

In some cases, you may be given a “check-in time” by our staff which may be different from your appointment time. We utilize this time to update your information and complete our check-in process. Please arrive in our office on time so we can check you in and have you ready to see the provider at your appointment time.

Unfortunately, emergencies do occur and some clinic delays are unavoidable. If there is a delay, every effort will be made to notify you and let you know how long you may have to wait. Rest assured, your provider will spend the necessary amount of time with you during your appointment.

Questionnaires For New Patients

Our office staff will ask you to fill out several information forms prior to your appointment. Some of these questions may seem detailed, but they are a necessary part of our evaluation and files. All information you give us is confidential.

Appointments scheduled for children where a parent or legal guardian will not be present require written consent from the legal guardian prior to their appointment.

AFTER-HOURS NEEDS

If you have an urgent need that is beyond our regular hours of operation, please call the after-hours Cancer Institute line at (208) 367-3131.

MEDICATION REFILLS

If you receive prescription medications through our clinic, please do not wait until you are out of medication before requesting refills. It is best if you can give us at least three days to send a refill request to your pharmacy.



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Our comprehensive team approach to care not only ensures that patients receive an accurate diagnosis, but also highly effective treatment recommendations. Our dedication to care also extends to our experienced and compassionate staff, which includes:

The **Integrative Care Team**, offering emotional, mental, and spiritual resources to help heal the body, mind, and spirit. The integrative care team collaborates with patients and their families through programs and resources that help them through their diagnosis and treatment. These programs and resources include:

- Artist in Residence and Art
- Children's Lives Include Moments of Bravery (CLIMB) — support group for children of loved ones with cancer
- Coping Connections
- Financial Advocates
- Livestrong at the YMCA
- Massage/Healing Touch
- Mindfulness-based Stress Reduction
- Nurse Navigation
- Nutritional Counseling
- Palliative Care Clinic
- Social Work
- Spiritual Care
- Supportive Counseling
- Survivorship Clinic

Cancer Rehabilitation Professionals, who offer a personalized rehabilitation program with goals of increasing strength and energy, managing pain, improving physical function, achieving emotional balance and boosting the immune system. We are uniquely qualified to offer premium rehab services that are reimbursable by health insurance providers.

Advance practice providers are integral to patient care as they work closely with the physicians to ensure patient needs are understood and met.

Registered nurses who pursue ongoing specialty education to better understand and accommodate the needs of cancer patients. Two-thirds of our nurses have achieved recognition as Oncology Certified Nurses, after completing 1,000+ hours of oncology experience and passing a national certification exam.

Nurse navigators provide individualized case management and guidance to those recently diagnosed with cancer. The navigator fosters collaborative treatment planning with a team of specialists (radiologists, surgeons, oncologists) providing the patient with a more responsive, patient-specific approach to care. Beginning with the initial cancer diagnosis, the navigator is involved in planning the patient's course of treatment—organizing treatment planning conferences, scheduling patient consults with specialists and support services, providing patient education, and serving as an ongoing resource for patients.

BOISE

1055 N. Curtis Rd., Boise, ID 83706
Entrance N1
(208) 367-3131

CALDWELL

3123 Medical Dr., Caldwell, ID 83605
(just off I-84 at Exit 29 in Caldwell)
(208) 367-3131

NAMPA

4400 E. Flamingo Ave., Suite 130, Nampa, ID 83687
(208) 367-3131

ONTARIO, OR

1050 SW 3rd Ave., Suite 2200, Ontario, OR 97914
(541) 881-2310

GYNECOLOGIC ONCOLOGY

(208) 302-2200

SaintAlphonsus.org

Our oncology pharmacists ensure we maintain a safe environment to effectively prepare and administer the latest drug therapies.

Nationally certified radiation therapists who provide advanced radiation planning and treatments through customized radiation techniques on state-of-the-art equipment.

Our **Radiation Physics Department** has nationally board-certified physicists and medical dosimetrists who routinely consult with the radiation oncologists to ensure accuracy, safety, and advanced technical considerations for all radiation treatments.

Oncology social workers have additional expertise and specialized clinical training on the impact of a cancer diagnosis on patients and their families. They have a working knowledge of cancer treatments, the side effects of cancer treatment, and understand the psychosocial impact of a cancer diagnosis on the patient, caregiver, and family members. Oncology social workers may assist patients and their family members with a wide range of concerns including:

- new diagnosis,
- active treatment issues
- end of life issues
- emotional care
- supportive counseling interventions

They also offer information, referral, and advocacy services for those in need of additional resources. Oncology social workers help connect patients and families to local, state, and national resources for emotional, physical, and financial supports as well.

Staff dietitian, chaplain, social worker, and financial advocates assist patients and their families in focusing on recovery.

Genetic counseling is available to support men and women who would stand to benefit most from timely interventions aimed at early diagnosis and possible prevention of cancer as well as assist in making treatment decisions.

RECOGNITION OF CARE

The Saint Alphonsus Cancer Institute holds membership and accreditation in several national organizations that recognize and advocate for quality cancer care. This includes a membership in the Association of Community Cancer Centers (ACCC), a national interdisciplinary organization that promotes the entire continuum of care for cancer patients and their communities. The Cancer Institute is also accredited through the American College of Surgeons (ACS) and the Joint Commission, leading organizations on establishing standards for improvement of cancer care.

We are also accredited with The Quality Oncology Practice Initiative (QOPI®) Certification Program. This provides a three-year certification recognizing high-quality care for outpatient hematology-oncology practices within the United States.



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Medical Oncology

At times a registered nurse (RN) will meet with you in the infusion room before your treatment to work with your doctor and/or advanced practice provider to determine if it is safe for you to receive treatment.

Our medical oncology team of physicians and advanced practice providers work closely together to provide you the best care possible. You will have appointments with both physicians and advanced practice providers while receiving care at the Cancer Institute.

Please note that there are wait times between procedures. An example is the hour between when you are scheduled for a blood draw in the lab and when you see the physician or advanced practice provider for the results. This is because it takes an hour to process the lab work. If you have questions about your schedule please don't hesitate to ask the front desk for clarification.

You will be **notified to proceed** to the infusion room when your nurse and assigned chair become available. Please note that the chair you are assigned to on your schedule is often different than the chair you receive on your day of treatment.

Our pharmacist prepares your medication and chemotherapy individually for you. This does not occur until after you have been assessed (blood work and provider visit), and your provider has established that it is safe for you to receive the medications. Some medications take longer than others to prepare and we will do our best to inform you of any unexpected delays.

We know that support during your treatment is important. Visitors WITHOUT signs of illness (fever, diarrhea, cough, cold sores etc.) are welcome. Due to safety issues, the nature of the medications we administer, and our desire to protect patients and visitors, **we ask that you minimize the number of visitors you bring and we strongly discourage you from bringing minor children.**



For safety reasons or in an emergency, visitors may be asked to leave the infusion room immediately and exit quickly back to the waiting room.

Be aware that during treatment in the infusion room we are trying to preserve the privacy of all patients as well as provide safe care. Please help us do this by not interrupting someone else's care or taking photos without permission.

Remember that there is an Integrative Care Team ready to support you through your treatment. Nutritional, emotional and spiritual counseling; financial, transportation and lodging assistance; art and music therapy; yoga and exercise classes are all available for you.

For more information or questions, please call (208) 367-3131.



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How Does Radiation Therapy Work?

Radiation therapy, or radiotherapy, is the use of various forms of radiation to safely and effectively treat cancer and other diseases. Radiation therapy works by damaging the genetic material within cancer cells. Once this happens, the cancer cells are not able to grow and spread. When these damaged cancer cells die, the body naturally removes them. Normal cells are also affected by radiation, but they are able to repair themselves in a way that cancer cells cannot. Your radiation oncologist will develop a plan to deliver the radiation to the tumor area, shielding as much surrounding normal tissue as possible.

YOUR RADIATION ONCOLOGIST MAY RECOMMEND USING RADIATION THERAPY IN A NUMBER OF DIFFERENT WAYS.

Often, the goal is to cure the cancer. In this case, radiation therapy may be used to:

- Eliminate tumors that have not spread to other parts of your body.
- Reduce the risk that cancer will return after you undergo surgery or chemotherapy by killing cancer cells that might remain.
- Shrink the tumor before surgery.

Sometimes, the goal is to reduce the symptoms caused by growing tumors, improving your quality of life. When radiation therapy is given for this purpose, it is called palliative care or palliation. In this instance, radiation therapy may be used to:

- Shrink tumors that are harming your quality of life, such as a lung tumor that is causing problems with breathing.
- Relieve pain by reducing the size of a tumor.

It is important for you to discuss the goal of your treatment with your radiation oncologist.



DID YOU KNOW?

- Radiation therapy works by damaging the DNA within cancer cells and destroying the ability of the cancer cells to reproduce. When these damaged cancer cells die, the body naturally eliminates them. Normal cells are also affected by radiation, but they are able to repair themselves in a way that cancer cells cannot.
- Before you receive radiation therapy, your radiation oncologist, dosimetrist and medical physicist work together using sophisticated computer software to calculate the best treatment for your situation. This treatment planning ensures that the tumor site receives the maximum amount of radiation while minimizing exposure to healthy tissue and organs.

For more information or questions, please call (208) 367-3131.



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Providers

OUR DIVERSE TEAM of cancer professionals, including oncologists, surgeons, pathologists, radiologists, and referring specialists, collaborate to educate and empower patients, so they can actively participate in their healing and make informed and personalized treatment decisions with their physicians.



Joseph P. Brooks, MD
Radiation Oncology

Dr. Brooks is a board-certified radiation oncologist. He received his medical degree from Thomas Jefferson University in Philadelphia, PA and completed his residency in radiation oncology at the National Cancer Institute (NCI) in Bethesda, Maryland. Dr. Brooks has been involved in research and published numerous articles focusing on breast and prostate cancers. He has been the principle investigator on a multimillion dollar federal grant and has conducted several clinical studies focusing on improved tumor targeting in prostate cancer. Prior to relocating to Boise, Dr. Brooks was Major in the US Army and was Chief of Radiation Oncology at Madigan Army Medical Center in Tacoma, WA.



Patrick Connor, MD
Gynecologic Oncology

Dr. Connor is a board-certified Gynecologic Oncologist and fellow with the American College of Obstetrics and Gynecology. He received his medical degree and completed his residency at Georgetown University School of Medicine in Washington, D.C. His fellowship was through the University of Michigan.

He has served as an instructor at the University of Michigan as well as a Clinical Assistant Professor in the Department of Obstetrics and Gynecology at both Louisiana State University and the University of North Carolina. He was named Professor of the Year at both LSUHSC and UNCW. Additionally, he was a principle investigator for the Gynecologic Group and also a board member of the Investigational Review.



Bobby Chawla, DO
Medical Oncology, Hematology

Dr. Bobby Chawla attended medical school at Midwestern University, College of Osteopathic Medicine and completed a residency at St. Joseph Hospital. He went on to complete a fellowship in Medical Oncology from West Virginia University. Dr. Chawla has extensive knowledge, research experience and expertise in the field of oncology and hematology. Additionally he has been published in many medical publications and received honors and accolades for his exceptional skills.



Nicholas Gorden, MD
Medical Oncology, Hematology

Dr. Nicholas Gorden, MD, earned his medical degree from the University of Washington School of Medicine in Seattle, Washington. Dr. Gorden completed his residency training at the University of Colorado in Aurora, Colorado. He completed a clinical fellowship in hematology and oncology at the University of Colorado in Aurora, Colorado. Dr. Gorden is board-certified in medical oncology, hematology, and internal medicine and has special interests in Melanoma, Immunotherapy, and targeted therapies.

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Providers



Tezo Karedan, MD
Medical Oncology, Hematology

Dr. Tezo Karedan, MD, earned her medical degree from Odessa State Medical University in Odessa, Ukraine. Dr. Karedan completed her residency training in internal medicine at Trivandrum Medical College at the University of Kerala, India, and at McLaren Regional Medical Center at Michigan State University in Flint, Michigan. She completed a clinical fellowship in hematology and oncology at the University of Louisville in Louisville, Kentucky. After completing her residency, she worked at one of the biggest cancer centers in India, where she was involved in the care of patients with leukemia, lymphoma and multiple myeloma. She also worked in rural, underserved areas of India and was a primary care physician in the suburbs of Trivandrum, India.



Richard Miranda, MD
Inpatient Oncology Hospitalist

Dr. Richard Miranda, attended medical school and residency training at Michigan State University in East Lansing Michigan. He also completed his fellowship training at Michigan State University College of Human Medicine. His specialties include Medical Oncology, Hematology, and Internal Medicine. He is a dedicated inpatient hospitalist for Oncology services at Saint Alphonsus. Dr. Miranda, has more than 20 years of experience.



A. Scott Pierson, MD
Medical Oncology, Hematology

Dr. Pierson is a board-certified medical oncologist and hematologist. He attended Princeton University as an undergraduate where he majored in political science. Dr. Pierson was a member of the Princeton varsity soccer team. He then attended Jefferson Medical College in Philadelphia and graduated magna cum laude.

A native of the East Coast, following medical school he moved west completing his internal medicine residency and fellowships at the University of Colorado. During fellowship, Dr. Pierson did research with the Phase 1 and Gastrointestinal Oncology groups. He has particular interests in the treatment of Breast, Lung and GI cancers.



Lindsay Sales, MD
Radiation Oncology

Dr. Lindsay Sales is a board-certified radiation oncologist. She received her medical degree from the University of Washington School of Medicine, and completed her residency at the University of Washington Medical Center in Seattle, WA. Her preliminary medicine internship was completed through Virginia Mason Medical Center, Seattle, WA.

She was the Chief Resident at the University of Washington Medical Center 2012-2013, has written numerous publications and received a number of awards including; University of Washington Radiation Oncology Resident Day Clinical Award (2012); University of Washington Georgiana Kirby Award (2008); and the Western Student Medical Research Forum Subspecialty Abstract Award (2006), to name a few.

She is a member of the American Medical Association, American Society of Radiation Oncology, and American Society of Clinical Oncology.

Providers - APPs



Karl Schultheiss, MD
Medical Oncology, Hematology

Dr. Schultheiss joined Saint Alphonsus Cancer Institute in 2002. He received his M.D. from the University of Freiburg, Germany, where he also served as a post-doctoral research fellow. Dr. Schultheiss completed his internship at Presbyterian/St. Luke's Hospital in Denver, and his residency at Emanuel Hospital in Portland, OR. He completed his oncology/hematology fellowship at the University of Utah in Salt Lake City. He is strongly interested in clinical trials and has a special interest in lung, gastrointestinal, and lymphoid malignancies. Dr. Schultheiss is board certified in Oncology, Hematology, and Internal Medicine.



Ian Qureshi, DO
Medical Oncology, Hematology

Dr. Ian Qureshi, DO, earned his medical degree from Touro University College of Osteopathic Medicine in Vallejo, California. Dr. Qureshi completed his residency training at Meadowlands Hospital Medical Center in Secaucus, New Jersey. He completed a clinical fellowship in

hematology and oncology at Larkin Community Hospital in Miami Florida. Dr. Qureshi is Board Certified in Internal Medicine.



S. Maynard Bronstein, MD
Medical Oncology

Dr. Bronstein, Medical Oncologist, is board-certified by the American Board of Internal Medicine in Internal Medicine, Medical Oncology and Hematology. He provides oncology and hematology services in Baker City and LaGrande, Oregon. He received his medical degree from Duke University Medical Center in Durham, NY and completed his residency in specialty medicine (Clinical Investigator) at Duke University Medical Center, Durham, NY. His fellowship in hematology was also completed through Duke University Medical Center.

Affiliated with Saint Alphonsus



Jessica Butterfield,
MSN, FNP-C

Medical Oncology, Hematology



Kassie Enos, PA-C

Medical Oncology, Hematology



Savanah Hawkins, PA-C

Medical Oncology, Hematology



Polina Kokoulina, PA-C

Gynecological Oncology



Jennifer Lewis,
DNP, FNP-BC

Medical Oncology, Hematology



Michael Ryan Partin, PA-C

Medical Oncology, Hematology



Esther Sears,
BSN, APRN, AOCNI

Medical Oncology, Hematology



Holly Swensen, FNP-BC

Medical Oncology, Hematology

CLINICAL RESEARCH

The Saint Alphonsus Cancer Institute provides patients access to many clinical trials that seek to optimize cancer care delivery and give patients access to the best treatment options available.

As a member of the Montana Cancer Consortium, Saint Alphonsus is able to bring more than 100 active cancer research trials to our local Cancer Institute. The Montana Cancer Consortium is a well-established National Cancer Institute Community Oncology Research Program (NCORP). As one of 46 community NCORP sites, The Montana Cancer Consortium allows Saint Alphonsus to participate in studies conducted by the NCI National Clinical Trials Network.

Through our membership in the Montana Cancer Consortium and partnership with other industry-based sponsors, we ensure that our patients have access to the most current treatments being studied nationwide. The types of studies conducted include treatment, prevention, imaging, radiation, and symptom management trials for adults with cancer.

Taking part in a clinical trial has many potential benefits. As a patient, you can take an active role in your healthcare and have access to cutting edge cancer care and treatment options. You also make a significant and important contribution to the ever-evolving body of scientific knowledge about cancer treatments. When you participate in a cancer clinical trial, you are working with a specialized team of doctors, nurses, research coordinators, pharmacists and other healthcare professionals to monitor your care and progress. Your safety and health are our number one priority, and decisions made on a clinical trial are always made together with you and your clinical team.

For more information on current clinical trials, please visit the Saint Alphonsus Cancer Research website (www.saintalphonsus.org/clinical-trials) or speak with one of our research team members by calling (208) 367-7070.

Our commitment to increased awareness and the importance of early detection extends beyond the Treasure Valley.

We participate with the following national clinical trial cooperative group and leading research institutions to offer a broad range of trials for our patients:

- North Central Cancer Treatment Group (NCCTG)
- Eastern Cooperative Oncology Group (ECOG)

- MD Anderson Research Base CCOP (MDA)
- Radiation Therapy Oncology Group (RTOG)
- National Surgical Adjuvant Breast and Bowel Project (NSABP)
- Southwest Oncology Group (SWOG)
- Gynecological Oncology Group (GOG)
- Cancer Trials Support Unit (CTSU)
- Mayo Clinic Cancer Research Consortium (MCCRC)
- University of Michigan CCOP Research Base
- Wake Forest University (WFU)
- Puget Sound Oncology Consortium (PSOC)

For a current list of active clinical trials at Saint Alphonsus or enrollment details, please visit www.saintalphonsus.org/clinical-trials or speak with one of our research team members at (208) 367-7070.

COMMUNITY EDUCATION AND OUTREACH

Saint Alphonsus Cancer Institute is committed to increasing cancer awareness in our communities. We host annual educational events for the general public and healthcare professionals that addresses the latest topics of interest relating to cancer prevention, treatment, and complementary therapies. Our commitment to increased awareness and the importance of early detection extends beyond the Treasure Valley, with a mobile screening van that travels throughout Southwestern Idaho and Eastern Oregon. We conduct numerous cancer screenings and health fairs each year, offering many opportunities for people to be screened for breast, prostate, and skin cancer.

Saint Alphonsus Cancer Institute, along with other healthcare partners, sponsors community cancer events, such as the Susan G. Komen Race for the Cure, the American Cancer Society Relay for Life and the Leukemia and Lymphoma Society Light the Night, which raise funds that are used locally to increase awareness for cancer prevention, early detection, treatment, and research programs.



Integrative and Supportive Care

Saint Alphonsus Cancer Institute: **Boise and Canyon County**

We know physical illness can have profound emotional, mental and spiritual effects which is why we have developed an integrative approach to healing.

AMERICAN CANCER SOCIETY (ACS)

Call the ACS at (800) 227-2345

Calling the ACS can connect you to their patient programs and community resources including resources including transportation, lodging, and services.

AMYX FAMILY RESOURCE LIBRARY

(208) 367-3131

The Amyx Family Resource Library provides you easy access to reputable information on cancer prevention, early detection, diagnosis, treatment, integrative therapies and survivorship issues. Funded by the Amyx Foundation, Inc., our resource library provides access to reputable online resources, DVD, CDs, and books. Visit our libraries in our Boise, Nampa and Caldwell cancer centers.

ARTIST IN RESIDENCE AND ART!

(208) 367-3131

Professional local artists are available in the waiting rooms and infusion rooms providing art supplies and encouragement to help you create art while at the Cancer Institute. Funded by a generous grant from the Saint Alphonsus Foundation.

CHAPLAIN SERVICES

Boise (208) 855-7100 *Pager*

Canyon County (208) 205-2144

Chaplains provide support and spiritual guidance using a non-denominational approach. They honor the beliefs of each individual while offering a listening presence, spiritual support and the opportunity for ritual. Call to talk or meet with one of our chaplains.

CLIMB

Boise (208) 367-3131

Canyon County (208) 367-3131

Children's Lives Include Moments of Bravery is a six week support program for kids with a parent, grandparent or guardian going through cancer treatment. Sessions are held in the evening throughout the year. Children complete a weekly activity and teens have group time with age appropriate activities and discussions with oncology staff and trained volunteers. Adults have a supportive group time led by oncology professionals. Dinner is provided. Call for session dates and locations.

COPING CONNECTIONS

Boise (208) 367-3131

Canyon County (208) 367-3131

Coping Connections is a monthly support program for people with cancer and those that care for them. It provides participants the opportunity to reflect on their personal cancer experience, gain support from other group members. Throughout the year, education on a topic related to cancer may also be presented. Call for meeting dates, times, and locations.

DIETITIAN AND NUTRITION SERVICES

Boise and Caldwell (208) 367-3131

Nampa (208) 367-3131

Eating healthfully is especially important for people diagnosed with cancer. Good nutrition helps your body fight cancer, as well as cope with the effects of cancer treatment. Dietitians are available to provide individual nutrition counseling, and to answer nutrition and diet-related questions or concerns. Call to talk or meet with one of our dietitians.

FAITH COMMUNITY NURSING

(208) 367-6494

The Saint Alphonsus Parish Health Ministry is a partnership between the hospital, church and community. Our parish nurses are registered nurses who recognize spirituality as being central to healthcare. The nurses pray with you and for you, help you cope with loss and treatment, and act as advocates for you. Call to talk or meet with one of our parish nurses.

Integrative and Supportive Care

FINANCIAL ADVOCATES

(208) 367-3431

Our financial advocates help those who are receiving treatment to find financial assistance options so they can focus on healing. Call to make an appointment with one of our financial advocates.

GENETIC COUNSELING

(208) 367-3131

A genetic counselor can help determine if a personal or family history of cancer could be indicative of an inherited cancer syndrome and if genetic testing would be beneficial. Information gained from genetic testing may provide the individual or family with more specific cancer risks and/or surveillance and management recommendations.

LIVESTRONG AT THE YMCA

Call the YMCA at (208) 344-5502 extension 276 for more information.

Completing your cancer treatment is a time for celebration. The YMCA has a free physical activity program just for you. The program is available at the Boise, Meridian (West), and Caldwell YMCAs and consists of exercise, yoga, relaxation, and educational classes.

MASSAGE

Boise (208) 367-STAR (7827)

Appointments for massage are available in Boise at our Family Center at low rates for cancer patients and their caregivers. Call to make an appointment.

Fee for Service.

NURSE NAVIGATOR

Breast Cancer Nurse Navigator for Boise:
(208) 367-3420

Breast Cancer Nurse Navigator for Canyon County:
(208) 205-0628

All Other Types of Cancer Nurse Navigator for Boise:
(208) 367-8551

All Other Types of Cancer Nurse Navigator for Canyon County (208) 205-0345

Nurse Navigators offer help for patients and their families to find and make use of various resources and treatment services to receive the best cancer care possible. Our Nurse Navigators serve as patient care coordinators, educators, and trusted advocates who are sensitive to the needs of each individual patient. Call to talk or meet with one of our nurse navigators.

ONCOLOGY REHABILITATION

(208) 367-STAR (7827)

Physical therapy, occupational therapy, swallowing therapy and other rehabilitation services are available to you through our Oncology Rehabilitation program. Contact your provider for a referral. *Fee for Service.*

PALLIATIVE CARE

(208) 302-5480

Palliative Care is specialized medical care for people with serious illness. The goal of care is to improve quality of life for both patients and their families, and to relieve symptoms, pain, and stress. The interdisciplinary team includes a physician, nurse practitioner, nurse, social worker, and a chaplain to ensure the care is focused on the unique needs of the patient. Contact your provider referral is required. *Fee for Service.*

SOCIAL WORKER

Boise (208) 367-3131

Canyon County (208) 367-3131

Social workers provide emotional care and supportive counseling. They can assist patients and their family members with a wide range of concerns including new diagnosis, active treatment issues, post treatment, and end of life issues. Our social workers also offer information, referral, and advocacy services for those in need of additional resources related to their cancer diagnosis. Call to talk or meet with one of our social workers.

Counseling is a resource the Cancer Institute provides to help with the emotional issues that may arise while coping with cancer. Individual and family counseling, as well as mind-body tools such as guided imagery, mediation and relaxation are offered as tools to help you tap into your own inner resources for healing. Call to talk or meet with one of our counselors.

SURVIVORSHIP

(208) 367-3131

When you have completed your cancer treatment, one of our Advanced Practice Providers are available to review your treatment, future medical care needs, and to answer the question, "what's next?" You will be provided with a treatment summary and individualized survivorship care plan. Contact your provider to make an appointment. *Fee for Service.*

Chaplaincy Services

REFLECTING THE COMMITMENT of Saint Alphonsus to serve body, mind, and spirit, our health care team includes nationally certified professional chaplains. Hospital chaplains are theologically and clinically trained clergy and lay people who are sensitive to a wide range of cultures and faiths, respectful of spiritual or religious preferences, and who understand the impact of illness or injury on spiritual well-being.

What Do Chaplains Do?

- Provide a non-judgmental and healing presence
- Provide support in times of trauma, loss or grief
- Help you identify and process your concerns and feelings
- Listen to your anxieties, fears, anger, concerns, problems, and/or questions
- Offer guidance in times of difficult decision-making
- Help clarify ethical concerns
- Provide for sacraments and rituals
- Facilitate contact with a priest, pastor or other spiritual resource
- Educate about advance directives
- Provide support at the end of life
- Pray with you

Why Call a Chaplain?

- For comfort, encouragement, and hope
- To help find meaning and purpose
- To help guide you as you make a connection with the Sacred
- To support you when you feel lost, down, alone or helpless
- To pray with you
- To seek solace through sacred writings
- To assist in ethical or other important decision-making
- To rejoice and give thanks for life

Additional Services:

- Each hospital location has a chapel accessible for personal prayer and meditation. The Boise hospital also has an interfaith reflection room that provides sacred space without specific religious markings.
- Religious literature is available upon request.

How to Reach a Chaplain:

- **For all locations, to meet with a chaplain, ask a clinic staff member to request a chaplain visit or call. OR**
- To reach a chaplain in **Boise**, call the main hospital line at (208) 367-2121 and ask the hospital operator to speak to the on call chaplain.
- To reach a chaplain in **Caldwell or Nampa**, call the main hospital line at (208) 205-1000 and ask the hospital operator to speak to the on call chaplain.
- To reach a chaplain in **Ontario**, call the main hospital line at (541) 881-7000 and ask the hospital operator to speak to the on call chaplain.
- To reach a chaplain in **Baker City**, call the main hospital line at (541) 523-6461 and ask to speak to the hospital chaplain.



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CLIMB

CHILDREN'S LIVES INCLUDE MOMENTS OF BRAVERY



CLIMB is a support program for children and teens ages 6-18 who have a parent, grandparent or guardian with cancer.

- FREE to all families in the Treasure Valley affected by cancer
- Sessions of 6 consecutive weekly meetings held throughout the year
- Kids and teens complete activities with oncology staff and trained volunteers
- Adults have supportive group time led by an oncology professional
- Dinner is provided

What kids learn through CLIMB:

- What cancer is and how it is treated
- That they are not the only family facing cancer
- How to handle difficult emotions when someone you love is sick and life changes

Family dinners are held at the beginning of each evening. Parents, grandparents and other adult family members are encouraged to attend all sessions with their children or teens. Adults, children and teens will break into separate support groups following dinner. Children will complete a weekly activity and teens will have group time with age appropriate activities and discussions.

Sessions are held at various times throughout the year.

For more information in Boise
call (208) 367-3131

For more information in Nampa,
call (208) 367-3131

*INTERPRETERS PROVIDED
UPON REQUEST*



The Children's Treehouse Foundation®
Inspiring emotional support for children of parents with cancer

CLIMB

CHILDREN'S LIVES INCLUDE MOMENTS OF BRAVERY

CLIMB Weekly Outline

Kids, teens and adults will break into separate groups following family dinner.

- Session 1:** **Goal:** Decrease isolation by meeting other families going through cancer.
Feeling: Happy & Nervous
Activity: Photo Frame
- Session 2:** **Goal:** Increase knowledge about cancer and its treatment.
Feeling: Confused
Activity: MD Anderson Kid to Kid video, question & answer time with oncology doctor or nurse, chemotherapy and radiation area tours
- Session 3:** **Goal:** Normalize feelings of sadness.
Feeling: Sad
Activity: Feeling Mask
- Session 4:** **Goal:** Assist child/teen to identify strengths and normalize anxiety.
Feeling: Scared
Activity: Strong Box
- Session 5:** **Goal:** Assist child/teen to express and manage anger appropriately.
Feeling: Mad
Activity: Anger Cube
- Session 6:** **Goal:** CLIMB graduation
Activity: Well Wishes Card

Overall Format for Each Session

- Family Dinner
- Welcome/Warm-up Activity
- Feeling of the Day
- Content/Activity
- Closure



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COPING CONNECTIONS

A monthly support group for people with cancer and those who care about them.

**Meetings are held
monthly, every
third Thursday**

Boise:
(208) 367-3131

Canyon County:
(208) 367-3131

*SPANISH SPEAKING SUPPORT
GROUPS AVAILABLE*

Whether you are currently receiving treatment for cancer, have completed treatment, or are caring for a loved one coping with a cancer diagnosis, you are invited to attend this program. Education on a topic related to cancer will be provided during each monthly meeting, followed by supportive group time.

Our purpose is to provide a caring, safe place for participants to learn more about cancer issues including survivorship, as well as share the emotional, mental, and spiritual impact it has on their lives.



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Financial Advocate Department

The Saint Alphonus Financial Advocate Department assists patients who are receiving complex treatment at our Cancer Institute or one of our other specialty care clinics.

When a person is diagnosed with cancer, they have enough to worry about besides the financial impact of treatment. The Financial Advocate Department seeks to lessen this burden so our patients can focus on healing the mind, body, and soul. Unfortunately, there may not be assistance available for every patient based on eligibility criteria set by the individual programs, but our advocate team will work diligently to find assistance options for our patients to the best of their ability.

How the advocate team helps when patients are starting new treatment:

- Ensure patients have the best insurance coverage including Medicare plans
- Assess for Medicaid or Health Insurance Exchange eligibility
- Review benefits and coverage gaps
- Complete prior authorization for treatments
- Apply for pharmaceutical copay assistance
- Research available foundation assistance programs
- Research other charitable assistance based on eligibility
- Assist patients with no insurance coverage
- Refer to outside agencies as appropriate

The Advocates coordinate the application process and all copay billing and follow up.



Contact the Financial Advocates if:

- You are starting or changing an IV infusion treatment
- You have financial concerns that might impact your treatment decisions when presented with options by your provider
- You have questions about your insurance coverage
- Your insurance changes
- You lose insurance coverage
- You don't have insurance

For all other general billing questions and financial concerns, please contact the Saint Alphonus billing department at **(208) 367-2130**. They are able to help with:

- Setting up a payment plan
- Applying for hospital financial assistance or renewals
- Questions regarding explanation of benefits, specific line item charges, coordination of benefits, or any other billing or statement concerns.

If you are starting a new treatment and have not yet been contacted by someone on our team, please call or come visit our office in the Boise Cancer Institute to address any concerns you may have.

(208) 367-3431

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Genetic Counseling Program

What is Hereditary Cancer?

Some families have cancers that show up time and again; such as breast and ovarian cancer. For these individuals and their families, genetic risk assessment for hereditary cancer can be beneficial in assisting them with an individualized medical management plan for prevention and early detection of such cancers.

Who may benefit from genetic counseling?

Genetic counseling provided at the Cancer Institute is designed to support individuals who would stand to benefit most from timely interventions aimed at early diagnosis and possible prevention of cancer.

- Multiple relatives on the same side of the family with the same cancer or related cancers
- Prior history of breast, ovarian, pancreatic, colon, or metastatic prostate cancer.
- Personal or family member with cancer diagnosis before the age of 50
- More than one cancer diagnosis in the same individual
- Male relative with breast cancer
- Ashkenazi Jewish (Eastern European) ancestry
- Has had positive test for a known breast cancer gene mutation such as BRCA1 or BRCA2 (in self or family member)

The genetic counseling program will provide you access to preventive medical information that will help you and your family understand the inherited risk of cancer. Along with your genetic counselor, a Breast Panel of multidisciplinary physicians and experts including representation from Medical Imaging, Surgery, Medical Oncology, Radiation Oncology and Pathology will help you with decisions based on your genetic test findings. They will determine what ongoing breast cancer surveillance or preventative interventions may be the best options or considerations for you.

What happens during a genetic counseling session?

During your consultation, a genetic counselor will discuss any genetic predisposition you or your family members may be at risk for.

They will ask specific questions about your personal and family medical history and discuss any concerns that you may have. It's important to identify who is at risk and who benefits from testing, and then follow up with the individual and their families about any genetic concerns.

- Review of personal and family histories
- Discussion on the reason the individual was referred
- Risk assessment and then detailed explanation of any identified risk factors
- Discussion of testing options available, including the risks, benefits and limitations
- Assist expert panel in overall assessment of early detection & preventative care options available in regard to your genetic evaluation and any test findings
- Provide additional education and support resources
- Address any concerns for employment or health insurance discrimination



**Patty Dock,
MS, CGC**
Genetic Counselor



**Calan Szmyd,
MS, LCGC**
Genetic Counselor

To learn more about the
Saint Alphonsus Cancer Institute's Genetic Counseling Program,
please **call (208) 367-3131**.



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Nurse Navigator Services

When confronted with a cancer diagnosis, patients may feel overwhelmed and find the healthcare system confusing or difficult to navigate.

At Saint Alphonus, we offer Oncology Nurse Navigator services to help patients and their families during this critical time to find and make use of the various resources and treatment services they need to receive the best cancer care possible.

The Role of the Nurse Navigator

Saint Alphonus Oncology Nurse Navigators serve as patient care coordinators, educators and trusted advocates who are sensitive to the needs of each individual patient.

OUR NAVIGATOR CAN OFFER ASSISTANCE WITH SERVICES SUCH AS:

- scheduling appointments
- connecting with support services such as nutrition counseling, physical therapy or social work
- locating the many other available services that may help patients and families deal with the stress of a cancer diagnosis

How Can The Navigator Help?

By educating and supporting each patient, Nurse Navigators empower them to make informed treatment decisions. This can be especially important to those who may not have the advantage of a strong family or community support system.

WE'LL HELP YOU TO UNDERSTAND:

- your diagnosis
- your treatment plan and what to expect
- the procedures that may be necessary during your care
- what you can expect during hospitalization and recovery at home

What Will it Cost?

There is no charge for the Navigator services or for any of the Saint Alphonus Cancer Institute's Integrative Care Services. We recognize the importance of providing a knowledgeable and supportive guide for our patients as they begin a life-changing journey.



**Laaree Barry,
RN, OCN**
General Navigation



**Jayne McConnell,
RN, BSN**
Breast Navigation



**Sue Lzicar,
RN, BSN**
General and Breast
Navigation



**Heidi Holland,
RN, BSN**
General Navigation



**Ryan
Kitendaugh, RN**
Lung Nodule
Navigation



**Rachael Meiners,
RN, BSN**
Breast Navigation



**Misti Ross,
RN, OCN**
General Navigation

Need to reach a nurse navigator?

BOISE

Breast cancer: (208) 367-3420
All other cancer types: (208) 367-8551
or (208) 367-4337

CANYON COUNTY

Breast cancer: (208) 205-0628
All other cancer types: (208) 205-0345

ONTARIO

All cancer types: (541) 881-7132

BAKER CITY

All cancer types: (541) 881-7132

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Cancer Rehabilitation



BOISE LOCATIONS

901 N. Curtis Rd., Ste. 204, Boise, ID 83706
Phone: (208) 367-3315; Fax: (208) 367-2674

717 N. Liberty St., Boise, ID 83704
Phone: (208) 367-8989; Fax: (208) 367-8944

DOWNTOWN YMCA

1050 W. State St., Boise, ID 83702
Phone: (208) 424-8175; Fax: (208) 424-8893

WEST FAMILY YMCA & BOISE AQUATIC CENTER

5959 N. Discovery Way, Boise, ID 83713
Phone: (208) 378-0256; Fax: (208) 378-0269

EAGLE LOCATION

Eagle Health Plaza
323 E. Riverside Dr., Ste. 124, Eagle, ID 83616
Phone: (208) 367-5400; Fax: (208) 367-5401

MERIDIAN LOCATION

Meridian Health Plaza
3025 W. Cherry Ln., Ste. D, Meridian, ID 83642
Phone: (208) 367-8593; Fax: (208) 367-8595

NAMPA LOCATION

4424 E. Flamingo Ave., Suite 120
Nampa, ID 83687
Phone: (208) 205-0450; Fax: (208) 205-0451
(Exit 38 off Interstate I-84)

Saint Alphonsus Rehabilitation Services (STARS) Cancer Rehabilitation Program

We are committed to helping patients reach optimal recovery

Many patients undergoing cancer treatment may experience one or more of the following side effects: fatigue, pain, muscle weakness, decreased bone density, numbness in hands and feet, lymphedema (swelling in the limbs), difficulty walking, difficulty sleeping, development of scar tissue, and muscle imbalances. Fortunately, research has shown that rehabilitation (physical, occupational, speech and swallowing, and lymphedema therapy) during and after cancer treatment can help speed functional recovery, boost immune response, reduce fatigue, reduce risk of complications and improve the quality of life.

SURVIVORSHIP TRAINING AND REHAB

A cancer diagnosis can be traumatic. Chemotherapy, radiation therapy and surgery can cause side effects that interfere with daily function and well-being.

Survivors commonly experience symptoms such as fatigue, weakness, pain, insomnia, memory loss, fear, anxiety and depression. The program offers important physical and psychological rehabilitation to individuals so they can recover more quickly and more completely than they would otherwise.

LIVESTRONG PROGRAM

A 12 week group program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and/or disease. Program goal is to help patients build muscle mass and or strength, increase flexibility and or endurance, and improve functional ability. Program meets two times a week for 75 minutes each session. Speak to your provider for referral to LIVESTRONG Program.

CONTINUED





Saint Alphonus Cancer Institutes now offer the health benefits of massages:

- Massage may calm the nervous system and promotes a sense of relaxation and well being
- Massage may reduce tension and anxiety
- Massage may improve blood circulation, which delivers oxygen and nutrients to the cells
- Massage may stimulate the lymphatic system, which carries away the body's waste products
- Massage may prevent and relieve muscle cramps and spasms
- Massage therapy may also help with pain management

Our highly trained rehabilitation professionals await you

Our cancer rehabilitation program is offered to patients by a knowledgeable and sensitive staff specially trained to work with cancer survivors. They consist of an interdisciplinary team of:

- Physicians
- Physical Therapists
- Occupational Therapists
- Lymphedema Therapists
- Speech and Swallowing Therapists
- Registered Dietitians
- Mental Health Professionals
- Advanced Practice Providers & Registered Nurses

Offering a personalized rehabilitation plan with you in mind

The healthcare team creates a personalized rehabilitation plan, with the goals of increasing strength and energy, managing pain, improving physical functioning, achieving emotional balance and boosting the immune system. Each team member provides his or her expert medical guidance, training, encouragement and support, for the duration of the program.

Comprehensive care that is covered by health insurance

All of our services are reimbursable by health insurance providers. Having access to world-class follow up care will allow you to regain your health and get your life back on track.



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For more information call: 367-STAR (7827)

SaintAlphonus.org

Did you Know? The Saint Alphonsus Boise, Nampa and Caldwell Cancer Institutes now offer massages.



Health Benefits of Massage

- Massage may calm the nervous system and promotes a sense of relaxation and well being
- Massage may reduce tension and anxiety
- Massage may improve blood circulation, which delivers oxygen and nutrients to the cells
- Massage may stimulate the lymphatic system, which carries away the body's waste products
- Massage may prevent and relieve muscle cramps and spasms
- Massage therapy may also help with pain management

Our Massage Therapists are trained

in the following modalities and commonly incorporate many into a unique massage to suit your current needs:

- Swedish
- Deep Tissue/Trigger Point Therapy
- Myofascial Release/Connective Tissue
- Prenatal Massage
- Oncology
- Geriatric
- Infant Massage

For appointments, please call

(208) 367-7827



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Survivorship Clinic

When you are told that you have cancer, your health care team shares a lot of information with you.

It is hard to remember all of the details about your cancer diagnosis, cancer treatments and the side effects that may happen while you are on treatment and sometimes continue after treatment has ended.

You may also have questions after your treatment ends about your follow-up care, who to call about a problem and how to manage changes caused by your cancer treatment.

To help you understand your cancer treatment and what you may need as a survivor, you will be given a survivorship care plan when your treatment is over. An advanced practice provider will meet with you, and review this treatment plan, and try to answer the questions you may have. You can expect this visit to happen within six months of the date your active treatment ends.

THIS CARE PLAN MAY INCLUDE:

- The treatments and drugs you were given for your cancer.
- How often you need to make an appointment with your cancer doctor.
- The name of follow-up tests that you will need and how often the test should be done.



- What doctor or other health care professional should you see for follow-up care.
- Information about the chance of your cancer returning or being diagnosed with another type of cancer.
- Signs or symptoms to watch for and who you should call if you see any changes.
- Common long-term side effects that may result from your treatment
- How to maintain your health and well-being.
- Support groups and survivorship programs.
- Information about employment and health insurance.

Survivorship care is an important part of your cancer journey. We are here to provide you with information, support and resources to meet your unique needs as a survivor.

For more information or questions, please call (208) 367-3131.



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Guide to Home Health and Hospice for Patients and Families

COMMITTED TO IDAHOANS

You may need Home health:

- If you have been hospitalized or had surgery and need more help at home.
- If there has been a change in your condition
- If you have a new diagnosis that affects your ability to care for yourself

Requires an order from your physician.

You may need Hospice:

- If you choose to opt out of cancer treatment and focus on symptom relief
- If treatment is no longer beneficial.

Hospice provides comfort for the patient as well as support for the caregivers. They are staffed with nurses, certified hospice aides, social workers and chaplains that are all trained in providing excellent care for patients and their loved ones at end of life.

There are many fine home health and hospice agencies in the Treasure Valley. Your doctor can refer you to your agency of choice or your care team can assist you in finding you the one that best will meet your needs.



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When Quality of Life Matters Most.

Palliative Care Clinic



Extra support for people with serious illness

What is Palliative Medicine?

A medical specialty that focuses on improving a patient's **quality of life** by:

- Improving physical symptoms (e.g., pain, nausea, shortness of breath)
- Providing emotional support (e.g., managing anxiety or depression)
- Assisting with medical decision making, including Advance Care Planning
- Providing family member and/or caregiver support
- Connecting patients with supportive community resources
- Providing spiritual counseling (if desired)

To obtain more information about Palliative Care or to schedule an appointment:

Call (208) 302-5480

Healthcare providers can place a referral in the electronic medical record.

PALLIATIVE CARE CLINIC LOCATION:

5966 W. Curtisian Ave.
Boise, I D 83704
*(across the street from Saint Alphonsus
Regional Medical Center)*

SaintAlphonsus.org



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The Saint Alphonsus Palliative Care Clinic is available to patients who are experiencing the burden of serious illness. The outpatient Palliative Care team works together with the patient's primary and specialty medical clinicians to provide an extra layer of support, ensuring that medical care is focused on the unique needs and values of the patient and the patient's loved ones.

Visits With Our Team

- Focus on patient-identified goals
- Include meetings with a physician, nurse practitioner, social worker, pharmacist and chaplain (if desired)
- Are appropriate for adults of any age with a serious illness, no matter the stage of the illness

EXAMPLES OF SERIOUS ILLNESS

- Lung Disease (e.g., COPD, Pulmonary Fibrosis)
- Cancer
- Liver Disease
- Multiple Sclerosis
- Alzheimer's Disease
- Blood Disorders
- Heart Disease (e.g., Congestive Heart Failure, Valve Disease)
- Stroke
- Kidney Disease
- Parkinson Disease
- Dementia



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Saint Alphonus Tobacco Free Living

Reduce your potential risk for serious lung disease complications caused by the coronavirus (COVID-19) by quitting smoking and vaping.

JOIN OUR FREE VIRTUAL CLASS

We make it easy, from the comfort of your home!



WATCH A 5-MINUTE VIDEO
www.TobaccoVideo.com
See why we're different!

- FREE to anyone
- Easy to join (you don't have to be a technology whiz!)
- You are not required to quit or commit to quitting!
- Learn about harm reduction or nicotine replacement medications
- Call (208) 367-7373 for future dates

Please consider coming to the first class and see if it speaks to you.

When someone's lungs are exposed to flu or other infections (like COVID-19), the adverse effects for smokers or vapers may be more serious than among people who do not smoke or vape. Smoking is associated with increased development of acute respiratory distress syndrome (ARDS). People who are exposed to second hand smoke also have increased risk.



Read more about quitting from Trinity Health:

As families and communities confront the increasing spread of coronavirus (COVID-19), Trinity Health/Saint Alphonus continues to care for the people we serve as we navigate this difficult crisis. Part of our role is to help people understand what they can do to protect themselves from contracting the virus, including quitting smoking.

Leading health experts have long studied the harm that is caused to the immune system from smoking and vaping. Recent studies demonstrate individuals who smoke or vape are more likely to contract COVID-19 and more likely to experience more severe symptoms.



Questions? Call (208) 367-7373.

Messages will be returned within 24 hours, Monday-Friday.



ADDITIONAL **FREE** OPTIONS

Check us out on the web: SaintAlphonsus.org/Quit

- **In-Person/Private Consultations with a Registered Nurse (RN)**
- **Online Program - PlanMyQuit**
PlanMyQuit.com/SaintAlphonsus
- **Smartphone App - Quitter's Circle**
 - Simply go to your app store (android or iOS) and download the **FREE** app
 - Once downloaded you will need to **submit the code "SAQC"** and you are off and running

FREE nicotine replacement (NRT) patch, gum or lozenges and coaching



Project Filter

projectfilter.org
1-800-QUITNOW

Phone: Quit Coach; on-line community
— up to 8 weeks of NRT
Combination therapy available for heavy users

Web/email: eCoach; on-line community
— up to 4 weeks of NRT

Central District Health

FREE Quit Tobacco classes
(208) 327-8543
Cdhd.idaho.gov

American Lung Association

1-800-LUNGUSA
Help line for lung health
Answered by a nurse or Respiratory Therapist

For more information call (208) 367-LUNG (5864)

Advance Directives

Living Will and Durable Power of Attorney for Health Care

Saint Alphonsus Health System supports the rights of competent adults to make their own medical treatment decisions and encourages patients to execute Advance Directives.

What is an Advance Directive?

Advance Directive documents allow individuals to identify preferences for care at end of life and identify a person who can make health care decisions for them if they should ever become unable to speak for themselves. Advance Directives contain two parts, a Living Will and a Durable Power of Attorney for Healthcare.

What is a Living Will?

A Living Will takes effect when a medical doctor certifies if you have a terminal and incurable illness or are in a persistent vegetative state. In either of these conditions, a Living Will allows you to make one of three choices:

Option 1: You want the doctors to continue all life sustaining medical treatments.

Option 2: You do not want any life sustaining treatments, EXCEPT you do want either artificial nutrition or artificial hydration or both.

Option 3: You want to be kept comfortable, free of pain and be allowed a natural death.

The second part of the Advance Directive allows you to name a Durable Power of Attorney for Healthcare or Healthcare Agent.

What is the Durable Power of Attorney (DPOA) for Healthcare?

Also called a health care agent, representative or surrogate, a DPOA for Healthcare allows you to name a person who can represent your wishes regarding healthcare choices in the event you are unable to speak for yourself. You can also designate alternate agents in case the person you name is not available.

Am I required to have Advance Directives to receive treatment at Saint Alphonsus?

Saint Alphonsus will treat all patients regardless of whether they have an Advance Directive. Patients may be asked on admission if they have an Advance Directive and if so, if they want to have a copy placed on their medical record. If you are being hospitalized, bring a copy to go in your records.

Who decides on my medical treatment if I haven't made a Living Will or named a person as a health care agent?

Family members, with your doctor and other caregivers, will usually decide what is best for you if you are too ill to decide. Sometimes, not everyone is in agreement about the care you would want and whom you would want to speak for you to the medical team. Treatment decisions can be hard to make. It will help your family and doctor if they know what you want by completing an Advance Directive and DPOA for Healthcare.

Does the hospital always respect my Advance Directives?

Yes. Saint Alphonsus honors and follows the Advance Directives of our patients. As a Catholic healthcare facility, Saint Alphonsus is guided by the Ethical and Religious Directives for Catholic healthcare developed by the U.S. Conference of Catholic Bishops. If a patient's Advance Directives create medical, ethical or professional dilemmas among physicians, family or other care providers, the Saint Alphonsus Ethics Committee is available for consultation.

Having a living will does not mean you will always have a Do Not Resuscitate (DNR) status. Even if a patient has properly executed Advance Directives, your physician is required to write a Do Not Resuscitate order if you wish to have resuscitative efforts withheld while you are in the hospital. This is a good reason to make sure you have a conversation with your physician about your wishes.

HEALTHCARE DIRECTIVE REGISTRY:

If you would like to have the information contained in your Advance Directive or POST form available to your family and healthcare providers in case of emergency, you should register your Advance Directive and/or POST form.

For Idaho specific information, go to:
sos.idaho.gov/general/hcdr.htm

For Oregon specific information, go to:
orpolstry.org

**For more information call
Boise (208) 367-3131
Canyon County (208) 367-3131**



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