- Submit the complete application, Letters of Support, resumes/CVs, and any other optional supporting documentation via email to orton@canceriowa.org by 11:59 p.m. (CDT) on May 14, 2025. Late applications will not be accepted.

Application

FY26 Iowa Cancer Plan Implementation Grant Cycle

Iowa Cancer Consortium
www.canceriowa.org

Applicant Information:

Name of Project Lead: Erin Sullivan Wagner
Project Lead Email Address: Erin@Aftercancer.co
Project Lead Phone Number: (319) 594-5933
Organization: After Cancer, Inc
Street Address: 127 Cayman Street
City: Iowa City, Iowa
Zip Code: 52245

Project Details:

Project Title: Sexual Health and Cancer – A Patient Educational Course for Navigating Intimacy

Total Amount of Funds Requested for FY26: 24,950

Provide a brief description of your intended project and any relevant background information about your organization. *(Suggested: 1,000 words or less.)*

After Cancer, Inc., in collaboration with clinicians and cancer centers across Iowa, is leading a two-year implementation initiative to improve the quality of life for Iowans impacted by cancer by addressing a frequently overlooked aspect of survivorship—sexual health and intimacy. At the heart of this effort is a self-paced, online patient education course, accessible when patients need it most. Informed by surveys completed by current and former patients, the course will center include topics that matter most to patients as they navigate intimacy challenges resulting from the sexual health side effects of cancer treatment.

Course content will span common cancer types and treatments and their associated sexual side effects. It will also explore psychosocial challenges, offer evidence-based interventions, and provide practical strategies for communicating with both partners and members of the care team. A multidisciplinary committee—including providers, patients, and care team members—will guide

course development to ensure it reflects a wide range of lived experiences and clinical perspectives, with a focus on equity, accessibility, and cultural relevance for high-risk and underserved populations.

This initiative builds on After Cancer's current services, which include provider and care team education, resource development, conference presentations, and consultation services designed to improve communication about sexual health in oncology care. These services have equipped providers with tools and strategies to normalize the conversation around intimacy and have laid a strong foundation for expanding direct-to-patient education.

Since 2016, After Cancer, Inc. has worked in partnership with the Iowa Cancer Consortium and clinical leaders throughout the state to bridge the communication gap between providers and patients regarding sexual health in cancer care. Through a diverse array of programs—including webinars, workshops, provider courses, and statewide conferences—After Cancer has built trusted relationships and developed educational resources that are widely recognized and utilized by oncology professionals. These partnerships have allowed the organization to amplify the voices of patients and bring practical, compassionate tools to clinical teams navigating difficult conversations around intimacy, identity, and survivorship.

More information about After Cancer's mission, prior work, and available educational offerings can be found at www.aftercancer.co.

As part of the course implementation, we will conduct a structured evaluation to assess the practicality, ease of use, and overall appeal of the course from the patient's perspective. This evaluation will include pre- and post-course surveys with 40 patients and providers across multiple Iowa health systems and focus groups. The feedback will be used to refine the course's learning modules. These efforts aim to optimize the educational content to ensure the course is both useful and relevant, while supporting providers in addressing these quality-of-life concerns without requiring additional clinic time.

Ultimately, this course is designed to normalize conversations about sexual health in cancer care, set clear patient expectations, and provide accessible, evidence-informed strategies for addressing these often-unspoken challenges. By the conclusion of the project, we will have built and piloted a sustainable, patient-centered educational resource embedded within a learning management system, complete with clinical video content, patient stories, interactive exercises, and curated materials. We will also establish partnerships with Iowa healthcare systems to support integration into supportive service visits and survivorship care planning. Project outcomes will be shared to encourage adoption statewide and nationally, elevate awareness, and support broader policy change toward more inclusive and comprehensive cancer survivorship care.

How many individuals in Iowa do you expect to reach through your project?

This project has strong potential to meaningfully improve cancer care education across Iowa by addressing a persistent gap in patient-centered sexual health resources. While the course will be

accessible statewide, this estimate uses a deliberately conservative approach, rooted in our current partnerships and expected referral patterns.

1. Oncology Provider Participation:
We estimate that approximately 130 oncology clinicians (including medical oncologists and oncology Advanced Practice Providers) affiliated with six collaborating cancer centers will participate in recommending the course within the first two years of launch. This number reflects the total clinical teams at:
- University of Iowa Holden Comprehensive Cancer Center (Iowa City)
- Hall-Perrine Cancer Center (Cedar Rapids)
- MercyOne Dubuque Cancer Center (Dubuque)
- John Stoddard Cancer Center (Des Moines)
- Richard Deming Cancer Center (Des Moines)
- June E. Nylen Cancer Center (Sioux City)

Recognizing that not all clinicians may integrate this resource immediately, we assume only 50% of each clinician's patient panel will receive a recommendation for the course during this period.

2. Cancer Patient Population:
- Annual new invasive cancer cases in Iowa: ~21,000
- Existing cancer survivors: ~168,610

3. Estimated Course Reach (Years 1–2):
- If each of the 130 clinicians refers half of their patients, assuming a conservative 50 referrals per year per provider, this results in:
  - ~3,250 patients per year, or
  - ~6,500 patients over two years

- Additional engagement is expected from cancer survivors learning about the course through survivorship programs, clinician referrals, or community partners. If 3–5% of survivors engage over two years, this adds:
  - ~5,000–8,400 survivors

- Total estimated reach in Years 1–2: ~11,500–14,900 patients

4. Considerations for Reach:
This estimate accounts for multiple real-world factors:
- Varying clinician engagement and comfort discussing sexual health
- Differences in patient interest, digital literacy, and access to technology
- Geographic barriers, particularly in rural areas with limited broadband access

The course is being designed to be mobile-responsive and accessible on low-bandwidth connections. Its trauma-informed and culturally responsive content will also support uptake in underserved and marginalized communities.

5. Long-Term Reach:
With broader statewide awareness, increased provider comfort, and integration into survivorship care plans, the reach could grow significantly. Over a 3–5 year horizon, it is reasonable to project that over 50,000 Iowa patients could benefit from the course.

Summary:
Focusing on implementation through six leading cancer centers and assuming only half of 130 oncology clinicians' patients will be referred to the course, we conservatively estimate a reach of 11,500 to 14,900 cancer patients in the first two years. Long-term integration across Iowa's oncology care infrastructure could extend the course's impact to more than 50,000 patients statewide.

In which Iowa counties do you expect to reach people through your project?
The six collaborating cancer centers in Iowa—University of Iowa Holden Comprehensive Cancer Center (Iowa City), Hall-Perrine Cancer Center (Cedar Rapids), MercyOne Dubuque Cancer Center (Dubuque), John Stoddard Cancer Center (Des Moines), Richard Deming Cancer Center (Des Moines), and June E. Nylen Cancer Center (Sioux City)—collectively serve a substantial portion of the state's population.

Cancer Center	Location	Estimated Counties Served	Approximate County Count	Extended Reach
University of Iowa Holden Comprehensive Cancer Center	Iowa City	Johnson, Cedar, Iowa, Linn, Louisa, Muscatine, Washington	7	Receives referrals from across Iowa as the state's only NCI-Designated Comprehensive Cancer Center
Hall-Perrine Cancer Center	Cedar Rapids	Linn, Benton, Cedar, Delaware, Iowa, Johnson, Jones	7	Provides outreach services to at least seven surrounding rural counties
MercyOne Dubuque Cancer Center	Dubuque	Dubuque, Clayton, Delaware, Jackson, Jones	5	Serves Dubuque and nearby counties through Medical

				Associates Clinic
John Stoddard Cancer Center	Des Moines	Polk, Dallas, Jasper, Madison, Marion, Story, Warren	7	Serves central Iowa and surrounding counties through UnityPoint Health network
Richard Deming Cancer Center	Des Moines	Polk, Dallas, Jasper, Madison, Marion, Story, Warren	7	Offers comprehensive care throughout Des Moines area and neighboring counties
June E. Nylen Cancer Center	Sioux City	Woodbury, Cherokee, Ida, Monona, Plymouth, Sioux	6	Supports cancer care in northwest Iowa and surrounding rural communities

Please describe how your project addresses one or more of these priority areas: *(Suggested: 1,000 words or less.)*

- **Addressing cancer disparities across the cancer continuum.**
- Addressing cancer prevention and/or early detection.
- Expanding successful local projects statewide in Iowa.
- **Formalizing lasting and broad change in cancer control through policy and systems change within organizations, systems, and communities. (Funds may not be used for lobbying.)**

Addressing cancer disparities across the cancer continuum-
Sexual health is a key, yet often neglected, component of quality cancer care. Disparities in this area can be especially pronounced for populations that already face barriers to care, such as rural residents, individuals with lower health literacy, and underserved communities with limited access to supportive care services. By providing a self-paced, online education course informed by diverse

patient voices and lived experiences, this project ensures equitable access to sexual health resources regardless of geographic location or socioeconomic status. In doing so, it helps bridge a critical gap in survivorship care and promotes health equity across the cancer continuum.

Formalizing lasting and broad change in cancer control through policy and systems change within organizations, systems, and communities. (Funds may not be used for lobbying.)

This initiative lays the foundation for systemic and sustainable change by embedding sexual health education into standard cancer care planning across multiple healthcare systems in Iowa. It is intentionally designed for longevity, with a multidisciplinary advisory committee, collaborative partnerships with institutions including provider groups, two patient organizations, and individual clinicians and care team members, and an evaluation process that will generate practical insights and feedback to refine and improve the educational offering.

By collecting and analyzing patient and provider input through surveys and focus groups, the project will produce actionable findings that can inform future implementation strategies, enhance care team workflows, and support the development of internal protocols that normalize sexual health as a vital component of cancer care. These findings will be shared widely across professional networks and health systems to encourage integration into routine practice.

This intervention supports systems-level change by equipping organizations and providers with a replicable, patient-informed tool that addresses a critical gap in cancer care. In doing so, it helps establish sexual health as a standard part of comprehensive cancer treatment and recovery.

Please indicate which type of funding you are applying for (choose one):

☐ **Single Year** (applying for one year of funding only)

☒ **Multi-Year: Year 1** (applying for the first year of a two- or three-year project with the intention of applying for Year 2 in FY27, if awarded)

☐ **Multi-Year: Year 2** (FY25 Year 1 awardees only) *

☐ **Multi-Year: Year 3** (FY25 Year 2 awardees only) *

Which goal(s) and strategy(ies) from the Iowa Cancer Plan will your project support/help to implement? (*Suggested: 100 words or less.)*

1. **Health Equity**
2. **Survivorship and End-Of-Life Care**

Our project supports the Iowa Cancer Plan's goals of Health Equity and Survivorship by developing a patient-informed, accessible sexual health education course tailored to individuals impacted by cancer. By centering the lived experiences of diverse populations, including but not limited to rural, LGBTQ, communities of color, and low-income-the course addressed systemic disparities. It also enhances cancer care by equipping patients with strategies to manage intimacy challenges during and post-treatment while supporting providers with a sustainable resource for integrating sexual health into standard care.

Project Objectives:

Objective #1: Utilizing a multidisciplinary and collaborative team, develop a patient-oriented course that provides education on the sexual health impacts of cancer and its treatment which includes resources and strategies to navigate adverse effects.

- **Deadline:** 11/1/2025
- **Baseline Data:** No existing course is currently in place to provide baseline data for patients in Iowa
- **Target by Deadline:** By the deadline, we will have achieved the following targets -
    - 1.) Stakeholder team creation: We will have created a multidisciplinary team of healthcare specialists (physicians, APPs, nurses/navigators, psychologists/social workers, physical therapy) and patients impacted by a cancer diagnosis from a minimum of three health systems in Iowa.

2.) Operational feedback: Feedback from the multidisciplinary stakeholder team will guide development and refinement of the web-based patient-oriented sexual health course. Input will be actively solicited from patients and providers representing underrepresented and high-risk populations, including but not limited to individuals from rural areas, LGBTQ+ communities, communities of color, those with disabilities, and populations with low income.. We will incorporate health equity principles by:

- Centering the lived experiences of individuals facing systemic health disparities.
- Including culturally and linguistically appropriate suggestions for content accessibility.
- Prioritizing course relevance for populations experiencing the highest cancer burden.
- Engaging trusted community members, such as navigators and behavioral health partners, in feedback loops.
- Integrating trauma-informed, inclusive content that acknowledges historical and systemic barriers to care.

This approach directly supports the Iowa Cancer Consortium's health equity priorities, especially:

- Priority 1: Increasing the coalition's capacity to reduce the burden of cancer for all Iowans;
- Priority 3: Engaging and benefiting populations at highest risk of health-related inequities;
- Priority 4: Optimizing cancer care resources to reflect and meet the needs of all Iowans.

    - 3.) Content creation: We will have recorded video presentations from clinical experts from various cancer centers and health systems, ranging from 5-15 minutes in length, as part of learning modules related to psycho-social concerns, as well as specialty learning pathways for common cancer types, four common treatment therapies to include surgery, radiation, chemotherapy, and hormone therapy, and specialty patient populations.
    - 4.) Course development: A fully deployable course will be created in a learning management system, which will include but is not limited to videos, patient stories

and presentations, engaging interactivity and exercises, reliable online resources, and relevant articles.

Objective #2: Pilot the sexual health course with patients and providers using quantitative qualitative measures.

-Objective #2A: Collect surveys from patients and providers. (n = 40) who have used the course to evaluate its acceptability, usability, and confidence navigating sexual health challenges, communication with care teams and partners, and overall perceived well-being.

- **Deadline:** 4/1/26
- **Baseline data:** There is currently no existing data as this will be generated after implementation of the online course

Target by deadline: By the deadline, we will have summarized responses from at least 40 completed patient surveys. Respondents will reflect diverse backgrounds across at least three Iowa health systems, four cancer types, and multiple treatment modalities. The survey will include both valid and reliable usability measures and customized questions on how helpful the course was in navigating intimacy challenges, communicating with providers or partners, and understanding sexual health side effects. These surveys will provide quantitative insights into the course's practicality and relevance. The findings will be reviewed by the stakeholder team. Areas with the lowest performance (e.g., practicality, ease of use, or relevance) will be flagged for refinement.

Provider input will help assess whether the course facilitates more normalized, timely, and effective conversations with patients around sexual health without adding burden to clinical encounters.

-Objective #2B: Conduct separate focus groups with patients (n = 10) and providers (n = 10) to gather detailed feedback on course content, impact on patients, and opportunities for improvement.

Focus groups will further explore the experience of using the course, its perceived value, and what changes would improve its impact and accessibility.

Provider input will help assess whether the course facilitates more normalized, timely, and effective conversations with patients around sexual health without adding burden to clinical encounters. Focus group feedback will also identify perceived gaps in knowledge and assess whether the course supports appropriate referrals and care continuity.

Importantly, while this phase will evaluate the overall usefulness of the course, its central purpose is to identify what refinements are needed to strengthen content, ensure accessibility, and enhance cultural and clinical relevance—setting the stage for final improvements and statewide launch in Objective #3.

- **Deadline:** 4/1/26
- **Baseline data:** Baseline data will include survey data collected during objective 2A. No current existing data as this will be generated after implementation of the online course
- **Target by deadline:** By the deadline, we will have reviewed and coded transcripts from the focus groups to identify common themes in responses. With input from the stakeholder team, we will use these themes and feedback to refine course materials.

Objective #3: Refine patient-oriented sexual health course based on feedback from surveys and focus groups.

- **Deadline:** 05/15/2026
- **Baseline data:** Baseline data will include findings from surveys and focus groups. No existing data as this will be generated after implementation of the online course
- **Target by deadline**: By the deadline, we will have finalized a fully operational, patient-oriented sexual health course that integrates feedback from patient and provider surveys and focus groups, as well as expert input from our multidisciplinary stakeholder team. Using this feedback, we will refine the learning modules and make broader enhancements to course usability, cultural relevance, and accessibility.

By the end of this phase, the course will be ready for widespread launch across Iowa. We will begin outreach and coordination with healthcare systems, survivorship programs, and patient advocacy groups to support integration into standard cancer care and survivorship planning.

Project Lead:

Name: Erin Sullivan Wagner, Executive Director
Organization: After Cancer, Inc
Mailing Address: 127 Cayman Street, Iowa City, Iowa
Email: erin@aftercancer.co
Proposed Responsibilities/Role- The Project Lead will provide overall leadership and strategic direction for the development and implementation of the patient-oriented sexual health course. Responsibilities will include:

- Project Oversight & Coordination: Oversee all phases of the project, including planning, curriculum development, pilot testing, evaluation, and statewide dissemination. Ensure the project remains on timeline and within budget, and that deliverables are met.

- Committee Leadership & Engagement: Recruit and coordinate a multidisciplinary advisory committee composed of oncology providers, specialists (e.g., urology, gynecology, pelvic health, mental health), and patient advocates. Guide committee discussions to ensure alignment with project goals, inclusive representation, and content relevance.

- Curriculum and Resource Development: Lead the design and development of course content and supplemental patient-facing materials. Ensure all materials reflect best practices in trauma-informed care, inclusivity, and health literacy.

- Technology & LMS Integration: Serve as liaison with instructional designers and web development teams to ensure that the online course is accessible, engaging, and user-friendly across devices. Contribute to decisions on course structure and user experience.

- Evaluation & Data Use: Collaborate with evaluation partners and the statistician to ensure that pilot data and survey tools are aligned with project objectives. Use findings to inform course refinement and report outcomes.

- Dissemination & Communication: Direct efforts to promote course adoption across oncology clinics, survivorship programs, and patient networks. Develop and distribute promotional materials and manage outreach strategy.

- Reporting & Compliance: Ensure documentation, reporting, and compliance with all grant requirements. Serve as primary contact for funders and stakeholders.

This leadership role is estimated at 450–500 hours across the project timeline and includes both in-kind and direct contributions.

Project Collaborators:
Collaborator #1 (required)

Name: Nicole Fleege, MD / Clinical Assistant Professor /Breast Medical Oncologist
Organization: University Of Iowa Hospitals & Clinics
Mailing Address: Holden Comprehensive Cancer Center
Email: nicole-fleege@uiowa.edu
Proposed Responsibilities/Role: Consult with project lead on design and development of course, and structure to make modifications as needed, provide input on content development and pilot review. Serve as a liaison to oncology providers to distribute and gather feedback from patients.

Collaborator #2

Name: Sneha Phadke, DO, MPH **/** Clinical Associate Professor / Breast Medical Oncologist
Organization: **University of Iowa Health Care / Holden Comprehensive Cancer Center**
Email: sneha-phadke@uiowa.edu
Proposed Responsibilities/Role: Provide input on course content development and pilot review. Serve as a liaison to oncology providers to distribute and gather feedback from patients.

Collaborator #3

Name: Samantha Redmond, PA-C / Radiation Oncology/Survivorship
Organization: MercyOne Dubuque Cancer Center
Mailing Address: 150 Mercy Dr, Dubuque, IA, 52001
Phone: 563-589-9820
Email: Samantha.redmond@mercyone.org
Proposed Responsibilities/Role: Consult with project lead on the course structure, provide input on course content, development and pilot review. Serve as a liaison to oncology providers to distribute and gather feedback from patients.

Collaborator #4

Name: Jennifer Somerville, Jennifer Somerville, ARNP, NP-C, SA-C / Surgical Oncology
Organization: Hall-Perrine Cancer Center / Mercy Medical Center
Phone: 630-564-3006
Email: jsomerville@mercycare.org
Proposed Responsibilities/Role: Provide input on course content development and pilot review. Serve as a liaison to oncology providers to distribute and gather feedback from patients

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Collaborator #5

Name: Alique Topalian, PhD, MPH / Research Scientist
Organization: University of Cincinnati Cancer Center **/** Survivorship and Supportive Services **Phone**: 216-509-2792
Email: topaliag@ucmail.uc.edu
Proposed Responsibilities/Role: Development of surveys and qualitative feedback forms and assessment of findings.

Collaborator #6

Name: Richard Deming, MD
Organization: Richard Deming Cancer Center
Mailing Address: 411 Laurel Street, Suite 3300
Phone: 515-358-6606
Email: Richard.Deming@MercyOneIowa.org
Proposed Responsibilities/Role: Support course dissemination through the cancer center network, advocate for provider engagement, and contribute feedback on course materials as needed.

Collaborator #7

Name: Stacey Pawlak, PhD
Organization: University of Iowa Hospitals and Clinics
Mailing Address: 200 Hawkins Drive, Iowa City, IA 52242
Phone: 319-356-2198
Email: stacey-pawlak@uiowa.edu
Proposed Responsibilities/Role: Assist with course content development, review course materials, and provide guidance in evaluation design and data analysis related to patient outcomes.

Collaborator #8

Name: Andrea Watkinson, Executive Director
Organization: UnityPoint Health- Cedar Rapids- Nassif Community Cancer Center
Mailing Address: 202 10th Street SE, Suite 285
Phone: (319) 369-7486
Email: andrea.watkinson@unitypoint.org
Proposed Responsibilities/Role: Assist with course content development, review course materials, and provide guidance in evaluation design and data analysis related to patient outcomes.

Collaborator #9

Name: Gina Mandernach, Outreach Coordinator
Name: Rachel Fyfe, AYA Program Coordinator
Organization: Unity Point-John Stoddard Cancer Center
Mailing Address: 1221 Pleasant Street, Des Moines, Iowa 50309
Phone: 515-241-8505
Email: gina.mandernach@unitypoint.org / rachel.fyfe@unitypoint.org
Proposed Responsibilities/Role: Assist with course content development, review course materials, and provide guidance in evaluation design and data analysis related to patient outcomes.

Collaborator #10

Name: Kelsey Allen, Program Director Organization
Organization: Cancer Support Community Iowa & NW Illinois
Phone number: 563-326-7504
Email Address: kelsey@csciowaillinios.org
Proposed Responsibilities/Role: Pilot review and feedback of the patient course, and distribution of course to a pilot patient group or provider group for qualitative review

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Collaborator #11

Organization: Above & Beyond Cancer
Phone number: 515-480-2717
Email Address: Richard.deming@mercyoneiowa.org
Proposed Responsibilities/Role:
Pilot review and feedback of the patient course, and distribution of course to a pilot patient group or provider group for qualitative review

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Collaborator #12

Name: Larry Newman, ARNP: Assistant Clinical Professor – Emeritus
Organization: University of Iowa, College of Nursing
Email Address: Larry-newman@uiowa.edu
Proposed Responsibilities/Role: Assist with course content development, review course materials in the provider group regarding special patient populations

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Collaborator #13

Name: Matt Schmitz
Organization: Nassif Community Cancer Center, Cedar Rapids, Iowa
Email: matthew.schmitz@unitypoint.org
Phone: 319-369-7543
Proposed Responsibilities/Role: course content development, pilot review and feedback, evaluations design and analysis, and distribution of course to patients for qualitative review.

Collaborator #14

Name: Patty Grossnickle, RN
Organization: Norma Schmoker Cancer Center
Phone: 515-570-8616
Email: patty.grossnickle@unitypoint.org
Proposed Responsibilities/Role: Support course dissemination through the cancer center network, advocate for provider engagement, and contribute feedback on course materials as needed.

Collaborator #15

Name: Jess Borkowski, ARNP
Organization: St Anthony's Cancer Center / Fort Dodge, IA

Phone: 712-790-0841
Email: JBorkowski@stanthonyhospital.org
Proposed Responsibilities/Role: Assist with course content development, review course materials.

Collaborator #16

Name: Sydney Girling
Organization: MercyOne / Waterloo, IA
Phone: 319-784-7934
Email: Sydney.girling@mercyhealth.com
Proposed Responsibilities/Role: Assist with course content development, review course materials, and provide guidance in evaluation design and data analysis related to patient outcomes.

Collaborator #17

Name: Ann Wolf, ARNP
Organization: Mercy Health / Waterloo, IA
Phone: 319-399-0792
Email: Annwolf4150@gmail.com
Proposed Responsibilities/Role: Assist with course content development, review course materials, and provide guidance in evaluation design and data analysis related to patient outcomes.

Collaborator #18

Name: Suzanne LeGree
Organization: June E Nylen Cancer Center, Sioux City, IA
Phone: 712-252-9370
Email: Legrees@jencc.com
Proposed Responsibilities/Role: Assist with course content development, review course materials and pilot feedback, and distribute to pilot patient groups.

Collaborator #19

Name: Nicole Goff, DNP, ARNP
Organization: University of Iowa Healthcare, Gynecologic-Oncology
Davenport, Iowa
Phone: 973-271-0685

Email: Nicole-goff@uiowa.edu
Proposed Responsibilities/Role: Assist with course content development, pilot review and feedback

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Collaborator #20

Name: Emily Hill, MD
Organization: Clinical Associate Professor, Gynecologic-Oncology, University of Iowa Hospitals & Clinics
Email: emily-k-hill@uiowa.edu
Proposed Responsibilities/Role: Support course dissemination through the cancer center network, advocate for provider engagement, and contribute feedback on course materials as needed.

Evidence & Evaluation:

What scientific evidence is there that your project will be effective? (*Suggested: 500 words or less.)*
1. Prevalence of Sexual Health Concerns in Cancer Survivors

Between 40% and 100% of patients report sexual dysfunction following cancer treatment, including disorders of sexual desire and response influenced by physical and psychosocial effects of treatment (Carter, et al., 2018). Up to 90% of women with gynecologic cancers, 75% with breast cancer, and 77% with lung cancer experience persistent sexual health concerns (Kaufman, et al., 2024). Sexual dysfunction significantly correlates with reduced quality of life in survivors (Carter, et al., 2018).

2. Under-Recognition and Gender Disparities in Care

In one radiation oncology clinic, 87% of patients reported impaired sexual function, yet only 28% recalled being asked about it by their provider (Kaufman, et al., 2024). Men were more than twice as likely as women (53% vs. 22%) to be screened for sexual health issues (Kaufman, et al., 2024). Among young women with breast cancer, 64% reported sexuality concerns that their providers could not adequately address (Kaufman, et al., 2024).

3. Barriers in Oncology Practice

Oncology clinicians cite lack of time, training, and discomfort as key barriers to discussing sexual health (Reese JB, et al., 2022). These barriers are magnified in states like Iowa, which faces a notable shortage of oncologists (1.6–2.3 per 100,000 residents) and low rural provider density (ASCO, 2021).

4. Systemic Need in Iowa

Iowa is one of eight states with the lowest ratio of oncologists per population (ASCO, 2021). Only 3% of oncologists nationally are based in rural areas, though 20% of Americans live rurally (ASCO, 2021).

Advanced Practice Providers (APPs) and oncology nurses are increasingly delivering survivorship care, but may also lack access to sexual health training (Murry & Mollica, 2016).

5. Demonstrated Patient Demand and Provider Readiness

Studies consistently report that patients want more information about sexual health during and after treatment, but therapists and treatments are under-recommended (Movsas, 2016; Zhou, 2016). Digital educational tools have been shown to increase patient knowledge and engagement in survivorship (Park et al., 2021). Providers' comfort and effectiveness in addressing sexual health improved with structured educational interventions (Guntupalli et al., 2023).

Resources:
- American Society of Clinical Oncology (ASCO). Sexual and Reproductive Health in Cancer Survivors. https://ascopubs.org/doi/10.1200/JOP.2017.028134
- Princess Margaret Cancer Centre. Sexual Quality of Life After Cancer. https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent_Young_Adult_Oncology/Documents/Sexual-Health/Sexual-quality-of-life-after-cancer.pdf
- Kaufman, et al. (2024). [Further details pending publication source]
- Carter, et al. (2018). [Further details pending publication source]

How will you evaluate your project? How will you know if you have been successful? (*Suggested: 250 words or less.)*

We will evaluate the success of the pilot using both quantitative and qualitative methods. Patient data will include pre- and post-course surveys using validated scales to assess usability, confidence navigating sexual health challenges, communication with care teams, and overall well-being. Focus groups will further explore the experience of using the course, its perceived value, and what changes would improve its impact and accessibility.

Provider input will help assess whether the course facilitates more normalized, timely, and effective conversations with patients around sexual health without adding burden to clinical encounters. Surveys and focus group feedback will also identify perceived gaps in knowledge and assess whether the course supports appropriate referrals and care continuity.

Importantly, while this phase will evaluate the overall usefulness of the course, its central purpose is to identify what refinements are needed to strengthen content, ensure accessibility, and enhance cultural and clinical relevance—setting the stage for final improvements and statewide launch in Objective #3.

Engagement metrics such as course completion rates, repeat visits, and content viewed will further help us understand how patients are using the resource. A multidisciplinary evaluation team—including clinicians, social workers, and implementation partners—will review data throughout the project to guide continuous improvements.

We will consider the project successful if patients report meaningful gains in confidence and communication, providers find the resource valuable in practice, and the course is actively integrated into survivorship care planning in at least three Iowa healthcare systems.

How will you modify your project to meet the unique needs of certain populations? *(Suggested: 500 words or less.)*

Our project is designed with a strong focus on equity and inclusivity, aiming to meet the diverse needs of patients affected by cancer across Iowa. From the outset, the course will be built to reflect the lived experiences of populations often underrepresented in cancer survivorship education. This includes, but is not limited to, Adolescent and Young Adult (AYA) patients, LGBTQ+ individuals, patients with metastatic disease, geriatric populations, and those facing systemic barriers to care due to race, ethnicity, , geography, income, or disability. The course will be created in English with the goal of adding the Spanish language translation in the second year.

The foundational course will cover the psychosocial and physiological sexual health effects of common cancer types and treatment modalities. . The learning modules will include content framed in a trauma-informed and culturally sensitive manner. Proposed learning modules to include in the patient course:

1. Understanding the Impact of Cancer on Sexual Health

- • Overview of common treatments (surgery, chemotherapy, radiation, hormonal therapy) and their sexual side effects
- • What to expect physically and emotionally during and after treatment

2. Redefining Intimacy and Sexuality After Cancer

- • Expanding the definition of intimacy beyond physical sex
- • Tools for emotional reconnection with partners
- • Adjusting expectations and reestablishing sexual identity

3. Communication with Partners and Care Teams

- • How to talk to your partner about sexual concerns
- • Tips for initiating sensitive conversations with your medical team
- • Scripts, examples, and role-play exercises

4. Common Challenges and Symptom Management

- • Fatigue, pain, vaginal dryness, erectile dysfunction, body image, incontinence, libido changes
- • Tips and strategies for coping and adaptation

- • Products, medications, and interventions that can help

5. Rebuilding Body Confidence

- • Addressing scars, hair loss, surgical changes, and body image disruption
- • Mental health support and self-compassion practices
- • Guidance on clothing, touch, and self-reconnection

6. LGBTQ+ Inclusive Sexual Health

- • Sexual health concerns unique to LGBTQ+ cancer patients
- • Affirming resources and support
- • Inclusive language and validating experiences

7. Single, Dating, and Sexual Health

- • Navigating sexuality and intimacy without a partner
- • Re-entering the dating world after treatment
- • Safe sex and confidence after cancer

8. When to Seek Help: Resources and Referrals

- • When professional help is needed (pelvic PT, sex therapy, mental health)
- • Directory of local and national resources
- • Encouraging self-advocacy and empowerment

9. Voices of Survivors: Real Stories

- • Patient testimonials to normalize and validate the experience
- • Peer tips and advice
- • Optional module with survivor video/audio reflections

Health equity principles will guide both content development and evaluation. For example, patients from underserved populations—including rural areas, communities of color, and LGBTQ+ communities, will be intentionally recruited to participate in both survey and focus group feedback. Their input will directly shape course design, ensuring cultural and linguistic relevance and accessibility features such as plain language and audio narration where feasible.

Post-pilot modifications will be driven by evaluation data collected from 40 patient users and 20 focus group participants (patients and providers). We will identify knowledge gaps, usability challenges, and

population-specific concerns through both surveys and thematic analysis of focus group transcripts. Learning module will be revised based on this input, and all content will be reviewed through the lens of inclusivity, cultural humility, and responsiveness to social determinants of health.

Ultimately, the course is designed not only to reflect the clinical realities of sexual health in cancer care, but also to meet patients where they are—respecting identity, lived experience, and the full spectrum of survivorship journeys.

Budget:

Allowable budget categories have been identified below. If funding is requested within a specific category, a brief explanation or funding justification is required.

Staff Support

- Applicants may request funds for key personnel. Funds may not be requested to supplant existing job responsibilities.
- For any staff support requests through this grant mechanism, a copy of staff resume/CV, estimate of project hours, and list of staff project-related responsibilities must be included along with the budget request. Resumes should be included as an attachment.

Travel

- Travel essential to the proposed project may be funded under this proposal.
- Travel reimbursement is allowed at the following rates: $0.50/mile; in-state travel reimbursements follow Iowa Department of Administrative Services (DAS) guidelines, which is $37/day for meals ($27.75/day for first and last day of travel); out-of-state travel reimbursements follow Iowa DAS guidelines, which varies by destination. Maximum lodging reimbursement for in-state hotels is $80 plus taxes per night (see the Iowa DAS travel webpage for more information and resources).

Printing and Copying

- Estimate the total number of document pages that will be copied or printed. Use $0.06/page for calculating costs. Example: 500 pages X $.06/page =$30.00

Supplies

- Estimate the unit cost for each item to be purchased and the total number of items needed. Example: 200 brochures X $1.25/brochure = $250.00

Indirect/Administrative Costs

- Applicants for whom the Iowa Cancer Consortium is not serving as a fiscal agent may charge an indirect rate limited to 8% of the direct costs proposed in the budget.
- The total budget, including indirect or administrative costs, may not exceed the total requested funds (maximum of $25,000).
- Administrative costs are those incurred for common or joint objectives and cannot be identified readily and specifically with a sponsored program but are still necessary to the organization's operations.
- For example, the costs of operating and maintaining facilities, depreciation and administrative salaries are generally treated as indirect/administrative costs.

- If there is a need for indirect funding beyond 8% of direct program costs, requests should be written into the applicant's budget and justified heavily.
- The applicant shall maintain documentation to support the administrative cost allocation. The Consortium reserves the right to request the documentation at any time.

Other:

- Equipment
    - Describe equipment needed for project implementation.
    - Equipment costs must be justified, and an explanation provided for equipment use after the grant period ends.
    - Items that cost $5,000 or more are not routinely funded but will be considered on an individual basis.
- Incentives
    - Incentives are an allowable expense only if proven to be effective as part of an evidence-based intervention. The research or evidence case must be outlined.

- Clinical Care/Service Delivery
    - Clinical care, including the provision of medication, vaccinations and/or treatment, is not an allowable expense. Service delivery, including radon mitigation and cancer screening test purchases, will be reviewed individually.
    - Community organizations and collaborators are encouraged to provide financial support for service delivery components.

Please explain your budget in words: *(Suggested: 100 words or less)*

Budget Narrative

This project budget outlines the necessary resources for the development, piloting, and statewide dissemination of an online, patient-oriented sexual health course for individuals affected by cancer. The total estimated cost is $159,130, including $24,950 in requested funds and $134,180 in in-kind contributions. The following sections correspond to the major budget categories.

Curriculum Development & Clinical Expertise-

- Incentives /Committee Leads & Content Developers:
Honorarium/Stipends are allocated for a multidisciplinary committee including specialists from oncology, urology, gynecology, pelvic floor physical therapy, psychology, primary care and other topics related to psycho-social concerns for patients impacted by cancer. These experts will guide curriculum structure, identify core content, and help engage speakers and reviewers. While most time is contributed in-kind, a stipend amount of $2,500 total is being requested to be dispersed to between 5-7 committee members who will commit to course content development.
- Support for Patient-Facing Materials:
Costs will support the development of printable resources such as tip sheets and checklists, handouts, and patient-guided tools to reinforce course content. Materials will prioritize inclusivity, accessibility, and trauma-informed design.

Evaluation
- **Survey Design & Implementation**
A research coordinator or implementation science expert will lead survey development to assess usability, knowledge improvement, and patient-provider communication outcomes. Survey Tools:
Funds may support external tools such as SurveyMonkey, Qualtrics, or REDCap if needed to administer pre/post surveys and gather structured feedback from users. Estimated at $1,000.
- **Statistical Analysis**
A statistician will analyze data collected during the pilot phase, identifying key patterns in usability, course impact, and areas for improvement. Estimated at $1,500.

Course Technology & Hosting
- **Learning Management System (LMS) Fees & Instructional Design**
Includes costs associated with building and hosting the course on a digital platform, as well as professional instructional design services to ensure engaging, accessible module delivery. Direct funds of $10,000 are allocated, with additional in-kind support for development time.
After Cancer, Inc. has contracted with learning management companies over the past two years to develop accredited courses for oncology professionals related to addressing sexual health with patients. Our funding request is based on our experience funding the development of those courses.

Web Development
Hosting fees and technical build-out of a dedicated course access page (or site section), including design for mobile responsiveness and accessibility features.

Marketing and Outreach
- Dissemination and Awareness Building:
Anticipated outreach includes flyer and email campaign design, social media promotions, and targeted communication to oncology clinics, survivorship programs, and patient groups.

Budget Items and Explanation	Grant Funds Requested	Other Funding	Total Funds for Project
Program Lead (450-500 hrs)	**$3,700**	**$65,000**	**$68,700**
Incentives / Committee Leads – 6 leads @ ~30 hrs	**$2,500**	**$37,500**	**$40,000**
Honorariums / Stipends – estimated 10 course presenters	**$3,000**	**$20,000**	**$23,000**
Evaluation and Survey Design Development/ tools and Implementation	**$1,000**	**$4,000**	**$5,000**
Statistical Analysis	**$1,500**	**$4,000**	**$5,500**
Learning Management System & Instructional Design fees	**$10,000**	**$3,000**	**$13,000**
Technical Support for Pilot Testing	**$1,200**	**$0**	**$1,200**
Web Development and Hosting fees	**$1,800**	**$0**	**$1,800**
Printing, Graphic Design for Patient-Facing Materials	**$250**	**$680**	**$930**
Totals:	**$24,950**	**$134,180**	**$159,130**

Submit your completed application, along with letters of support from all collaborators and resumes/CVs for anyone whose salary will be supported by requested funds, to orton@canceriowa.org by 11:59pm (CDT) on May 14, 2025.

IOWA
HEALTH CARE

5/12/25

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[x] Course content development

[x] Course design and/or content review

[x] Research study design and/or analysis of project data

[ ] Pilot review and feedback of the patient course

[x] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: Nicole Fleege, MD

Name: Nicole Fleege, MD

Title: Clinical Assistant Professor

Organization: Iowa Health Care

Email Address: nicole-fleege@uiowa.edu

Phone number: 319-356-8384

05/08/2025

RE: Letter of Support for After Cancer, Inc; Iowa Cancer Consortium Implementation Grant

Dear Grant Reviewer,

I am writing to offer my strong support for Erin Sullivan Wagner's application for After Cancer, Inc's implementation of a sexual health patient education course. I am proud to collaborate on this initiative, which aligns closely with Iowa Cancer Consortium's mission to improve quality of life for patients with cancer and increase equitable access to quality care across Iowa.

Cancer remains a leading cause of morbidity and mortality in our state, and there can be persistent sexual health and intimacy issues related to the cancer treatment. The proposed project – creating a comprehensive online patient resource for sexual health education – represents a timely and strategic response to these challenges.

My years of experience as a breast medical oncologist will allow me to help with content creation and course development as well as acting as a liaison between patients and the After Cancer, Inc team. I am confident that the proposed program will make a measurable impact on health-related quality of life outcomes and health equity in our community. Erin and After Cancer, Inc have a proven track record of delivering high-quality public health programs (such as the health care provider sexual education course) and have earned the trust of key community stakeholders.

Thank you for your consideration of this important initiative. Should you require any additional information, please do not hesitate to contact me directly.

Sincerely,



Sneha Phadke, DO MPH
Associate Professor
University of Iowa Healthcare
Sneha-Phadke@uiowa.edu

05/06/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Dubuque MercyOne Cancer Center, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[X] Course content development

[X] Course design and/or content review

[X] Research study design and/or analysis of project data

[X] Pilot review and feedback of the patient course

[ ] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: *Samantha Redmond, PA-C*

Name: Samantha Redmond

Title: Physician Assistant

Organization: Dubuque MercyOne Cancer Center

Email Address: Samantha.Redmond@mercyone.org

Phone number: 563-589-9820

HALL-PERRINE CANCER CENTER

MERCY CEDAR RAPIDS

May 6th, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Erin Sullivan Wagner, executive director of After Cancer, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[x] Course content development

[ ] Course design and/or content review

[ ] Research study design and/or analysis of project data

[ ] Pilot review and feedback of the patient course

[x] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Jennifer Somerville, ARNP

Surgical Oncology, Nurse Practitioner

Hall Perrine Cancer Center, Mercy Medical Center

701 10th St. SE Cedar Rapids, Iowa 52403

jsomerville@mercycare.org

630-564-3006

College of Medicine
Department of Family and Community Medicine
University of Cincinnati
PO Box 670582
Cincinnati, OH 45267-0582

231 Albert Sabin Way
Medical Sciences Building
4453C
Phone: (513) 558-1434

May 8th, 2025

To whom it may concern:

I am highly enthusiastic to express my support as a collaborator on the grant proposal "Sexual Health and Cancer – A Patient Educational Course Related to Navigating Intimacy." This intervention aims to create an educational program to address sexual health and intimacy for patients impacted by cancer. Many patients struggle with sexual health an intimacy and there are a paucity of resources available for them to utilize. This problem is compounded for populations who often face disparities and barriers to care such as the adolescent and young adult community and individuals living in rural areas.

For this project, I will contribute to the study design and methodology, creation of measures, implementation, and feasibility assessments. I will also assist with synthesis of our findings from survey and focus group data. As a researcher for the last 10 years, more recently in the survivorship population, and as two-time cancer survivor my expertise will contribute to this project. I believe that this proposal establishes new and novel directions in the field of oncology and how we care for our patients.

I have been working with After Cancer for the last three years. I previously developed their pre- and post-measures for provider courses and the needs assessment conducted with new health systems. I have full confidence that this project team will be successful in the development, refinement, and implementation of these needed learning modules.

I look forward to working on this novel and important project and appreciate this excellent opportunity to contribute to the field.
Sincerely,

Alique Topalian

Alique Topalian, PhD, MPH
Research Scientist
University of Cincinnati Cancer Center
University of Cincinnati College of Medicine
Department of Family and Community Medicine
Division of Survivorship and Supportive Services

MERCYONE

Richard Deming
Cancer Center
411 Laurel Street
Suite 3300
Des Moines, Iowa 50314

T 515-643-8206
F 515-643-8930

April 30, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Richard Deming, MD, MercyOne Richard Deming Cancer Center, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[x] Course content development

[x] Course design and/or content review

[x] Research study design and/or analysis of project data

[x] Pilot review and feedback of the patient course

[x] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Richard L. Deming, MD, FACR, FACRO
Medical Director, MercyOne Richard Deming Cancer Center
411 Laurel Street, Suite 3300
Des Moines, IA 50314
Office Phone: 515-358-6606
Mobile Phone: 515-480-2717
Email: Richard.Deming@MercyOneIowa.org

University of Iowa Health Care
Department of Psychiatry
Women's Wellness & Counseling Service
200 Hawkins Drive
Iowa City, Iowa 52242
Tel 319-384-5499
Fax 319-353-6915
Web uihc.org

April 27, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of The University of Iowa Department of Psychiatry's Women's Wellness & Counseling Service (Iowa City, IA), I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities:

[x] Course content development
[x] Course design and/or content review
[x] Research study design and/or analysis of project data
[ ] Pilot review and feedback of the patient course
[ ] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often-overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Thank you for your consideration,

Maria (Stacey) A. Pawlak, PhD

Stacey A. Pawlak, PhD
Director, Women's Wellness & Counseling Service
Health Psychologist, Center for Advanced Reproductive Care
Clinical Associate Professor, Department of Psychiatry
University of Iowa Health Care
200 Hawkins Drive
Iowa City, IA 52242
stacey-pawlak@uiowa.edu
319-356-2198

UnityPoint Health

4/29/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of The Wendt Regional Cancer Center, UnityPoint Dubuque and The Nassif Community Cancer Center, UnityPoint Cedar Rapids I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[x] Course content development

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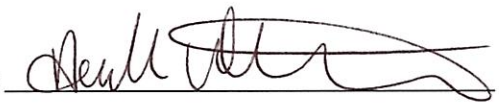
[x] Pilot review and feedback of the patient course

[x] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: 

Name: Andrea Watkinson

Title: Executive Director, Oncology

Organization: UnityPoint Cedar Rapids and Dubuque

Email Address: andrea.watkinson@unitypoint.org

Phone number: 319-369-7486

UnityPoint Health
John Stoddard Cancer Center

1221 Pleasant Street
Des Moines, IA 50309-1424
(515) 241-4141

A service of Iowa Methodist Medical Center

May 1, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of UnityPoint Health – John Stoddard Cancer Center, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities:

- Course content development
- Course design and/or content review
- Pilot review and feedback of the patient course
- Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often-overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Gina Mandernach, RN, BSN, OCN

Name: Gina Mandernach, RN, BSN, OCN

Title: Oncology Outreach Coordinator

Organization: UnityPoint Health – John Stoddard Cancer Center

Email Address: gina.mandernach@unitypoint.org

Phone number: 515-241-8505

5/1/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Cancer Support Community Iowa & NW Illinois, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[ ] Course content development

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[X] Pilot review and feedback of the patient course

[X] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often-overlooked aspect of survivorship and cancer care. Last year, in 2024, we served just over 1,100 individuals impacted by cancer and feel we can effectively connect patients to this resource.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,
Kelsey Allen
Name: Kelsey Allen

Title: Program Director

Organization: Cancer Support Community Iowa & NW Illinois

Email Address: kelsey@csciowaillinios.org

Phone number: 563-326-7504

ABOVE+BEYOND
CANCER

Above + Beyond Cancer
1305 50th Street
West Des Moines, IA 50266
aboveandbeyondcancer.org

April 30, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Richard Deming, MD, Above + Beyond Cancer, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

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[x] Course design and/or content review

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[x] Pilot review and feedback of the patient course

[x] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Richard L. Deming, MD, FACR, FACRO
Founder, Above + Beyond Cancer
1305 50th Street | West Des Moines, IA 50266
Mobile Phone: 515-480-2717
Email: Richard.Deming@MercyOneIowa.org

May 6, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Erin Sullivan Wagner of After Cancer, Inc., I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

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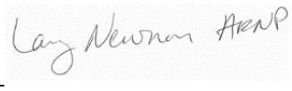
[x] Pilot review and feedback of the patient course

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I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: ________

Name: __Larry Newman ARNP_____

Title: ____Assistant Clinical Professor - Emeritus_____

Organization: ____University of Iowa College of Nursing___

Email Address: ____larry-newman@uiowa.edu_ _____

Phone number:_____

HELEN G. NASSIF
COMMUNITY
CANCER CENTER

April 28, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of the Nassif Community Cancer Center, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[X] Course content development

[X] Course design and/or content review

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[X] Pilot review and feedback of the patient course

[X] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: _____

Matt Schmitz
Manager of Oncology Services
Nassif Community Cancer Center
Matthew.Schmitz@unitypoint.org
319-369-7543

UnityPoint Health
Trinity Regional Medical Center

802 Kenyon Road
Fort Dodge, IA 50501
(515) 573-3101

May 6th ,2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Patty Grossnickle UPH Trinity Regional Medical Center, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

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[ ] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often-overlooked aspect of survivorship and cancer care. '

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: Patty Grossnickle RN

Name: Patty Grossnickle RN

Title: Nurse Coordinator

Organization: Norma Schmoker Cancer Center

Email Address: patty.grossnickle@unitypoint.org

Phone number: 515-570-8616

ST. ANTHONY
Regional Hospital & Nursing Home

South Clark Street
P.O. Box 628
Carroll, Iowa 51401
712-792-3581

5/12/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Jessica Borkowski, ARNP, FNP-C, St. Anthony Regional Hospital, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[X] Course content development

[X] Course design and/or content review

[ ] Research study design and/or analysis of project data

[ ] Pilot review and feedback of the patient course

[ ] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: Jessica Borkowski, ARNP, FNP-C

Name: Jessica Borkowski, ARNP, FNP-C

Title: Advanced Registered Nurse Practitioner

Organization: St. Anthony Regional Hospital

Email Address: JBorkowski@stanthonyhospital.org

Phone number: 712-790-0841

May 12th, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Sydney Girling, PA-C and MercyOne Waterloo Breast Clinic, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities:

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[X] Pilot review and feedback of the patient course

[X] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Sydney Girling

Sydney Girling

Surgical Oncology Physician Assistant

MercyOne Waterloo Breast Clinic

Sydney.girling@mercyhealth.com

May 10, 2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of myself, Ann Wolf ARNP, as a nurse practitioner and cancer care provider I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[x] Course content development

[x] Course design and/or content review

[x] Research study design and/or analysis of project data

[x] Pilot review and feedback of the patient course

[x] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care. I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: _____*Ann Wolf*_____

Name: ____Ann Wolf_____

Title: __Nurse Practitioner_____

Organization: __After Cancer Thought Leader group_____

Email Address: _annwolf4150@gmail.com_____ _____

June E. Nylen
CANCER CENTER

05/08/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Suzanne LeGree and June E Nylen Cancer Center, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[ ] Course content development

[X] Course design and/or content review **(I would like to sit in on some of the development meetings, but unsure if this will work with my schedule)**

[ ] Research study design and/or analysis of project data

[X] Pilot review and feedback of the patient course

[X] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: Suzanne LeGree RN

Name: Suzanne LeGree RN

Title: Patient Advocate/Navigation Team Manager

Organization: June E Nylen Cancer Center

Email Address: legrees@jencc.com

Phone number: 712-252-9370

IOWA
HEALTH CARE

4/29/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,

On behalf of Nicole Goff at Iowa Health Care, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through one or more of the following activities (please check all that apply):

[ ] Course content development

[X] Course design and/or content review

[ ] Research study design and/or analysis of project data

[X] Pilot review and feedback of the patient course

[ ] Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often overlooked aspect of survivorship and cancer care.

I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Signature: Nicole Goff, DNP, ARNP

Name: Nicole Goff

Title: DNP, ARNP

Organization: Iowa Health Care

Email Address: Nicole-goff@uiowa.edu

University of Iowa Health Care
Holden Comprehensive Cancer Center
Division of Gynecologic Oncology
200 Hawkins Dr., 31506 PFP
Iowa City, Iowa 52242
Tel 319-356-4200
Fax 319-353-8363
Web cancer.uiowa.edu

Faculty
David P Bender, MD
Jesus Gonzalez-Bosquet,MD, PhD
Michael Goodheart, MD
Emily Hill, MD
Megan McDonald, MD
Vincent Wagner, MD

Fellows
Keely Ulmer, MD
Andrew Polio, MD
Katherine Boecking, MD

Advanced Practice Providers:
Melinda Brokaw, ARNP
Anna Conroy, PA-C
Nicole Goff, ARNP
Deb Schnoor, ARNP
Courtney Shaw, ARNP

Nursing
Revital Haim, RN , OCN
Katie Kerr, RN

Research
Jessica Gorzelitz, PhD
Susan Lutgendorf, PhD
Julie Kurt
Jessica Landgrebe
Alyssa Noble

Hospitalist
Jenna Herrig, ARNP

5/12/2025

RE: Letter of Support for After Cancer, Inc. – Patient Course on Navigating Sexual Health Challenges during and after Cancer Treatment

Dear Review Committee,
On behalf of the University of Iowa Gynecologic Oncology Division, I am pleased to offer my support for After Cancer, Inc.'s application for the Iowa Cancer Consortium Implementation Grant. The proposed project will develop an online, self-paced patient course addressing sexual health side effects resulting from cancer or its treatments and will provide patients with strategies, communication tips, and supportive resources to navigate these important quality-of-life challenges.

I am committed to supporting this project through the following activities:
- Course content development
- Course design and/or content review
- Research study design and/or analysis of project data
- Pilot review and feedback of the patient course
- Distribution of course to a pilot patient group or provider group for qualitative review

I am enthusiastic about contributing to a resource that will improve patient care, support oncology teams, and address an often-overlooked aspect of survivorship and cancer care. I fully support After Cancer, Inc.'s efforts and urge you to fund this important project.

Sincerely,

Emily Hill MD

Emily Hill MD
Clinical Associate Professor
Division of Gynecologic Oncology
The University of Iowa Hospitals and Clinics
Iowa City, Iowa 52242
319-356-2015 office
319-353-8363 fax

Erin Sullivan-Wagner

linkedin.com

Erin@aftercancer.co | (319) 594-5933| Iowa City, IA 52245

Accomplished Life Coach, Patient Advocate, and Public Speaker, focused on providing educational resources for healthcare professional on addressing sexual health with patients in a cancer care setting. Resources include support strategies for patients struggling with sexual health issues impacting intimate relationships. Advocacy includes co-chairing Quality of Life Implement Group as a member of Iowa Cancer Consortium, collaborating with healthcare providers on projects related to improving the quality of life for cancer patients after cancer treatment. Public Speaking engagements span 2014 to present at regional and national patient conferences and professional nursing conferences. Well versed in developing training materials and interactive programs for healthcare professionals improving the patient experience during and after cancer treatment.

Oncology Expertise- Patient/Advocate/Public Speaking-Voice of the Patient to Oncology Community

- Founded *After Cancer, Solutions for Sexual Health* (www.AfterCancer.co), in 2014, as a resource for patients and healthcare professionals related to sexual health side effects from cancer or its treatment. After a personal battle with anal cancer and experiencing damaging sexual health side effects from treatment, developed an online presence to provide life coaching, patient advocacy, and emotional support for survivors.
- Developed tips and strategies for patients on communicating concerns to medical team and life partners.
- Collaborated with two physicians (gynecologist and a urologist from the University of Iowa Hospitals and Clinics) in developing a presentation to raise awareness and a call-to-action for oncology healthcare professionals/ patient care team members on the sexual dysfunction as a result of cancer or its treatment.
- *After Cancer* received grant funding from the Iowa Cancer Consortium for the *All of Me* project 2016-2021, collaborating with clinicians and patients, developing statewide educational materials, workshops, and on-line programs for health care professionals related to addressing sexual health in patients impacted by cancer. The All of Me Project (www.AllofMeIowa.org) work includes an Implementation Framework for healthcare professionals to include Normalizing the Conversation, Setting Patient Expectations, and Referring Patients to specialists timely. Our teaching methods include interactive role play with simulated patients in oncology scenarios to increase the confidence and competence for members of the patient care team to address sexual health with patients impacted by cancer.
    - The half-day workshops, conducted from 2017-2019, were accredited programing, qualifying for four hours of continuing education credits for nursing and social work participants. An abbreviated course was created in 2020, specifically focused on normalizing the conversation through use of a 30-second message, patient handout, and communication aids.
    - The in-person and hosted live/online streaming All of Me-Sexual Health and Cancer Conferences in 2018 and 2021 respectively, were accredited for nursing and social work continuing education credit.
    - The Comprehensive 8-week program is relevant for all patient care team members. This course involves learning modules on each aspect of the patient journey through diagnosis, evaluation and treatment options, and psychosocial concerns. The All of Me Implementation Framework-Normalizing the Conversation, Setting Patient Expectations, and Referring Patients Timely with the development of the Referral Roadmap is the focus of course, through directed self-study, live weekly discussion meetings, and live featured presentations.

THE GOAL of All of Me: Prioritizing Sexual Health for Iowans Impacted by Cancer is to develop and implement self-sustaining education programs, along with a public awareness campaign for oncology care providers. We aim to improve quality of life, sexual health agency, and sexual health for Iowans impacted by cancer. The primary target audience includes Advanced Practice Providers, oncology nurses, social workers, and radiation, physical and mental health therapists.

The All of Me project was made possible through funding from the Iowa Cancer Consortium and took place between 2016 and 2021. Core team members and collaborators:

- Conducted focus groups with fifty healthcare professionals across the state of Iowa, created a public awareness video - 2016
- Developed project website **(**www.allofmeiowa.org)
- Awareness Raising presentations at fourteen events 2016-2018

- Delivered on-site provider workshops at nine Iowa oncology clinics- 2017-2019
- Developed educational materials, including detailed implementation framework, provider-patient role play scenarios, and evidence-based presentations, patient handouts, patient brochures in multiple languages, and communication aids
- Hosted (2) In person Sexual Health and Cancer conferences in January and April 2018
- Pilot research implementation in one rural and two academic oncology clinics 2018-2020. The implementation pilots evaluated with pre- and post- provider acceptability and confidence assessments
- Perform a qualitative empirical assessment of patient sexual health needs as identified through nationally endorsed screening tool
- Host a second statewide All of Me Accredited Conference in 2021

After Cancer, Inc- Executive Director 11/2022 - present

Established 501c3 designation in November 2022. The All of Me project work continues within the After Cancer organization. Services include an online accredited Sexual Health Specialist course, in person and online workshops, provider resources related to addressing sexual health in patients impacted by cancer, and patient educational materials to assist in navigating intimacy challenges during and after cancer treatment.

One Village - Sexual Health Coach 2/ 2024 - present

Corporate Career History

Magee Resource Group -Healthcare Leadership Recruiter *(12/2018-2/2025)*

- Obtaining contracts from facilities to find and place candidates for their open opportunities for providers to include Medical Directors, Physicians, Dentists, Physician Assistants, and Nurse Practitioners.
- Made contact and established relationships through email and phone calls with client facilities and decision makers including office managers, physicians, and staff personnel.
- Developed an efficient method of prospecting and contacting candidates to build a pipeline of qualified candidates .

Xerox Corporation *(03/2000 – 04/2018)*

Senior Sales Executive -.

- Secured high-revenue clients not currently doing business with Xerox
- Promoted to a Strategic Business Unit consulting on solutions to the top 50 national accounts

Business Solutions Executive

- Established "C"-- level relationships nationally throughout the account.
- Achieved President's Club status for producing more than *170%* of quota 2004, 2005, and 2006, 2007, 2008.

Education and Professional Development

Bachelor of Business Administration- Marketing / *University of Iowa, Iowa City, Iowa.*

Coaching Out of The Box-- Train the Trainer Coaching Certification / Graduate of *Coach U, Inc.*

Cancer2Health-OHSU Certified Trainer

Volunteer Work

Cancare, Inc, Houston, Texas 2010-2023

University of Iowa/Holden Cancer Center Infusion Suite-2014-2018

Iowa Cancer Consortium/Quality of Life Implementation Group 2015-2019

Sex, Intimacy, Cancer- Resource Group 2016-2018

Survivor Group Presentations-Prostate and Breast Cancer 2015-2020

Nicole Fleege, MD

Carver College of Medicine Curriculum Vitae

May 2025

EDUCATION AND PROFESSIONAL HISTORY

Degrees Earned

2011-2015 Doctor of Medicine, University of Iowa Carver College of Medicine, 375 Newton Rd, Iowa City, IA, 52242

2007-2011 Bachelor of Science, Integrative Physiology, University of Iowa, 30 Calvin Hall, Iowa City, IA, 52242

Postgraduate

2019-2022 Fellowship, Hematology/Oncology, Department of Internal Medicine, Division of Hematology/Oncology, 1500 E. Medical Center Dr., Ann Arbor, MI, 48109

2018-2019 Chief Resident Physician, Internal Medicine, Department of Internal Medicine, University of Iowa Health Care, 200 Hawkins Dr., Iowa City, IA, 52240

2015-2018 Residency, Internal Medicine, Department of Internal Medicine, University of Iowa Health Care, 200 Hawkins Dr., Iowa City, IA, 52240

Licenses

2024 MD, Iowa Board of Medicine; MD-45024

Certifications

2024 Basic Life Support

Professional Development

2022 Research Methods in Supportive Oncology, Workshop, Harvard Medical School, Boston, Massachusetts

2020 Methods in Clinical Research, Workshop, AACR/ASCO, Virtual

Employment History

2022-current Clinical Assistant Professor, Department of Internal Medicine, Division of Hematology/Oncology, University of Iowa Health Care, 200 Hawkins Dr., Iowa City, IA, 52240

Honors and Awards

2024 Patient's Choice Award recipient – Top 10% In the Nation for Patient Experience, University of Iowa Health Care, Iowa City, IA

2022 Hematology/Oncology Fellowship Excellence in Clinical Research Award, University of Michigan, Ann Arbor, MI

2021 Conquer Cancer Merit Award at Annual Meeting, American Society of Clinical Oncology, Chicago, IL

2019	Poster Presentation Award (3rd place), University of Iowa Health Care Medical Education Leadership Symposium, Iowa City, IA
2018	Young Achiever Award, American College of Physicians, New Orleans, LA
2017	Ernest O. Theilen Award, University of Iowa Health Care Department of Internal Medicine, Iowa City, IA
2016	Humanism and Excellence in Teaching Award, Gold Humanism Honor Society, Iowa City, IA
2015	Thomas J. Parson's Award, University of Iowa Health Care Department of Internal Medicine, Iowa City, IA
2015	Gold Humanism Honor Society, University of Iowa Carver College of Medicine, Iowa City, IA
2011-2015	Dean's List, University of Iowa, Iowa City, IA

TEACHING

Course Teaching

2025	Medicine and Society II, University of Iowa Carver College of Medicine, Iowa City, IA
2019	CAPS II, University of Iowa Carver College of Medicine, Iowa City, IA

Other Teaching Contributions

Non-course Teaching

2024	The Evolving Medical Management of Early-Stage Triple Negative Breast Cancer, IRCA Annual Workshop, Iowa City, IA
2021	Multidisciplinary Care Coordination for Breast Cancer Patients with CNS Metastases, Continuing Medical Education (CME) Conference, Michigan Medicine, Ann Arbor, MI
2020	Small Group Facilitator, Hematology Medical Student Clerkship, Michigan Medicine, Ann Arbor, MI
2014-2015	Small Group Facilitator, CAPS III, University of Iowa Carver College of Medicine, Iowa City, IA

Institutional Conferences

2024	Adjuvant Endocrine Therapy, Hematology/Oncology Fellowship Division Conference, University of Iowa Healthcare, Iowa City, IA
2023	An Internists' Approach to Breast Cancer Risk and Evaluation, Internal Medicine Residency Conference, University of Iowa Healthcare, Iowa City, IA
2023	Disparities in Outcomes for Adolescent and Young Adults with Breast Cancer, Adolescent and Young Adult Cancer Symposium, University of Iowa Healthcare, Iowa City, IA
2023	Evaluation of Thrombocytopenia, Anesthesia Residency Noon

Conference, University of Iowa Healthcare, Iowa City, IA

2022 Approach to Diagnosis and Management of Patients with Paroxysmal Nocturnal Hemoglobinuria, Hematology/Oncology Division Conference, Michigan Medicine, Ann Arbor, MI

2020 Evaluation and Management of Suspected Antiphospholipid Syndrome, Hematology/Oncology Division Conference, Michigan Medicine, Ann Arbor, MI

2020 Approach to the Management of Malignant Pleural Mesothelioma, Hematology/Oncology Division Conference, Michigan Medicine, Ann Arbor, MI

2020 Hemophagocytic Lymphohistiocytosis: Beyond the Ferritin Level, Hematology/Oncology Division Conference, Michigan Medicine, Ann Arbor, MI

2019 Adjuvant Therapy for Premenopausal Patients with Hormone Receptor Positive Breast Cancer, Hematology/Oncology Division Conference, Michigan Medicine, Ann Arbor, MI

2017 Primary Thrombotic Microangiopathy Syndromes, Internal Medicine Residency Conference, University of Iowa Healthcare, Iowa City, IA

Grand Rounds

2022 Use of Cannabidiol to Manage Symptoms in Patients with Breast Cancer, Kemp Cease Hematology/Oncology Grand Rounds, Michigan Medicine, Ann Arbor, MI

2021 Research in Progress, Kemp Cease Hematology/Oncology Grand Rounds, Michigan Medicine, Ann Arbor, MI

2019 A Curious Case of Weakness and Fatigue, Internal Medicine Grand Rounds, University of Iowa Healthcare, Iowa City, IA

Journal Clubs

2022 Use of Immunotherapy in the Treatment of Breast Cancer and ALL, Hematology/Oncology Journal Club, Michigan Medicine, Ann Arbor, MI

2021 Management of Patients with BRCA-mutated Breast Cancer, Hematology/Oncology Journal Club, Michigan Medicine, Ann Arbor, MI

2020 Approach to Management of Metastatic Hormone Receptor-Positive Breast Cancer, Journal Club, Michigan Medicine, Ann Arbor, MI

2017 Breast Cancer Screening: When Should We Really Start?, Internal Medicine Journal Club, University of Iowa Healthcare, Iowa City, IA

Other

2018 40-year-old Man with Nausea, Morbidity and Mortality Conference, University of Iowa Healthcare, Iowa City, IA

2018 Improving DEXA Screening in an Internal Medicine Clinic, Quality Improvement Conference, University of Iowa Healthcare, Iowa City, IA

2017 Reduction of Proton Pump Inhibitor Use in a Primary Care Clinic, Quality Improvement Conference, University of Iowa Healthcare, Iowa City, IA

Mentoring and Student Supervision

Clinical Fellows: Udhay Grewal, Gregory Kirkpatrick, Justin Buzick

SCHOLARSHIP/PROFESSIONAL PRODUCTIVITY

Publications or Creative Works

Abstracts and Presentations

- **Fleege NMG**, Bunt SK, Mecham B, Holcombe AL, Quinlan JD, Howren MB. An Examination of Mental Health Screening Rates for Rural versus Urban Women Veterans with a New Diagnosis of Breast Cancer. American Society of Oncology Quality Care Symposium, San Francisco, CA, September 2024.
- **Fleege NMG,** Miller E, Kidwell K, Scheu K, Kemmer K, Boehnke K, Henry NL. The impact of cannabidiol (CBD) on aromatase inhibitor (AI)-associated musculoskeletal symptoms (AIMSS). Accepted for online publication during American Society of Clinical Oncology Annual Meeting, Chicago, IL, June 2024.
- **Fleege NMG**, Henry NL. Evaluating Symptom Clusters in Patients with Breast Cancer Experiencing Aromatase Inhibitor-Associated Musculoskeletal Symptoms. San Antonio Breast Cancer Symposium, December 2023.
- Buzick J, Grewal US, **Fleege NMG**. Rural-Urbain Disparities in Breast Cancer-related Mortality in the United States. American Society of Clinical Oncology Quality Care Symposium, September 2023.
- **Grogan N**, Gjeldum D, Swartz L, Verbal K, Merajver S, Friese C, Kiyota A, Heth J, Leung D, Smith S, Gabel N, Kim M, Morikawa A. Patient Reported Function and Sympton Burden from a Study of Coordinted Multidisciplinary Care in Breast Cancer Patients with Brain Metastases. American Society of Clinical Oncology Annual Meeting, Chicago, IL, June 2022.
- **Grogan N**, Henry NL. Characterizing cannabidiol use in a breast cancer population. San Antonio Breast Cancer Symposium, December 2021.
- **Grogan N**, Gjeldum D, Swartz L, Verbal K, Merajver S, Friese C, Kiyota A, Heth J, Leung D, Smith S, Gabel N, Kim M, Morikawa A. Evaluating specialty referral, research involvement, and PROs in a CNS-involved metastatic breast cancer care coordination program. American Society of Clinical Oncology Quality Care Symposium, September 2021.
- **Grogan N**, Gjeldum D, Swartz L, Verbal K, Merajver S, Friese C, Kiyota A, Heth J, Leung D, Smith S, Gabel N, Kim M, Morikawa A. IMPACT the brain: improving metastatic breast cancer patient access to coordinated treatment. The Society for Neuro-Oncology Third Annual Conference on Brain Metastases, August 2021.
- **Grogan N**, Li Y, Kidwell K, Henry NL. Ovarian function suppression in premenopausal patient with concurrent endocrine therapy use. American Society of Clinical Oncology Annual Meeting, Chicago, IL, June 2021.
- **Grogan N**, Wu Y, Robinson D, Rae J, Henry NL, Hayes D, Jacobs M, Milliron K, Hulswit B, Hipp L, Merajver S, Stoffel E, Chinnaiyan A, Cobain E. Use of comprehensive next-

generation sequencing to identify pathogenic germline variants with therapeutic relevance in metastatic breast cancer. American Society of Clinical Oncology Annual Meeting, Chicago, IL, June 2021.

- Itani N, Phadke S, **Grogan N**, Mott S. Metastatic Presentations of Previously Treated Early-Stage Breast Cancer Patients. Published online during American Society of Clinical Oncology Annual Meeting; Chicago, IL. June 2019.
- **Grogan N**, Suneja M. Framework for Delivering Peer-Based Formative Feedback in an Inpatient Setting. University of Iowa Hospitals and Clinics Graduate Medical Education Leadership Symposium; Iowa City, IA. May 2019.
- Phadke S, Vander Weg M, Itani N, **Grogan N**, Ginader T, Mott S, McDowell B. Communication Preferences for Breast Cancer Patients. Published online during American Society of Clinical Oncology Annual Meeting; Chicago, IL. June 2018.
- Phadke S, Vander Weg M, Itani N, **Grogan N**, Ginader T, Mott S, McDowell B. Communication Preferences for Breast Cancer Patients. Holden Comprehensive Cancer Center Scientific Retreat; Iowa City, IA. June 2018.
- **Grogan N**, Harris, K. A Kidney's Crisis. American College of Physicians National Meeting; New Orleans, LA. April 2018.
- **Grogan, N**, Harris K. A Kidney's Crisis. Society of Hospital Medicine National Meeting; Orlando, FL. April 2018.
- Kim T, Strouse J, **Grogan N**, Glenn K. A case of *Streptococcus bovis* bacteremia in a patient presenting for fall. Society of Hospital Medicine Iowa Chapter Meeting; Iowa City, IA. September 2017.
- **Grogan, N.** Chemo-Oh No: Treating Medical Errors in Practice. Society of Hospital Medicine Iowa Chapter Meeting; Cedar Rapids, IA. October 2016.
- Ward C, **Grogan N**, Zeitler W, Caraballo J, Fernandes S, Rasmussen E, Scallon B, Dirksen R. Improving Resident Continuity of Care at an Outpatient Internal Medicine Clinic. University of Iowa Hospitals and Clinics Quality Improvement and Patient Safety Symposium; April 2016.
- **Grogan N**, Wahls T. Family Support in Individuals with Secondary Progressive Multiple Sclerosis (SPMS) Implementing Multimodal Lifestyle Interventions. Carver College of Medicine Medical Student Research Day; Iowa City, IA. September 2011.

Book Chapters

- **Grogan Fleege NM**, Cobain EF. Breast cancer management in 2021: A primer for the obstetrics and gynecology. Best Pract Res Clin Obstet Gynaecol. 2022 Feb 16:S1521-6934(22)00026-8. doi: 10.1016/j.bpobgyn.2022.02.004. Epub ahead of print. PMID: 35307285.
- **Grogan N**, McLean K. "Ovarian Cancer." *Oncology Board Review: Blueprint Study Guide and Q&A*, Demos Medical Publishing, New York, 2021, pp. 411–418.
- Reddy, H, **Grogan N**, Cobain E. "Breast Cancer." *Oncology Board Review: Blueprint Study Guide and Q&A*, Demos Medical Publishing, New York, 2021, pp. 227–248.

Journal Articles

- **Fleege NMG**, Loeffler BT, Boehnke KF, Henry NL. Characterizing Cannabidiol Use in a Breast Cancer Population. Clin Breast Cancer. 2025 Feb 7:S1526-8209(25)00033-3. doi: 10.1016/j.clbc.2025.02.003. Epub ahead of print. PMID: 40021432.
- Behling-Hess C, Simonson G, Salz T, **Fleege N**, Zylla D. The impact of cannabis on immune checkpoint inhibitor therapy: a systematic review of immunomodulatory effects of cannabis in patients with and without cancer. Support Care Cancer. 2025 Feb 8;33(3):166. doi: 10.1007/s00520-025-09218-x. PMID: 39921765.
- Moloney B, Li X, Hirano M, Eddin AS, Lim JY, Biswas D, Kazerouni A, Tudorica A, Li I, Bryant ML, Wille C, Pyle C, Rahbar H, Hsieh S, Rice-Stitt T, Dintzi SM, Bashir A, Hobbs E, Zimmer Z, Specht JM, Phadke S, **Fleege N**, Holmes JH, Partridge S, Huang W. Initial Experience in Implementing Quantitative DCE-MRI to Predict Breast Cancer Therapy Response in a Multi-Center and Multi-Vendor Platform Setting. Frontiers in Oncology. 2024 Nov. Vol 14. https://doi.org/10.3389/fonc.2024.1395502.
- **Fleege NMG,** Yajing L, Kidwell K, Henry NL. Ovarian Function Suppression in Premenopausal Women With Concurrent Endocrine Therapy Use. Clinical Breast Cancer. ISSN 1526-8209. https://doi.org/10.1016/j.clbc.2023.03.009. Epub 2023 Mar 28.
- **Fleege NMG**, Pierce-Gjeldum D, Swartz LK, Verbal K, Merajver S, Friese CR, Kiyota A, Heth J, Leung D, Smith SR, Gabel N, Kim MM, Morikawa A. IMPACT the Brain: A Team-Based Approach to Management of Metastatic Breast Cancer With CNS Metastases. JCO Oncol Pract. 2023 Jan;19(1):e67-e77. doi: 10.1200/OP.22.00291. Epub 2022 Oct 12. PMID: 36223556; PMCID: PMC9870235.
- Dean C, Parks S, Titcomb TJ, Arthofer A, Meirick P, **Grogan N**, Ehlinger MA, Bisht B, Fox SS, Daack-Hirsch S, Snetselaar LG, Wahls TL. Facilitators of and Barriers to Adherence to Dietary Interventions Perceived by Women With Multiple Sclerosis and Their Support Persons. Int J MS Care. 2022 Sep-Oct;24(5):235-241. doi: 10.7224/1537-2073.2021-051. Epub 2022 May 26. PubMed PMID: 36090239; PMCID: PMC9461720.
- Itani N, **Grogan N**, Mott S, Phadke S. Metastatic Presentations of Previously Treated Early-Stage Breast Cancer Patients and Association With Survival. Clin Breast Cancer. 2020 Jun;20(3):209-214. doi: 10.1016/j.clbc.2019.11.004. Epub 2019 Nov 21. PubMed PMID: 32007466.
- Phadke S, Vander Weg M, Itani N, **Grogan N**, Ginader T, Mott S, McDowell B. Breast cancer patient preferences for test result communication. Breast J. 2019 Nov;25(6):1326-1327. doi: 10.1111/tbj.13461. Epub 2019 Jul 12. PubMed PMID: 31297915.
- **Grogan N**, Swami U, Bossler AD, Zakharia Y, Milhem M. Toxicities with targeted therapies after immunotherapy in metastatic melanoma. Melanoma Res. 2018 Dec;28(6):600-604. doi: 10.1097/CMR.0000000000000493. PubMed PMID: 30086073; PubMed Central PMCID: PMC6436382.
- **Grogan N**, Sebolt J, Gaspar K and Lyckholm L. Management of 5-fluorouracil Overdose with Uridine Triacetate in a Patient Unable to Tolerate Oral Administration of Antidote. Austin J Med Oncol. 2017; 4(1): 1031.

<u>Journal Articles Under Review</u>

- **Fleege NMG**, Miller EA, Kidwell K, Zacharias ZR, Houtman J, Scheu K, Kemmer K, Boehnke KF, Henry NL. Pilot study of cannabidiol for treatment of aromatase inhibitor-associated musculoskeletal symptoms in breast cancer. Cancer Medicine. *Submission under review.*

- **Fleege NMG**, Bunt SK, Mecham B, Holcombe AL, Quinlan JD, Howren MB. An Examination of Mental Health Screening Rates for Rural versus Urban Women Veterans with a New Diagnosis of Breast Cancer. Cancer Reports. *Submission under review.*

Grants

Active

Holden Comprehensive Cancer Center Oberley Seed Award - ***"****Examining the dyadic experience of caregiving in a rural setting for patients with metastatic breast cancer and their informal caregivers"*

- Grant period: January 1, 2025 – January 1, 2026
- Mentor: Mary Charlton, PhD

Completed

Holden Comprehensive Cancer Center Oberley Seed Award - ***"****Qualitative assessment of caregiver burden in metastatic breast cancer: perspectives of patient-caregiver dyads"*

- Grant period: March 31, 2024 – March 31, 2025
- Mentor: Mary Charlton, PhD

2020 Conquer Cancer - Rising Tide Foundation for Clinical Cancer Research Career Pathway Grants in Symptom Management - *"A Single Center Phase 2 Trial to Evaluate Use of Cannabidiol (CBD) to Treat Aromatase Inhibitor-Associated Musculoskeletal Symptoms in Early Stage Breast Cancer Patients"*

- Grant period: October 1, 2020 – September 20, 2024
- Mentor: N. Lynn Henry, MD/PhD

Alliance for Academic Internal Medicine Innovation Grant - *"Development of a Mobile App Using the BOSS Framework to Improve Formative Feedback"*

- Grant period: April 1, 2019 – April 1, 2020
- Mentor: Manish Suneja, MD

Not funded

American Cancer Society Institutional Research Grant – ***"****Qualitative assessment of caregiver burden in metastatic breast cancer: perspectives of patient-caregiver dyads"*

Areas of Research Interest

- Supportive oncology for patients with breast cancer and their caregivers
- Health services research, including improving representation of rural Iowans with cancer in clinic trials
- Use of cannabis in treatment of breast cancer therapy-related side effects

SERVICE

Professional Memberships

2019-current American Society of Clinical Oncology (ASCO)

2019-2022	American Society of Hematology (ASH)
2019-2020	Alliance for Academic Internal Medicine
2018-current	American College of Physicians
2015-current	Gold Humanism Honor Society (GHHS)

Professional Service (subheadings: committees and boards, leadership roles, editor/reviewer, other)

Committees and Boards

2025-current	Holden Comprehensive Cancer Center Research Seminar Series Steering Committee, Member
2025-current	Medical Oncology Faculty Recruitment Committee, Member
2024-current	Breast Molecular Epidemiology Resource (BMER), Committee Member
2023-current	Holden Comprehensive Cancer Center Community Advisory Board (CAB)
2023-current	Holden Comprehensive Cancer Center Community Outreach and Engagement, Program Liaison
2023-current	Holden Comprehensive Cancer Center Emerging Leaders Council
2023-current	Supportive Care Guideline Advisory Group (GAG), ASCO
2022-current	Breast Cancer Steering Committee, University of Iowa Healthcare, Member

Editor/Reviewer

2024-current	Reviewer, Breast Cancer Research and Treatment
2023-current	Reviewer, Clinical Breast Cancer

University Service (subheadings: committees and boards, leadership roles, reviewer, other)

Committees and Boards

2025-current	Mentoring Committee, Bruna Thompson, Radiology
2025	Department of Internal Medicine, Vice Chair for Faculty Development Interview Committee, Member
2024-current	Competency Committee, University of Iowa Health Care Hematology/Oncology Fellowship Program, Iowa City, IA
2019-2022	Program Evaluation Committee, Michigan Medicine Hematology/Oncology Fellowship Program, Ann Arbor, MI
2018-2019	Graduate Medical Education Subcommittee, University of Iowa Health Care, Iowa City, IA
2017-2019	House Staff Council, Internal Medicine Residency, University of Iowa Health Care, Iowa City, IA
2015-2018	Resident Liaison Committee, Internal Medicine Residency, University of Iowa Health Care, Iowa City, IA

Public/Community Service (subheadings: committees and boards, leadership roles, reviewer, other)

Other

2024-current	Compassionate Use Advisory Committee, New York University Grossman

School of Medicine

2013-2015 Mobile Clinic Volunteer, University of Iowa Carver College of Medicine, Iowa City, IA

Clinical Assignments

Inpatient: Oncology Consults

Outpatient: Breast Oncology Clinic