

Colorectal Cancer Screening – Implementing a FIT Program



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Colorectal Cancer Screening

How Can it FIT?



OBJECTIVES

- 1. IDENTIFY GUIDELINES AND NEED FOR COLON CANCER SCREENING FOR PREVENTION.**
- 2. DISCUSS DIFFERENT OPTIONS FOR SCREENING.**
- 3. SUMMARIZE STEPS TO IMPLEMENT A SUCCESS FIT TESTING PROGRAM.**

Colorectal Cancer Screening



- No Financial Disclosures

Colorectal Cancer Screening



- Colorectal cancer is now the 2nd-4th most common cause of cancer mortality in men and women.
 - ✦ - Men prostate, women breast, lung for both.
- Annual incidence worldwide is ~1 million cases with annual mortality > 500,000.
- Risk factors vary from person to person, depending on hereditary factors, diet , region, and lifestyle.

Colorectal Cancer Screening



• Guidelines

- American Cancer Society recommendations -
 - Colonoscopy starting at age 50 -for individuals at average risk
 - Up to 75 years old
 - Colonoscopy every 10 years
 - To find polyps and cancer
 - Gold standard for testing
- U.S. Preventive Services Task Force – USPSTF
 - High sensitive fecal occult blood testing recommended as colorectal cancer screening test.

Colorectal Cancer Screening



- FIT - fecal immunochemical test – tests for occult (hidden) blood – reacting to patient's hemoglobin proteins, no parameters
- gFOBT – guiac based fecal occult blood test for occult (hidden) blood, has parameters
- Cologuard – Stool DNA test - intended for the qualitative detection of colorectal neoplasia associated DNA markers ie: cells or gene mutations, and for the presence of occult hemoglobin in human stool. A positive result may indicate the presence of colorectal cancer (CRC) or advanced adenoma (AA) – Cost is ~\$600.

Colorectal Cancer Screening



- “Fitting” screening into primary practice
- Health Maintenance –
 - Review all health maintenance items
 - Review statistics
 - Review importance and guidelines
 - Review family and personal history items
 - Review options
 - “Proactive vs. Reactive”

Colorectal Cancer Screening



- Implementation of FIT testing
 - FREE
 - Explain testing - kit
 - Explain postage paid envelope
 - Fill out paperwork with demographic information
 - Explain paperwork
 - FAX cover sheet to Public Health Division for tracking
 - Excel spreadsheet to track kits

Colorectal Cancer Screening



- Excel Spread Sheet
- Pt name – DOB – Kit # - Pos/Neg – Date Done
- Every 6 month, review list

Colorectal Cancer Screening



- Improvements in colorectal surgery –
 - Permanent Ostomy
 - Re-anastamosis
 - Temporary Ostomy
 - Laparoscopic surgery

Citings



- American Cancer Society (2018) Colorectal Cancer Screening tests.
- Cologuard (2018) The New 50.
- Van Vugt, J. et al (2014) Improving the outcomes in oncological colorectal surgery.
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