

Central Regional Cancer Program

Ontario Health (Cancer Care Ontario)

A Newsletter for Primary Care Providers April 2023

THE QUARTERLY

A Message from the Cervical Cancer Screening Team

Dr. Alan Kaplan, Regional Primary Care Lead

Dr. Felice Lackman, Regional Cervical Screening and Colposcopy Lead



**CPD Session 1
Recording:
Lung and
Colon Cancer**

**CPD Session 2
Recording:
Breast and
Cervical**

**List of Central
Region
Colposcopists**

**Erie St. Clair
Pap Test
Refresher
Recording**

Thanks to primary care screening ramping back up from the back-log of the pandemic, pap smear rates have dramatically improved, almost back to pre-Covid levels. While barriers still exist to cervical cancer screening, we all recognize how important it is to our patients' health.

Unfortunately, our region has been flagged as having a higher rate of patients with high grade pap smears who have not received any follow-up compared to other regions in the province. This finding is sustained when correcting for the prolonged turn-around time of pap smear results. In addition, the wait times from high grade pap to colposcopy have increased in our region. This may be due to multiple factors: delayed referrals to colposcopy from primary care, increased wait times for scheduling the colposcopy appointments or longer intervals before the colposcopy can be completed.

To assist you and your administrative staff, we are providing an up-to-date [list of the colposcopists in the region](#). We are also including a link to the most recent [cervical screening guidelines](#).

We have also included the link to the February 2023 webinar on Cancer Screening Webinars:

[Session 1: Lung and Colorectal Cancer Screening](#)

[Session 2: Breast and Cervical Cancer Screening](#)

We know that everyone is extremely busy and we very much appreciate the commitment you continue to show towards cancer screening. Thank you all for your ongoing dedication.

All the best,
The Cervical Cancer Screening Team

Alan Kaplan MD CCFP(EM) FCFP CPC(HC)
Regional Primary Care Lead

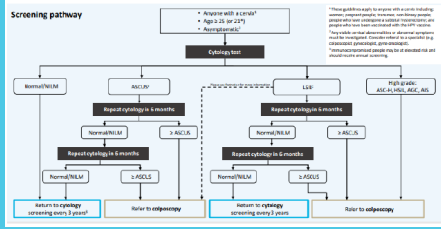
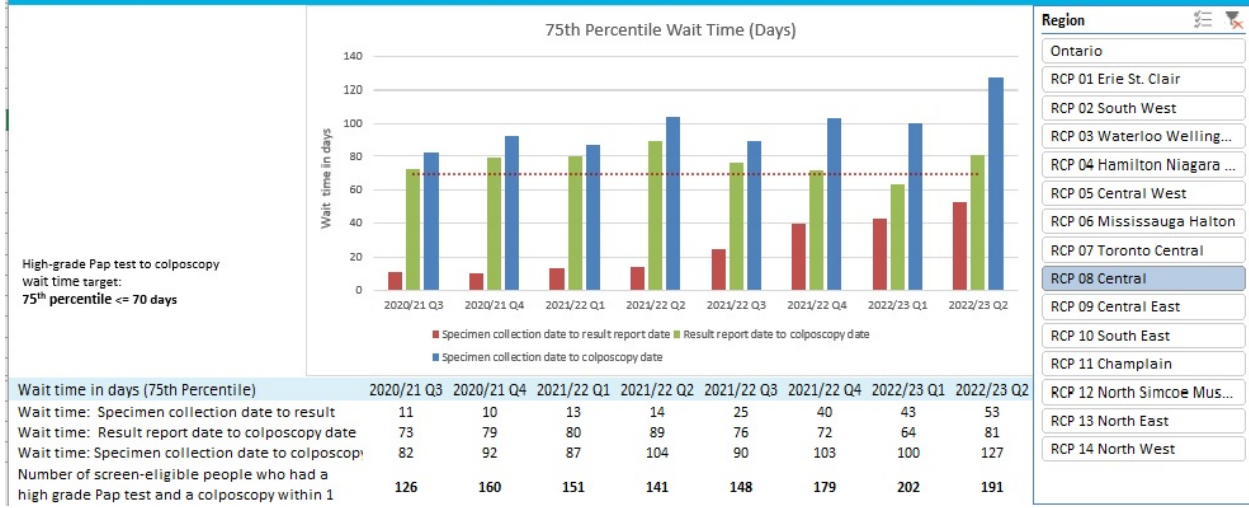


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High Grade Pap Test to Colposcopy Wait Time (Days)

IMPORTANT: Wait times are now broken down into 2 segments: Specimen Collection Date to Result Report Date and Result Report Date to Colposcopy Date



Region
Ontario
RCP 01 Erie St. Clair
RCP 02 South West
RCP 03 Waterloo Welling...
RCP 04 Hamilton Niagara ...
RCP 05 Central West
RCP 06 Mississauga Halton
RCP 07 Toronto Central
RCP 08 Central
RCP 09 Central East
RCP 10 South East
RCP 11 Champlain
RCP 12 North Simcoe Mus...
RCP 13 North East
RCP 14 North West

Cervical Screening - Frequently Asked Question:

Why is there a change in the ASCUS recommendations from 6 months to 12 months?

The chances of developing cervical cancer with a low grade pap is low. Most ASCUS will resolve on there own in 12-24 months. It is unlikely that it would progress to high grade lesion or cancer within 6 months. Therefore, repeat pap smear at 12 months. If second ASCUS result, refer to colposcopy. See the OCSP Pathway above.



Have a question related to cancer screening and follow-up care? Send in your question to our Regional Leads: email icsregional@southlake.ca

Ask a Question

Program Updates

OBSP Program Updates

- **Humber River Hospital** has been approved by Ontario Health as an **OBSP Assessment Centre**. The process for referral of abnormal mammogram findings will remain the same. In the near future, Humber River will also be expanding to include High Risk - more details to come.
- Breast Density BIRADS categories are being added to normal client results letters.
- Update to High Risk Genetic Referral Criteria - Click below to access the forms:

1. [High Risk OBSP Requisition Form](#)
2. [High Risk OBSP Breast Cancer Genetic Assessment Results Form](#)

Visit cancercareontario.ca/highriskobsp to find a list of High Risk OBSP sites.



Central Region Cancer Screening Programs Data Update

To view the most recently available data (as of Mar. 15 2023) on the breast, cervical, and colorectal screening programs participation rates in the Central Region, click [here](#).

Highlights:

- OBSP participation rate (58%) in Q3 has increased by 2.6% compared to Q2 in FY 22/23
- OCSP participation rate (51.7%) in Q3 **has decreased by 0.3%** compared to Q2 in FY 22/23
- CCC overdue for screening rate has decreased by 0.3% in Q3 compared to Q2 in FY 22/23

If you have any questions or feedback related to the data, please [contact us](#) at icsregional@southlake.ca.

Quick Links - Screening Recommendations

OBSP:

- [Breast Screening Guidelines Summary](#)
- [Breast Density Information](#)

CCC:

- [Guide to Average-Risk Screening with FIT](#)
- [Post-Polypectomy Surveillance Recommendations](#)

OCSP:

- [Cervical Screening Guidelines Summary](#)

To request hard copies of any of these guidelines to be mailed to your practice, please [contact us](#) at icsregional@southlake.ca.

NEW! Canada's Guidance on Alcohol and Health

In 2023, the Canadian Centre on Substance Use and Addiction released new guidance for Alcohol and Health. With significant advances in research over the past decade related to alcohol consumption and health, these recommendations are based on the best available evidence and will replace Canada's Low-Risk Alcohol Drinking Guidelines (LRDGs).

Highlights:

- The guidance no longer provides numerical limits for weekly or daily alcohol amounts.
- New guidance recommends people consider reducing their alcohol use and presents a continuum of risk as noted in the "**Alcohol consumption per week**" graphic below.
- If an individual has more than 2 drinks per week, aim not to exceed 2 drinks on one day.
- The recommendations are the same for males and females.

Download the Full Report

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



Upcoming Webinars and Educational Opportunities

View the Recording:	April 27: 12-1pm	May 25: 12-1pm
<p>Optimizing the Features of your EMR for Cancer Screening</p>	<p>Imaging for Cancer work-up: What should I order?</p>	<p>HPV Cervical Screening</p>
<p>Click HERE</p>	<p>Click HERE to register</p>	<p>Click HERE to register</p>
<p>Hosted by Central East Regional Cancer Program</p>	<p>Hosted by Champlain Regional Cancer Program</p>	<p>Hosted by Champlain Regional Cancer Program</p>



Palliative Care Toolkit for Indigenous Communities

The toolkit is compiled of resources and reference materials



Ontario Health E-Learning Modules

Access these courses at elearning.cancercare.on.ca

Indigenous Relationship and Cultural Awareness Courses

for First Nations, Metis and Inuit families and communities.

Please use these to help support people with cancer accessing palliative care.

1. [Resources](#)
2. [Palliative Care, Diagnosis and Working Together](#)
3. [Teachings To Support Grief and Loss in First Nations, Inuit and Metis Communities](#)
4. [What to Expect - Making Decisions and Plans](#)
5. [Understanding the Diagnosis for Patients and Caregivers](#)

For more information and resources, visit cancercareontario.ca/aboriginalpalliativecaretoolkit

To request hard copies of the Toolkit brochures for your practice, [email us](#).

These courses are a great resource to enhance your knowledge of First Nations, Inuit and Métis peoples' history, culture and traditions, and help build cultural competency. There are 13 courses and the self-learning program has been recognized by the College of Family Physicians of Canada for up to 13 Mainpro+ Credits.

To request hardcopies of patient facing materials for your practice, please [email us](#) at icsregional@southlakeregiona.org.

Smoking Cessation and Cancer Modules

Two online modules have been designed to support smoking cessation efforts:

- **Quit Smoking:** For people with cancer - takes ~20 minutes to complete and helps better understand how smoking affects health, how quitting can help cancer treatment, and how to quit smoking or smoke less.
- **Smoking Cessation and Cancer: For Health Care Providers** - teaches about benefits of cessation for people with cancer, how to deliver cessation interventions, and overcoming barriers to cessation.

Cancer Screening Resources

How to Get Caught Up on Patients who are Overdue for Screening:

- 1) Use your [Screening Activity Report](#) and/or EMR to identify patients who are due for screening and require follow up
[OSCAR EMR Cancer Screening Guidelines](#)
[Telus PS Suite EMR User Guide](#)
[P&P CIS Preventive Care Guide](#)
[Accuro Guide for Cancer Screening](#)
- 2) Request a custom screening summary for your physician group/ practice or an individual summary - email icsregional@southlake.ca
- 3) Promote awareness and importance of cancer screening to patients in your office using resources available [here](#):



OntarioMD i4C Program

OntarioMD's (OMD) Insights4Care Program saves time and resources in managing a busy practice by offering clinicians tools and direct support that can be used to make practice improvement and unlock the value of your EMR data for better patient outcomes.

The Program offers:

- **i4C Dashboard:** An EMR-integrated, user-friendly and actionable population health tool.

*available on some EMRs

- **i4C Advisory Service:** Hands-on clinician advisory support from OMD's team of quality improvement and EMR experts.

For more information, visit ontariomd.ca or email support@ontariomd.com.

bit.ly/3jjekpK

4) Complete OCFP cancer screening audits:

MainPro Audit - Breast (3 credits)

MainPro Audit - Cervical (3 credits)

MainPro Audit - Colorectal (3 credits)

[Learn More](#)

[Access your SAR](#)

[Enroll for your SAR](#)

[Enroll for PLC](#)

**Central
Regional Cancer Program**

Ontario Health (Cancer Care Ontario)

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[Learn More About
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[Contact Us](#)

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