

Central Regional Cancer Program

Ontario Health (Cancer Care Ontario)

A Newsletter for Primary Care Providers
2022

JUNE

THE QUARTERLY

ARE SCREENING COLONOSCOPIES OVERUSED? USING THE FECAL IMMUNOCHEMICAL TEST (FIT) FOR LOW-RISK SCREENING.

Dr. Alan Kaplan, Regional Primary Care Lead



A study examining the proportion of screening colonoscopies for cancer not performed according to guideline parameters in the US, found that **17% to 25.7%** of screening colonoscopies are performed too frequently or in patients who are too young or too old. In Ontario, the ColonCancerCheck Program **does not recommend colonoscopy for asymptomatic patients who have no family history or personal history of pre-cancerous colorectal polyps requiring surveillance or irritable bowel disease**. Average-risk patients should be screened with the Fecal Immunochemical Test (FIT).

We also need to be cogent to the fact that the COVID-19 pandemic has put our health care system in a backlog, and what might have been tolerated and could be coped by the system in the past, now presents an obstacle. We need to look at not just inappropriate tests as above, but even those with moderate risk. If we convert low yield colonoscopy testing (i.e. average risk colonoscopy and prior low risk adenomas) to FIT testing, this will improve access to colonoscopies

to those at higher risk in a timely fashion. People with positive FITs should have a colonoscopy performed within 8 weeks, as these patients have a much higher likelihood of having colorectal cancer (CRC).

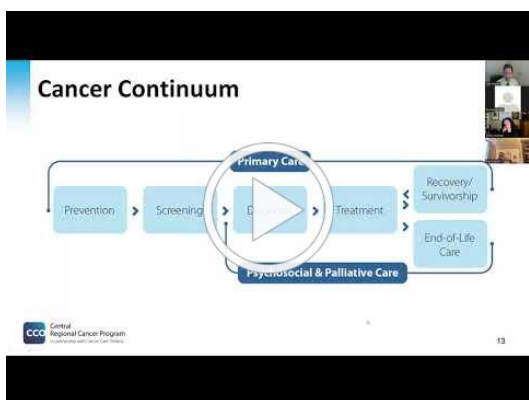
Statistical estimates show that if we screen 100,000 patients with colonoscopy, we will pick up 400 CRCs and 10,000 high risk adenomas (HRA). If we convert 100,000 low-risk colonoscopies to FIT, we would have screened 1.8 million patients and picked up 8000 CRCs and 45,000 HRAs. Clearly, through screening average-risk patients with FIT, we can screen more patients and get a better yield per colonoscopy.

Read More About the Study

Cancer Screening Resources Hub - Provider Toolkit for Patient Education

There are various public education resources available in the **Cancer Screening Resources Hub - Providers Toolkit** to display/distribute in your offices for your patients, including waiting room screen savers, phone scripts, posters, fact sheets, post cards, etc.

Visit the Resource Hub



Cancer Screening Recovery Webinar: Recording Available

The Central Regional Cancer Program hosted a webinar on March 30th, 2022. The recording is available for viewing if you were not able to attend or would like to view it again.

A list of the [Questions and Answers](#) from the webinar is also available. If you have any questions related to screening for our Regional Leads, please [send them](#) to us.

Program Updates and Reminders

[Quick Links - Screening Recommendations](#)

OBSP:

- [Breast Screening Guidelines Summary](#)



Central Region Cancer Screening Programs Data Update

To view the most recently available data (as of May 15 2022) on the breast, cervical, and colorectal screening programs including participation rates in the Central Region and wait times, [click here](#).

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

- [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](#).



CCC: FIT Lab Reports to Primary Care Providers

This tool describes some of the reasons FIT kits and FIT requisitions get rejected by LifeLabs and outlines the steps primary care providers should take based on the reason the kit or requisition was rejected.

Download Tool

Screening Trans and Nonbinary People in the OBSP

Trans individuals face unique challenges related to breast cancer screening. Overarching policy recommendations were developed in 2019 to address challenges, improve quality, and remove barriers to screening for trans individuals. Ontario Health - Cancer Care Ontario is currently working to implement these recommendations.

Reduce emotional & physical discomfort

Eligible transmasculine & nonbinary people should be referred to & screened through OBSP & High Risk OBSP

Eligible transfeminine & nonbinary people with ≥5 years feminizing hormone use may be referred to & screened in OBSP & High Risk OBSP

Breast implants should not preclude otherwise eligible people from participating in OBSP

One-year & annual recall criteria should apply to all trans and nonbinary people

View Full Report

Changes to Nurse Practitioners' (NPs) Scope of Practice

The amendments to the *Regulation Health Professions Act, 1991* under *Regulation 543* of the *Healing Arts Radiation and Protection Act* and *Regulation 107/96* will come into effect on **July 1, 2022**.

This change will allow NPs to:

- Refer individuals to the OLSP and the High Risk OBSP.
- Manage unattached OBSP participants with abnormal results.
- Authorize OBSP sites to arrange all assessment tests required for OBSP participants (currently called 'physician authorization').

Regional Initiatives and Resources



Health Connect Ontario	A free and confidential support for getting smoking, vaping and tobacco use. Offered in over 100 languages and is available by phone or text. Services are available 24/7. Call 1-877-868-7243 or visit healthconnect.on.ca
tail tobacco	A free and confidential support offering culturally appropriate support and information about getting smoking, vaping and commercial tobacco use off the ground. Tail offers online, telephone, and in-person support, and can be accessed by phone, video chat and text. Tail has been translated into over 100 languages. Visit tailtobacco.ca
STOP on the Net camh	A free, virtual smoking cessation program offered by CAMH. The online program provides support and information on how to quit smoking. The program is available in English and French. Visit stoponthenet.com
Ontario Drug Benefit recipients	Individuals covered by Ontario Drug Benefit (ODB) are entitled to a 90-day supply of prescription Nicotine Replacement Therapy (NRT) or Zynloft every 90 days.
Ontario Smoking Cessation Pharmacy Program	Some pharmacies participate in the Ontario Smoking Cessation Pharmacy Program, where they have a qualified pharmacist available to provide, dispense, and counsel on NRT products. For more information, visit ontariosmokingcessation.ca
Family Health Team or Nurse Practitioner Led Clinic	Patients who belong to a Family Health Team or Nurse Practitioner Led Clinic are eligible for all the services of their Nicotine Replacement Therapy (NRT) and counseling. Patients should contact their clinic directly.
Central Regional Cancer Program	Contact us at central@ontariocancer.ca

Smoking Cessation Support Resources

This is a list of smoking cessation support resources available for your patients throughout the province, as well as the local pharmacies within the Central Region in the Ontario Smoking Cessation Pharmacy Program.

[Download](#)

Development of a Regional 2S-LGBTQ+ Cancer Strategy

As a program, we recognize that there are systemic issues that are barriers to people feeling safe, comfortable and confident accessing healthcare services. We would like to own the role we hold in the system and would like to work to create meaningful change that will make our region, and space, more inclusive, diverse, equitable, and trauma-informed. Please consider getting involved and helping create the Regional Strategy. Your perspective and insight as a primary care provider will be extremely valuable and greatly appreciated.

[Get Involved](#)

York Region Public Health Update: HPV Immunization is available for all eligible students in Grade 7 and up

The Ministry of Health has extended the eligibility for students in Grade 7 to 12, including all students who will be graduating secondary school in 2022 and female students who graduated secondary school in 2020 and



2021 to receive this important immunization at no cost.

HPV immunization is a two-dose series if the student receives their first dose before 15 years of age. Three doses of vaccine are required if the student is 15 years or older at their first dose.

For more information, please encourage your eligible patients to visit [school immunization clinics](#) and to book an appointment online at one of the York Region Public Health community-based immunization clinics.

Is 60% or more of your practice made up of patients who experience marginalization in some way? Do you have high cancer screening rates (70%+) for these patients for breast, cervical, or colorectal cancer?

Women's College Hospital is looking for primary care providers who serve marginalized patients and are doing well with these patients on cancer screening to participate in a research study. The study aims to learn more about the barriers and enablers to implementing cancer screening with patients experiencing marginalization. Remuneration for your time will be provided.

To learn more about this study, please contact Arlinda Ruco at Women's College Hospital at Arlina.Ruco@wchospital.ca

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Central Regional Cancer Program

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