

## MOVING THE NEEDLE ON CANCER SCREENING: A QUALITY IMPROVEMENT PROJECT &gt;

Dr. David Hsu, M.D., ProHealth Medical Clinic

For the last several years, I wanted to improve my cancer screening rates. My screening numbers have been steady, but there was always ample room for improvement. However, being in a busy family practice, it was not easy to find time and resources to implement significant quality improvement. I am therefore grateful to the Central Regional Cancer Program for the opportunity to focus some attention on this matter in the past year, and hopefully going forward as well.

Our clinic undertook a Quality Improvement Plan in the Spring of 2017. I hired a summer student to focus on the Screening Activity Report. He updated our entire patient database so that we could electronically track when patients completed their screening tests and created a list of all eligible patients who still had outstanding screening tests due by May-August 31 2017.

We attempted to contact every one of these eligible patients via telephone to remind them to complete their screening tests. We prepared a standardized scripted telephone call to inform patients about what tests they needed to do and the rationale for each test. We left messages for patients when possible, and flagged in our EMR those patients who could not be reached by phone, so we could remind them in person the next time they returned to the clinic. This process went onward until August 2017.

We reviewed the results of this initiative in the Screening Activity Report for the period between May 1- August 31, 2017. My screening rates increased significantly for each of the three screening programs. There was a 10.28%, 13.55%, and 20.63% increase from baseline for women up-to-date with their pap tests, women up to date with their mammograms, and patients up to date with their FOBT respectively. Based on the outcomes from the QIP, we plan to implement some more higher level changes to ensure screening rates continue to improve, including trying to identify what the actual barriers to screening for these patients, focusing on increasing patient education materials with regards to screening, and a more thorough and longitudinal call back process to remind patients who are overdue or those that require follow up.

We plan to continue to work with the Cancer Screening Quality Improvement Toolkit, which contains a variety of different ideas and strategies to increase the amount of patients completing their screenings. We are grateful for the opportunity and hope to continue working with the Central Regional Cancer Program to improve our cancer screening rates.



Dr. Hsu, MD (left) & Andrew Lau, Student (right).

### Cancer Screening Quality Improvement Toolkit

CCO has developed a Cancer Screening Quality Improvement Toolkit to support primary care providers in developing QIPs related to cancer screening. The toolkit can assist your practice in planning, implementing, monitoring and reporting on improvements in colorectal, cervical, and breast cancer screening. If you require support to use this tool or have additional questions, please contact our team at [icsregional@southlakeregional.org](mailto:icsregional@southlakeregional.org)

View the toolkit here: <https://bit.ly/2KsMJiV>



## ONTARIO BREAST SCREENING PROGRAM >

### MAMMOTHON 2018

Our annual breast screening marathon, Mammothon, was held from May 14th to 18th this year. Of the 30 Ontario Breast Screening Program (OBSP) sites in the Central Region, 23 sites participated in this year's campaign and worked passionately to make this event a success.

Sites decorated their clinics, offered treats, provided walk-in appointments, and made the space warm and welcoming to encourage and celebrate each woman who completed a mammogram.

Thank you to all of our sites who participated in 2018!



### NEW OBSP SITE ON BOARD: OAK RIDGES MEDICAL DIAGNOSTIC IMAGING

As of March 27th, 2018, Oak Ridges Medical Diagnostic Imaging became the 30th site to join the OBSP in the Central LHIN. You can now refer your patients to this site for breast screening under the OBSP.



**13291 Yonge Street,  
Suite 301, Richmond Hill**



**905-773-6861**

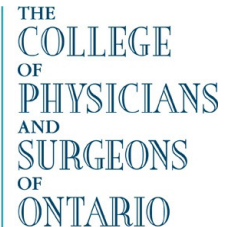
## FOR PHYSICIANS NOT YET REGISTERED FOR ONE ID >

### SIGNING UP FOR ONE ID JUST GOT EASIER

The College of Physicians and Surgeons of Ontario (CPSO) has collaborated with eHealth Ontario to simplify the process for getting a ONE ID Account by eliminating the need to provide identity documents. When you log in to the Member portal with your CPSO number and password to complete your annual renewal, you can also click on the "Get Your eHealth ONE ID" button.

You will then be redirected to the ONE ID registration form on eHealth Ontario's website and the College will automatically send eHealth Ontario authenticating information such as your full name, CPSO number, gender, birth date, and registration class.

Once you have registered for ONE ID, you can contact our team to enrol to receive the Screening Activity Report (SAR). This is an online tool from Cancer Care Ontario that supports PEM physicians in improving cancer screening rates and appropriate follow-up.



For support to register for a ONE ID account, visit <https://bit.ly/2t6ZkhQ>  
For more information or questions about ONE ID, visit <https://bit.ly/2JXoFUW>  
For more information about the SAR, visit <https://bit.ly/2KtYup2>

## NEW INFORMATION AND RESOURCES &gt;

NEW PATIENT GUIDES:  
INTIMACY & SEX, EXERCISE

Cancer Care Ontario has launched two new patient guides:

- Intimacy and Sex: A guide for people with cancer and their partners - <https://bit.ly/2yomp4G>
- Exercise: For people with cancer (two documents) main guide - <https://bit.ly/2M4izPR>  
exercise tracking sheet - <https://bit.ly/2M1fznp>

These easy to read guides are companions to the clinical guidelines: Exercise for People with Cancer (<https://bit.ly/2LZeiNQ>) and Interventions to Address Sexual Problems in People with Cancer (<https://bit.ly/2JXZIWn>). The patient guides provide evidence-based, practical information to help people with cancer and their loved ones use the evidence from the clinical guidelines.

These and other guides for managing symptoms, side-effects and wellbeing are available for download at [www.cancercareontario.ca/en/symptom-management](http://www.cancercareontario.ca/en/symptom-management)

SPECIAL REPORT:  
CANCER INCIDENCE BY STAGE

Canadian  
Cancer Statistics

A 2018 special report  
on cancer incidence by stage

Government of Canada  
Gouvernement du Canada

Canadian Cancer Society  
Société canadienne du cancer

Produced by the Canadian Cancer Society, Statistics Canada, the Public Health Agency of Canada, in collaboration with the provincial and territorial cancer registries (cancer.ca/statistics)

This report focuses on cancer incidence by stage at diagnosis for lung, colorectal, female breast, prostate and cervical cancers, and also provides information about the other 15 cancers.

It represents one of the first reports that uses a national data set to report on cancer incidence by stage in Canada.

The report is available online at <https://bit.ly/2N2wt6B>

## PREVENTION SYSTEM QUALITY INDEX: HEALTH EQUITY REPORT

Cancer Care Ontario released the third Prevention System Quality Index report in April. Working from a health equity perspective, this report examines and recommends policies and programs that can reduce cancer risk factors and exposures in Ontario. It highlights opportunities to reduce tobacco use, alcohol consumption, unhealthy eating, and physician inactivity in groups with health inequities. A major focus of this report is First Nations, Inuit, and Metis peoples.

## Quick facts:

- Ontarians facing health inequities are more likely to develop certain cancers and less likely to survive them
- Comprehensive strategies across multiple sectors and levels of government can reduce cancer risk factors in Ontarians facing health inequities and in the population as a whole



Full report: <https://bit.ly/2KouPdD>

Highlights / Executive Summary:  
<https://bit.ly/2tG1X9L>

FOR YOUR PATIENTS - CENTRAL LHIN SELF MANAGEMENT WORKSHOPS >

## SUPPORT AND EMPOWER YOUR PATIENTS IN THEIR PATHWAY TO LIVING A HEALTHY LIFE

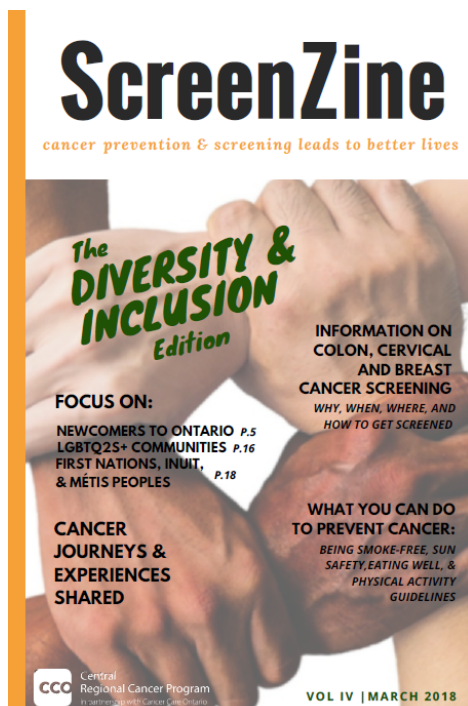


If your patient is living with a chronic condition such as cancer, they and their family members can benefit from participating in the Self-Management workshops for Chronic Disease and Chronic Pain. These workshops and materials are absolutely free and run throughout the Central LHIN. They help participants learn the skills to become active self-managers and live healthier lives.

Participants attend once a week for six weeks, and receive a book and a relaxation CD. The goal of the workshops is to help participants learn effective strategies to break the cycle of symptoms and improve their quality of life. Topics include: making action plans, stress management, communication skills, getting better sleep, problem solving, exercise, healthy eating, and managing chronic pain and fatigue.

For more information, and to register your patients, visit [www.healthy-living-now.ca](http://www.healthy-living-now.ca)

UPDATED RESOURCE FOR YOUR WAITING ROOMS >



## NEW EDITION OF SCREENZINE AVAILABLE

ScreenZine is a public education booklet with cancer screening and prevention information. The new "Diversity and Inclusion" edition has been printed and is ready to order for your office,

The booklet features information on:

- 🎗 Breast, cervical, and colorectal cancer and the Ontario cancer screening guidelines
- 🎗 HPV and preventing HPV
- 🎗 Cancer screening and survivorship stories
- 🎗 LGBTQS+ and FNIM populations and cancer
- 🎗 Resources for newcomers to Ontario
- 🎗 Cancer prevention: eating well, being smoke-free, cutting down on alcohol, sun safety, and physical activity



## REGISTRATION OPEN: 7TH ANNUAL CENTRAL LHIN ONCOLOGY DAY

The 7th Annual Central LHIN Oncology Day for Primary Care Providers is open to all health care professionals with an interest in the care of patients with a cancer diagnosis.

For program details and to register, go to: <http://centraloncologyday2018.eventbrite.ca>

**HILTON SUITES  
CONFERENCE CENTRE**

**8500 WARDEN AVENUE,  
MARKHAM, ON**

