

20 FIT Facts and Tips for 2020

Dr. Marla Ash, Family Physician, Primary Care Lead for the Central Region

If your patient has been waiting longer than two weeks for their FIT kit and you have validated that the requisition is complete and patient information is correct, contact the LifeLabs FIT helpline at 1-833-676-1426.



- 1 **Colorectal cancer has the 2nd highest incidence of all cancers in Canada.**
- 2 When caught early, colorectal cancer can be cured 90% of the time.
- 3 FIT, the province's new at-home stool based test is more sensitive than gFOBT for the detection of colorectal cancer and can also detect pre-cancerous polyps.
- 4 **FIT is easy to use, with one sample and no dietary or medication restrictions.**
- 5 While ColonCancerCheck recommends average risk screening for people ages 50 to 74, LifeLabs will accept FIT requisitions for people between 49 and 85. It is appropriate to screen after 74 if the benefits of screening outweigh the risks.
- 6 **FIT should not be used for symptomatic patients (e.g. rectal bleeding) or conditions (e.g. iron deficiency anemia) that may be related to CRC. Promptly refer these patients to colonoscopy.**
- 7 The most common reason for delays for patient FIT kits is incomplete requisitions. Currently, the biggest problem is missing information from the requestor section. This includes missing billing and/or CPSO/ CNO number - first and/or last name. Validate the patient's OHIP number and address before faxing the requisition.
- 8 If there is no date on the FIT kit returned and the result is negative, it will be invalid and the patient will have to repeat the test. Remind your patients to write the collection date on the tube.
- 9 When completing a FIT, the stool sample should cover the entire grooved portion of the stick.
- 10 A reason for rejected kits is leaking FIT tubes. Ensure patients know to close the tube securely (with a clicking sound) after completing the test.
- 11 **FIT instructions are available in 32 different languages and are in an accessible format online: cancercareontario.ca/FITInstructions**
- 12 A sample FIT device was mailed to all primary care providers to help with demonstrating to your patients how to complete the test correctly. Please contact our team to request extra samples.
- 13 Patients should mail or drop off their completed FIT to LifeLabs ideally within two days of sample collection to ensure it arrives within 14 days.
- 14 Since the FIT launch, approximately 528,000 FIT kits have been distributed in Ontario and 232,600 have been returned.
- 15 FIT requisitions expire after six months. You will be notified if your patient does not complete the test. A new requisition is required after six months.
- 16 **Refer FIT positive patients for colonoscopy within two weeks. FIT+ colonoscopies should be performed within 8 weeks as positive results are associated with a higher chance of CRC and diagnostic delays can lead to disease progression.**
- 17 The Central FIT+ Colonoscopy Referral form should be used to refer patients for FIT+ colonoscopy to the six Cancer Care Ontario-funded FIT+ colonoscopy facilities within the Central Region. It can be accessed here: bit.ly/304H5ZD
- 18 Average-risk FIT positive patients with a normal colonoscopy can return to FIT in 10 years.
- 19 69% of patients enrolled with PEM physicians in the Central Region are currently up to date with colorectal cancer screening. In Ontario, 67% are up to date.
- 20 **As of December 24th, 2019, laboratories no longer process gFOBT kits for colorectal cancer screening.**

REDUCING BARRIERS TO CANCER SCREENING FOR TRANS AND BINARY PEOPLE >

Screening policy for trans people

Transgender people are medically underserved and may not be getting regularly screened for cancer through Ontario's organized screening programs. To address this, Ontario Health (Cancer Care Ontario) has developed a policy with 17 evidence-informed recommendations to support the inclusion of trans people in the OBSP and OCSP, and is committed to implementing the policy.

The policy includes specific screening recommendations for all transgender people, including those who have undergone hormone therapy and/or gender-affirming surgery. It also includes recommendations on the importance of creating safe and inclusive spaces in healthcare settings.

Download the policy here: bit.ly/2QXwk7b

lesbian • gay
bisexual • trans
two spirit • queer



this is a
POSITIVE SPACE
that welcomes and
supports everyone

Image Source: <https://bit.ly/2v31YZC>

4th edition of Sherbourne's guidelines for trans care

The 4th edition of Sherbourne Health's Guidelines for gender-affirming primary care with trans and non-binary patients is now available for download on the website of Sherbourne's Rainbow Health Ontario (RHO) program: bit.ly/36uCeDr

PREVENTION & AWARENESS >



Human Papilloma Virus (HPV) vaccination

The HPV vaccine is available for free in schools for grade 7 girls and boys, as part of the Ontario School-Based Immunization Program, however only 58.8% of students in the Central Region received the vaccine in 2017-2018. Canada's National Immunization Strategy set a target of 90% of 17 year old adolescents vaccinated with two or more doses of the HPV vaccine. There are many reasons that all students are not being vaccinated. These barriers include concerns about safety of the vaccine, parents prefer to wait until child is older (unaware of importance of getting the vaccine before exposure to HPV), concerns that the vaccine is too new, and parents feel that their child getting the vaccine will encourage sexual activity.

It is important to remind parents the importance of the HPV vaccine for cancer prevention. The vaccine prevents cervical, vulvar, anal, penile, and mouth and throat cancers. Teens (born after 2003) can also visit a catch up clinic through Public Health to get their HPV vaccination for free, while still eligible. PHUs also offer the vaccine at cost. For more information on HPV and the vaccine, refer your patients to HPVinfo.ca. Eradication of cervical cancer is possible by vaccination, screening, and timely follow-up of abnormal results.

9 out of 10 people can be cured
if colon cancer is caught early



March is Colorectal Cancer Awareness Month (CCAM)

Talk to your eligible average-risk patients about getting screened for colorectal cancer with FIT. Not sure which patients to talk to? Access your Screening Activity Report (SAR) for a summary of which of your patients are eligible and due for their colorectal screening.

Email us at icsregional@southlakeregional.org for CCAM resources or if you would like support to increase your colorectal screening rates.

NEW INFORMATION & RESOURCES >

Cancer Care Ontario joins Ontario Health



Cancer Care Ontario, along with five other agencies and Local Health Integrated Networks (LHINs), are now part of Ontario Health. Cancer Care Ontario programs and services remain unchanged.

To learn more about Ontario Health, visit ontariohealth.ca
For Cancer Care Ontario resources, continue to visit cancercareontario.ca

NEW: Vaping and Cannabis Evidence Summaries

Cancer Care Ontario (Ontario Health) released a Vaping Evidence Summary and Cannabis Evidence Summary in November 2019 for health care providers working in cancer and primary care. These will be accessible through the CCO website after February 7th, 2020.

Vaping products including e-cigarettes

This evidence summary addresses the observed and potential health impacts of vaping products, including the development of vaping dependence, vaping's impact on youth smoking rates and vaping as a smoking cessation aid.

Cannabis and cannabinoids: cancer risk and use to manage symptoms

This document discusses the evidence on the cancer risk of cannabis and cannabinoids (medical and non-medical), and their use in managing cancer symptoms.



Screening Activity Report (SAR) and the MyPractice: Primary Care Report

Health Quality Ontario and CCO, both now part of Ontario Health, are developing a plan for a single report that will make it easier for you to access confidential data on your performance and patients. As the first step in the process, if you currently receive these reports, you will start receiving notification for both reports in the same email. For now, each report will remain separate with their formats and indicators unchanged.

If you do not currently receive the SAR and would like to sign up, you will first need to register for ONE ID by visiting members.cpso.on.ca and clicking on "Getting an eHealth Ontario ONE ID". Once you have an account, email our team at icsregional@southlakeregional.org to gain access to your SAR.

For more information on the SAR, visit cancercareontario.ca/SAR

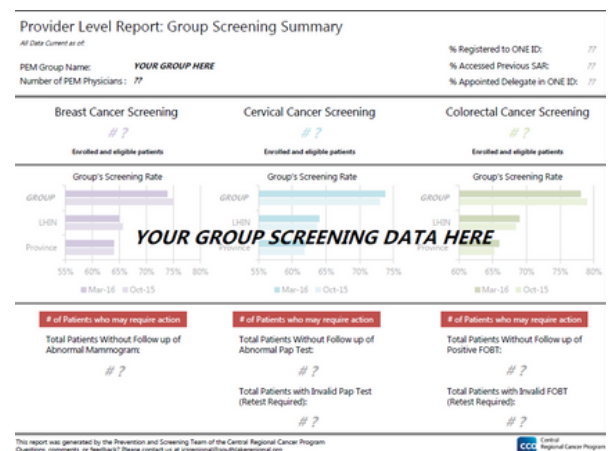
If you do not currently receive the MyPractice: Primary Care Report, visit www.hqontario.ca/pcreport for more information, or to sign up.

Provider Level Report: Group Screening Summaries Available

Do you want to improve your group screening rates?

Our team can summarize screening data and prepare a Group Screening Summary for your practice - teams of five or more (PEM physicians only). The purpose of this summary is to provide you with a snapshot of how the group is performing compared to the region.

This document includes group data for the three provincial programs and details such as your practice's number of enrolled and eligible patients, as well as the number of patients that may require additional follow-up for an abnormal screening test. In addition, it will indicate which physicians within your group are registered to ONE ID, who actively access their SAR, and have an assigned delegate.



For more information or to sign up to receive these summaries quarterly, email our team at icsregional@southlakeregional.org

OTHER PREVENTION AND SCREENING UPDATES >



Image Source: <https://n.p1/370/AA1>

Future of OCSP: HPV Testing

Ontario Health (CCO) is working towards making changes to the OCSP (Ontario Cervical Screening Program) to implement HPV testing as the primary screening for cervical cancer screening. There are several program and system changes involved with the transition and this will take time. Stay tuned for updates!

Quality Management Insider: Spotlight on Cervical Screening and Colposcopy

The Quality Management Insider is developed by Ontario Health (CCO)'s Analytics team and shares key cancer screening findings. Please find attached with this newsletter the November 2019 issue focusing on cervical screening and colposcopy.

If you do not receive this newsletter via email, please email icsregional@southlakeregional.org if you would like to get a copy of the Quality Management Insider.

ONCOLOGY DAY 2020

CONNECTING THE DOTS IN
CANCER CARE

Sign Up Now

The Central Regional Cancer Program's 8th Oncology Day for Primary Care Providers is open to family physicians, nurse practitioners, nurses, internists, and other specialists and allied health professionals with an interest in the care of patients with a cancer diagnosis. The event will include updates on oncology and cancer screening for common cancers, a motivational speaker, and a panel discussion on optimizing continuity of care.

For the agenda and to register, visit centraloncologyday2020.eventbrite.ca

Friday, February 7, 2020
Edward Hotel, Markham
8:15am - 2:20pm

Contact: Danielle De Castro,
ddecastro@southlakeregional.org
or 905-895-4521 ext. 6366

OBSP Education Day 2019



The Prevention and Screening team held our 8th annual OBSP Education Day on November 7, 2019, at Southlake Regional Health Centre. We had 63 attendees consisting of radiologists, clerks, managers, and technologists from our OBSP sites across the region join us for the day.

Sessions included updates on cancer screening, person-centred care, a breast cancer survivor sharing her cancer journey, breast cancer treatment, and genetics and high-risk screening. We received wonderful feedback and it was an informative and enjoyable event! Thank you to all the OBSP sites who attended!



Central
Regional Cancer Program
in partnership with Cancer Care Ontario

TO JOIN OUR ELECTRONIC DISTRIBUTION OR SEND US YOUR FEEDBACK:

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