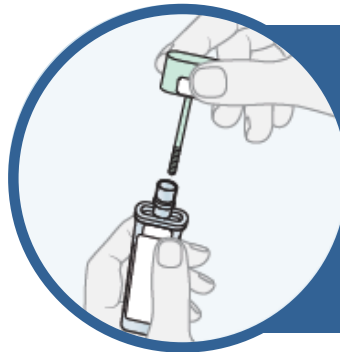


# THE QUARTERLY

MAY 2019

## COLON CANCER CHECK: FIT LAUNCH UPDATE >

Ontario is transitioning from the guaic fecal occult blood test (gFOBT) to the fecal immunochemical test (FIT) for people at average risk of colorectal cancer on June 24, 2019. FIT is an at-home stool-based test that is more sensitive for the detection of colorectal cancer and unlike gFOBT, also detects pre-cancerous polyps. It is easier to use, with one sample required and no dietary or medication restrictions.



# START TO SCREEN WITH FIT JUNE 24, 2019

## HOW TO SCREEN WITH FIT - A STEP BY STEP GUIDE FOR PROVIDERS AND PATIENTS

### Steps for Primary Care Providers

1. Confirm mailing address for FIT kit, patient address + date of birth
2. Explain to patient how to complete the FIT test
3. Submit completed FIT requisition to LifeLabs directly through your EMR or by faxing 1-833-676-1427

LifeLabs will mail pre-labelled FIT kit to patient.

There is no longer any physician kit distribution.

- Only use the new FIT requisition. Do not use OHIP requisitions or submit them to other labs.
- You can indicate on the FIT requisition whether the FIT kit should be mailed to an alternate address, which may differ from the patient's primary mailing address (e.g. health centre or nursing station, community health centres, etc.)
- To prevent mailing errors and delays, double check patient address information, such as unit number and postal code.

### Steps for Patients

1. Check label accuracy and clearly record specimen ("poop") collection date on FIT tube (DD/MM/YYYY)
2. Collect stool sample
3. Mail or drop off FIT to LifeLabs as soon as possible, ideally within 2 days of sample collection, to ensure it arrives at the lab with 14 days

LifeLabs will send FIT result to Primary Care Provider.

Cancer Care Ontario will mail FIT result letter to patient.

- Patients can drop off their FIT at any LifeLabs Patient Service Centre during business hours. For locations and hours, visit [locations.LifeLabs.com](http://locations.LifeLabs.com)

### For more information, visit:

Information and resources:  
[cancercareontario.ca/FITHub](http://cancercareontario.ca/FITHub)

OHIP billing code updates:  
[health.gov.on.ca/en/pro/programs/ohip/sob](http://health.gov.on.ca/en/pro/programs/ohip/sob)

Or, call Life Labs at 1-833-676-1426

### Follow-up by Primary Care Providers

- Normal FIT result: Repeat FIT in 2 years
- Abnormal FIT result: Refer **within 2 weeks** for follow-up colonoscopy to be performed within 8 weeks

## COLON CANCER CHECK &gt;

NEW  
RESEARCH  
ALERTBARRIERS TO FOLLOW-UP  
AFTER AN ABNORMAL  
FOBT RESULT

The American Journal of Gastroenterology has recently published a study of barriers to follow-up colonoscopy after an abnormal colorectal cancer screening FOBT result. The study was led by Cancer Care Ontario scientists Dr. Jill Tinmouth and Dr. Diego Llovet, with funding from the Ontario Institute for Cancer Research. Investigators conducted qualitative interviews with 30 colorectal cancer screening participants in Ontario who did not have a follow-up colonoscopy after an abnormal FOBT result, and 30 primary care providers with at least one patient in this situation. This is the first study to interview persons with abnormal FOBT results to understand the reasons for a lack of follow-up colonoscopy.

## Reasons for a lack of follow-up colonoscopy:

- Person and/or provider believed FOBT+ was a false positive
- Person experienced fear, anxiety, or uneasiness about colonoscopy
- Breakdown in communication of FOBT+ or of colonoscopy appointments
- Person had other health issues causing delay or refusal of colonoscopy

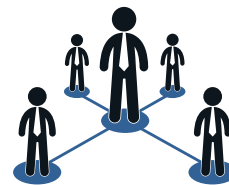
## Study Conclusions

According to the abstract, "PCPs may not adequately counsel FOBT+ persons who believe the FOBT+ is a false positive and/or fear colonoscopy. PCPs may lack fail-safe systems to communicate FOBT+ results and colonoscopy appointments. Using navigators may help address these barriers and increase follow-up rates."

Access the full article here: [www.ncbi.nlm.nih.gov/pubmed/30361625](http://www.ncbi.nlm.nih.gov/pubmed/30361625)

PHYSICIAN REGISTRATION  
FOR PATIENT ATTACHMENT

As part of the ColonCancerCheck program, unattached patients (those without a primary care provider) are able to be screened.



Patients with an abnormal FIT result require an urgent colonoscopy. Please consider registering to accept unattached patients requiring this follow-up to your practice.

If you are a patient enrolment model (PEM) physician and you roster patients referred from CCO to your practice, you can claim the Q043A New Patient Fee FOBT Positive/Colorectal Cancer (CRC) Increased Risk.

You can register by completing the form at: <https://bit.ly/2usrR1F>

MARCH 2019 - RECOMMENDATIONS FOR  
POST-POLYPECTOMY SURVEILLANCE

Cancer Care Ontario has released the ColonCancerCheck's (CCC) Recommendations for Post-Polypectomy Surveillance, as well as a supporting tool.

The recommendations were developed under the guidance of a panel of experts in gastroenterology, pathology and colorectal surgery who analyzed evidence from a literature review of post-polypectomy surveillance guidelines, as well as a systematic review and meta-analysis on the risks associated with low risk adenomas. The recommendations were reviewed by national and international experts and their feedback has been incorporated.

Compared to the 2006 U.S. Multi-Society Task Force on Colorectal Cancer post-polypectomy surveillance guidelines adopted by CCC in 2008, the updated recommendations include guidance based on findings made at both the initial and subsequent colonoscopy. The recommendations clarify that people with no polyps or hyperplastic polyps in the rectum or sigmoid, as well as people with low risk adenomas, should rescreen with the fecal immunochemical test (FIT) and not undergo surveillance colonoscopy.

My patient has a low risk adenoma. What would the next steps be?



The recommendations and the supporting tool are available at [www.cancercareontario.ca/CCCsurveillance](http://www.cancercareontario.ca/CCCsurveillance).

If you have any questions about the recommendations or the CCC program, please contact CCO's contact centre at [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca)

BREAST SCREENING >



May 13 - May 17, 2019

Mammothon is a fun event meant to help reduce the fear of breast screening. Our goal is to screen as many people who are overdue for their mammogram, or who have never gone for their mammogram. Please remind your patients to get screened for breast cancer if they are due. If you have access to the Screening Activity Report (see below) this is a great easy tool to see who is due for screening. Your EMR can also be used to identify people who are due for screening.

More information and participating sites can be found at [www.mammothon.ca](http://www.mammothon.ca). Let's work together to get as many women up to date with their mammograms as possible!

NEW OBSP SITE: VITALIM

As of December 15, 2018, Vitalim Diagnostic Imaging became the 31st site to join the Ontario Breast Screening Program in the Central Region. You can now refer your patients to this site for breast screening under the OBSP.

9600 Bathurst St. #302, Maple, ON L6A 3Z8  
 647-557-2262



Please see newsletter insert for a complete list of all the 31 OBSP sites in the Central Region.

CANCER CARE ONTARIO PRIMARY CARE TOOLS >

SCREENING ACTIVITY REPORT

The Screening Activity Report (SAR) is a supplementary electronic tool available to all patient enrolment model primary care physicians to support improving cancer screening rates and appropriate follow-up for the breast, cervical, and colorectal cancer screening programs. The interactive platform allows physicians to quickly find specific cancer screening information for each patient.

Screening Activity Report (SAR) as of 31-Dec-2017

Dashboard

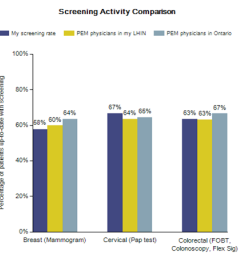
Physician: DOCTOR SAR

[Go to Summary](#)

CPSO: 000000

LHIN: ABCD

Physician Level Summary	Breast Screening	Cervical Screening	Colorectal Screening
Total eligible individuals	205	298	327
Total excluded individuals (due to previous cancer, surgery, or OBSP high risk)	13	53	2
<b>Action required</b>	<b>114</b>	<b>201</b>	<b>149</b>
Abnormal screen, follow-up needed	0	6	2
Invalid result, retest required	NA	0	2
Overdue for screening	114	195	145
<b>Due for screening &lt; 6 months</b>	<b>48</b>	<b>45</b>	<b>20</b>
<b>Physician review required</b>	<b>13</b>	<b>50</b>	<b>146</b>
Colonoscopy in the last 10 years or Flexible Sigmoidoscopy in the last 10 years	NA	NA	141
Review patient history	5	45	0
Abnormal screen, follow-up underway or completed	8	2	2
No screening action required, normal screen	90	232	82



The SAR is accessed through ONE ID, eHealth Ontario's digital identity and authentication system. A recent partnership with eHealth Ontario and the CPSO has simplified the ONE ID registration process. You no longer need to provide identity documents to an eHealth Ontario Legal Registration Authority (LRA), you are able to self-register for ONE ID.

ONE ID and SAR Registration for CPSO Members

- On the CPSO website: log in using your CPSO account credentials and click on "Get your eHealth ONE ID" on the "Welcome" page.
- Review and agree to the Consent Statement and then click on the "Register for ONE ID" button.
- You will be directed to the ONE ID site to complete the registration. Once completed, you will be provided with a login ID (FIRSTNAME.LASTNAME@ONEID.ON.CA).
- Once registered for ONE ID, contact our Prevention and Screening team LRA, Sarah Blyth at [sblyth@southlakeregional.org](mailto:sblyth@southlakeregional.org) and provide your name, CPSO number and ONE ID login to gain access to your SAR.

For more information and to access your SAR, visit [cancercareontario.ca/SAR](http://cancercareontario.ca/SAR).

For SAR inquiries, contact:

[screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca) or 1-866-662-9233

For assistance with ONE ID, contact

[servicedesk@ehealthontario.on.ca](mailto:servicedesk@ehealthontario.on.ca) or 1-866-250-1554

PHYSICIAN-LINKED CORRESPONDENCE

A proven way to get more of your patients screened for cancer: Physician-linked correspondence includes physicians' names in their rostered patients' cancer screening letters.

To enrol or for more information, visit <https://bit.ly/2Gc4SAs>

ENROL NOW





NEW INFORMATION AND RESOURCES >

## CELEBRATE NATIONAL INDIGENOUS PEOPLES DAY AT SOUTHLAKE



National Indigenous Peoples Day is held annually on June 21 to celebrate the diversity, culture and heritage of First Nations, Inuit, Metis, and Urban Indigenous Peoples in Canada. The Central Region has an Indigenous population of 10,530 people (0.6% of our population). The Central Regional Cancer Program, in collaboration with Southlake Regional Health Centre, will be hosting an event to celebrate National Indigenous Peoples Day. Anyone is welcome to attend.

 June 20, 2019

 1:00 pm

 Southlake Regional Health Centre, Newmarket

To learn more about Indigenous Peoples, Cancer Care Ontario's Indigenous Relational Cultural Sensitivity courses are a great way to increase your knowledge on the history as well as a wide array of health topics specific to Indigenous Peoples: <https://elearning.cancercare.on.ca>

## UPDATED FIT RESOURCE HUB

The FIT Resource Hub has recently been updated with tools and resources to prepare for the transition to FIT.

- [CCC Guide to Average Risk Screening with FIT](#): overview of CCC screening recommendations and steps for screening with FIT.
- [FIT Requisition Form](#): The new requisition form that you will be required to use to order a FIT for your patients as part of the CCC program.
- [FIT Instructions for Patients](#): These instructions help screening participants complete their FIT at home.

Updated FIT FAQs, gFOBT decommissioning FAQs and other resources are also available on the hub.

[cancercareontario.ca/FITHub](http://cancercareontario.ca/FITHub)

Have questions or concerns about FIT implementation or are interested in a FIT presentation at your practice? Email Rukaiya Alidina, Coordination Advisor at [ralidina@southlakeregional.org](mailto:ralidina@southlakeregional.org).

## NEW: ADMINISTRATIVE ASSISTANT, PREVENTION AND SCREENING - ERIN VERHAAFF

What inspired you to work in healthcare?

I actually went to college for IT and started my career in healthcare in the IT department on a one-year contract. Once the contract was completed I got a position in the Oncology Department and have been with the oncology department ever since.

What are the most rewarding aspects of your job?

I love coming into my job everyday knowing I am making a small impact on the lives of patients and families. I know so many people who have been touched by cancer and how hard it can be to deal with a cancer diagnosis and go through all treatments. Anything I can do to make that a bit less overwhelming for patients and their families makes my job rewarding.

What have you learned about cancer prevention and screening that others may not know?

I have learned that physical activity and proper nutrition can make a difference in cancer prevention. I have also learned that there is still a high percentage of people who are not getting screened.



Central Regional Cancer Program  
in partnership with Cancer Care Ontario

**SEND US YOUR INPUT, IDEAS, & FEEDBACK:**

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Fax: 905.952.2461

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