

Marshall Cancer Center Annual Community Outreach Summary: 2016

Description of Needs and Rationale

In its annual review of data collected from our Cancer Registrar, the Cancer Committee found a high percentage of El Dorado County patients diagnosed with advanced states of colon cancer.

The committee determined early detection of colon cancer would not be possible without facilitating improved screening techniques. To this end, the committee voted to increase awareness the Fecal Immunochemical Test (FIT) by promoting Marshall employees to take it.

The American Cancer Society's goal is to screen 80 percent of age-appropriate adults with the FIT test by 2018. With the group's accessibility in mind, we felt Marshall Medical Center's population of 1,700 employees helped make the 80 percent goal a possibility. To improve participation, employees who took part in the annual flu immunization drive also received FIT test kits. The drive was renamed the FIT/FLU Clinic.

Guidelines used to design activity

We aimed to follow advice of two major stakeholders in preventive medicine.

American Cancer Society Recommendations:

- Average-risk patients 50 years of age and older should be routinely screened for colorectal cancer
- Colonoscopy every 10 years
- FIT or Fecal Occult Blood TEST (FOBT) every year
- Flexible sigmoidoscopy every five years

US Preventive Services Taskforce Recommendations:

- Colonoscopy every 10 years
- FOBT or FIT every year
- Flexible sigmoidoscopy every five years, preferably with FIT every 3 years

Expected Results (In terms of community health and data outcomes):

Ultimately, we own an expectation/mindset to catch colon cancer early when it is treatable and curable.

Marshall Medical employs 679 people between the ages of 50-75 who meet the following criteria: no family history of colon cancer, no FIT kit submission in the last year, no colonoscopy in the last 10 years. Our goal is to test 75 percent of that population. The long range goal is to reach 80 percent of our community by 2018.

We expect our program to learn from this in preparation for offering this screening activity to the community at large. Marshall Medical Center is El Dorado County's largest employer. The employees who participate will likely discuss the relevance of this

in their community and with their physicians increasing the awareness of proper screening for colon cancer. This screening program is expected to improve the outcomes of patients who are found to have colon cancer by detecting the cancer early.

In 2015, Marshall providers sent FIT kits to their patients. Of the 1,215 samples returned from El Dorado County patients, 123 (10.1 percent) tested positive. The 2016 tests featured a slight increase: positive tests from 149 of 1,307 (11.4 percent) kits. The national average for positive FIT tests is five percent, according to a recent Kaiser Permanente study.

Summary of Outcomes and Effectiveness

As of Nov. 14, 2016, a total of 116 employees – 17 percent of Marshall’s workforce – had participated. Of the 116 employees, 30 percent have returned the kits; all tested negative. We also sent an email and attached a sign-up form to all employees who fall within the recommended age for screening. We instituted a process in the event of positive test results: contact from a primary care physician, further workup and further workup.

Conclusions

We partner closely with the Cancer Committee to improve employee participation. Due to the high rate of positive returns in our community, we believe significant room for community education exists regarding screening for colon cancer. For 2017, we will explore innovative ways to improve participation and return rates. We will also explore how other employers pursue health screening efforts, in the name of expanding our own capabilities and results.