

## Objective

To increase Sanford Watertown Clinic's colorectal cancer screening rates (CRCS) using evidence based strategies as a pilot site participant within Sanford's South Region.

## Background

- Screening for colorectal cancer can detect the disease early when treatment is most effective. Screening can also prevent cancer by identifying and removing precancerous polyps.
- Sanford Watertown Clinic is responsible for the CRCS of over 2,000 lives in the community.
- The purpose of the CRCS Pilot Program was to increase screening rates among patients aged 50-75.

## Actions Taken

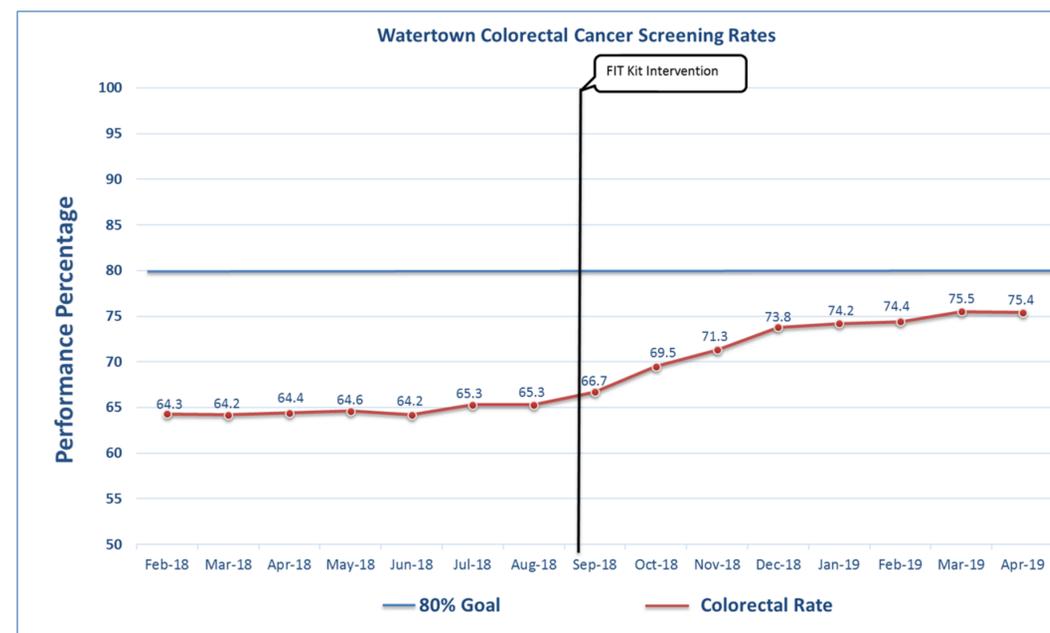
- Watertown Clinic embraced the organizational policy allowing staff to practice at the top of their license, leveraging EMR reporting capabilities and promoting alternative screening methods.
- Through running a report, patients shown to be overdue or never having completed CRCS were contacted by the RN Care Managers who then provided education on the 3 different options to complete the screening (FIT, Cologuard, Colonoscopy).
- Those patients agreeing to complete the FIT test were mailed a labeled kit to their home to complete.
- Kits were tracked in order to ensure completion.
- Frontline staff were educated and encouraged to use the EMR Health Maintenance to it's full potential.

# Colorectal Cancer Screening: Finding Innovative Ways to Increase Screening Rates

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## Metrics

- 100 FIT tests were mailed with a 55% return rate. Staff continuing to follow up with those tests not yet returned.
- 3 of the FIT tests had positive results and required a follow up colonoscopy.
- Polyps found and removed in 2 of the 3 patients with the positive FIT tests.
- 21 patients agreed to complete a colonoscopy instead of doing the FIT or Cologuard tests.
- 10 of the 21 have completed the colonoscopy and 3 were found to have tubular adenomas (pre-cancerous polyp).
- The remaining 11 patients are scheduled for consultation with a general surgeon.
- Screening rates for the clinic increased from 66.4% to almost 75.45% within a few months.



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## Analysis

- Despite years of consistent, repeated attempts to schedule patients for colonoscopies, the clinic's CRCS rates remained at approximately 64%, well below the national goal of 80% screened.
- Most common reasons cited by patients were: cost, aversion to colonoscopy prep, fear of the procedure and time away from work.
- Beginning in September, 2018, the Watertown Clinic distributed 100 FIT (Fecal immunochemical test) kit screening tests to patients .

## Next Steps

- Project take a-ways to continue to increase colorectal cancer screening rates:
  - Providing alternative screening options to the colonoscopy increases the patients engagement and likeliness to complete a screening option.
  - Taking the time to educate the patient on the need for screening, identifying any barriers, addressing and removing those barriers increases the patient follow through with completing screening.

