

Workplace Program That Offers Annual Fecal Immunochemical Testing Improves Adherence to Colorectal Cancer Screening Guidelines

Background

- The US Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer starting at age 50 years and continuing until age 75 years. The recommended methods are stool-based tests every year or colonoscopy every 10 years.¹
- Such CRC screening has been found to lead to a reduction in CRC-related mortality.¹
- Despite the positive role of CRC screening, participation in CRC screening programs has been limited among adults in the United States. Thus, interventions are needed.²
- **Objective:** The investigators of this study assessed whether adherence to CRC screening guidelines could be improved through an employer-sponsored program that makes a non-invasive fecal immunochemical test (InSure® FIT™) readily available.

Methods

- Quest Diagnostics implemented an employer-sponsored program that mailed InSure FIT collection kits to eligible employees (50-75 years of age) annually. Employees then mailed the specimen to Quest, where quantitative detection of human hemoglobin was performed.
- If the test was positive, employees were contacted by mail and phone with a recommendation to follow up with a physician for diagnostic testing (colonoscopy).
- Adherence to CRC screening guidelines was assessed for participants in the InSure FIT program and non-participants. Adherence was defined as:
 - Colonoscopy any year, as identified by health plan claims
 - Annual InSure Fit testing all 5 years (2013-2017)

Results

- Of eligible employees (n=7,105), 30.1% (n=2,136) participated in the InSure Fit program from 2013 to 2017; 69.9% (n=4,969) did not.
- Of the participants, 52.5% (n=1,122) were adherent to CRC screening guidelines.
 - 41.2% (n=879) had a colonoscopy
 - 11.4% (n=243) had testing with InSure FIT all 5 years
- Among non-participants, 31.2% (n=1,548) were adherent to CRC screening guidelines.

Conclusions

- Participants in the employer-sponsored InSure FIT program had 21% higher adherence to CRC screening guidelines compared to non-participants.

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References

1. US Preventive Services Task Force. Final Recommendation Statement: Colorectal Cancer: Screening. Available from: <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/colorectal-cancer-screening2>. Accessed March 26, 2019.
2. Brenner AT, Dougherty M, Reuland DS. *Med Clin North Am*. 2017;101:755-767.