

GetFIT for CRC: Evaluation of an NP-Led Program to Improve CRC Screening in Primary Care

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Background

- Colorectal cancer (CRC) is the second-leading cause of cancer-related deaths in the U.S.
- The USMSTF suggests a target of $\geq 60\%$ FIT (fecal immunochemical test) completion as a key quality metric. Baseline FIT rates were only 45.8% at the practice setting where the *GetFIT for CRC* program was implemented
- Research supports multi-component programs aimed at increasing CRC screening compliance

Purpose Statement

- Quality improvement project to perform program evaluation using retrospective data from the *GetFIT for CRC* program implemented at a group of private primary care clinics in Southern California

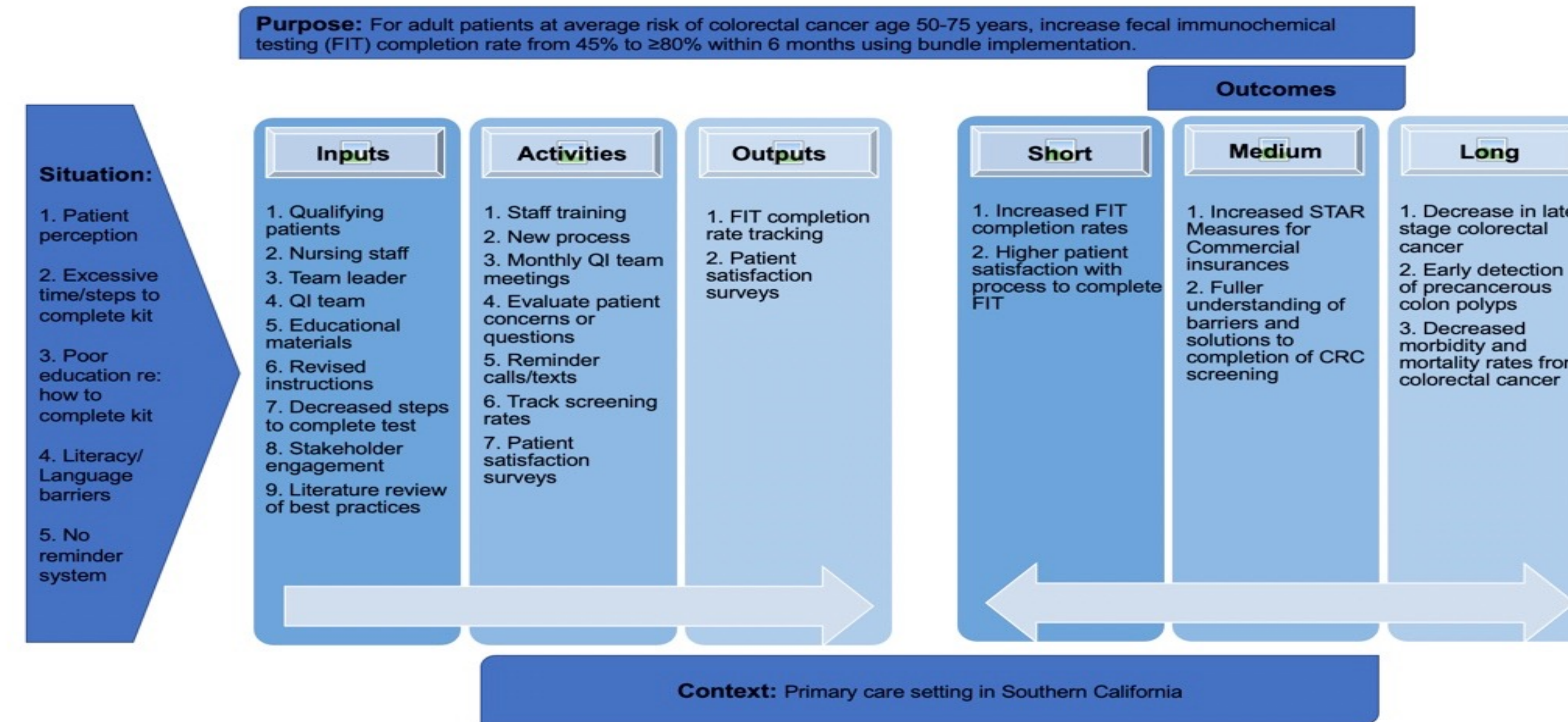
Methods

- Program evaluation using Logic Model framework
- FIT completion rates
- Efficacy of text/phone call reminders
- Patient satisfaction survey
- Stakeholder engagement with process

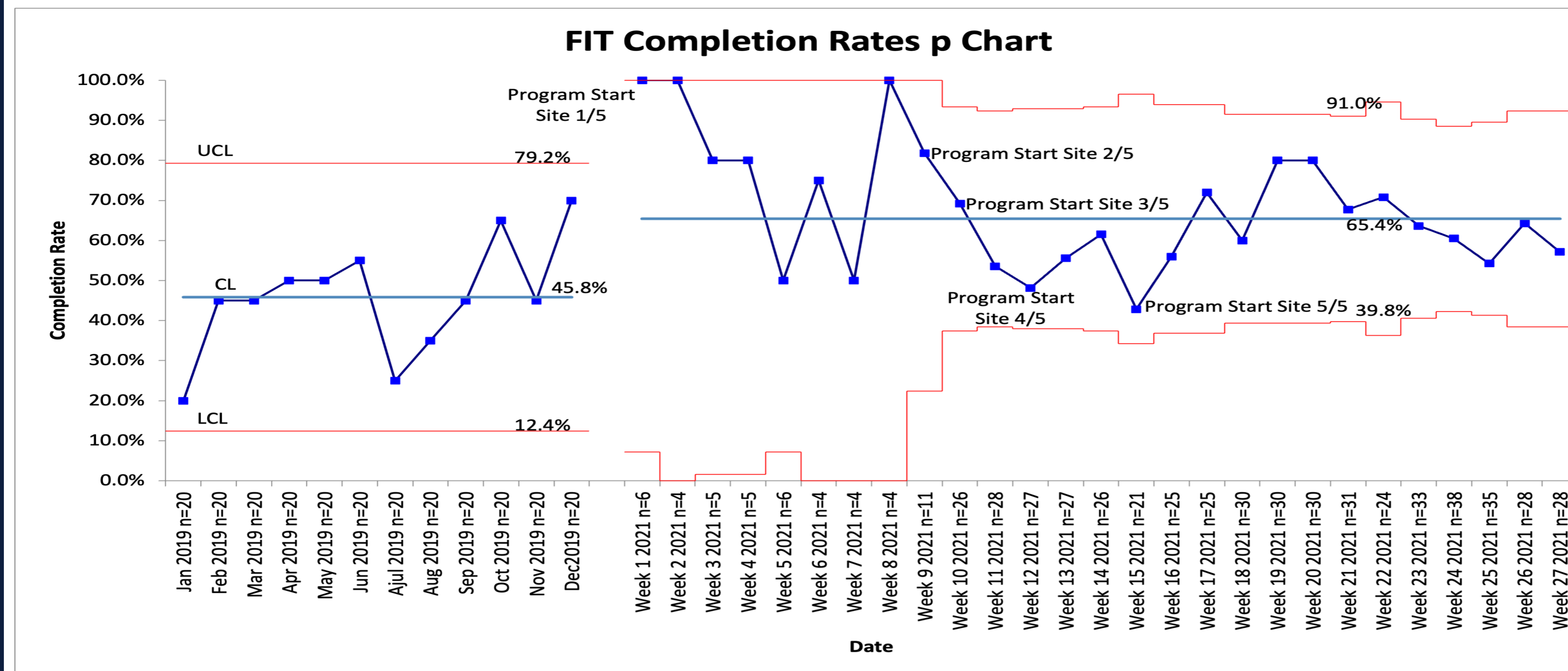
References



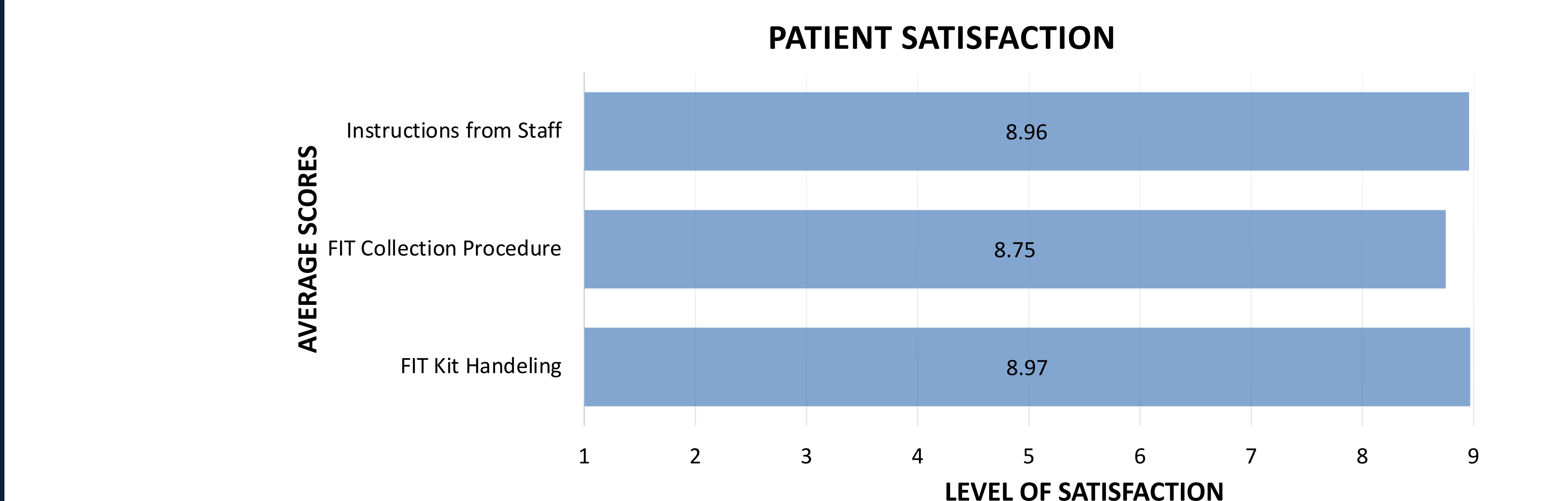
Logic Model Framework



FIT Completion Rates

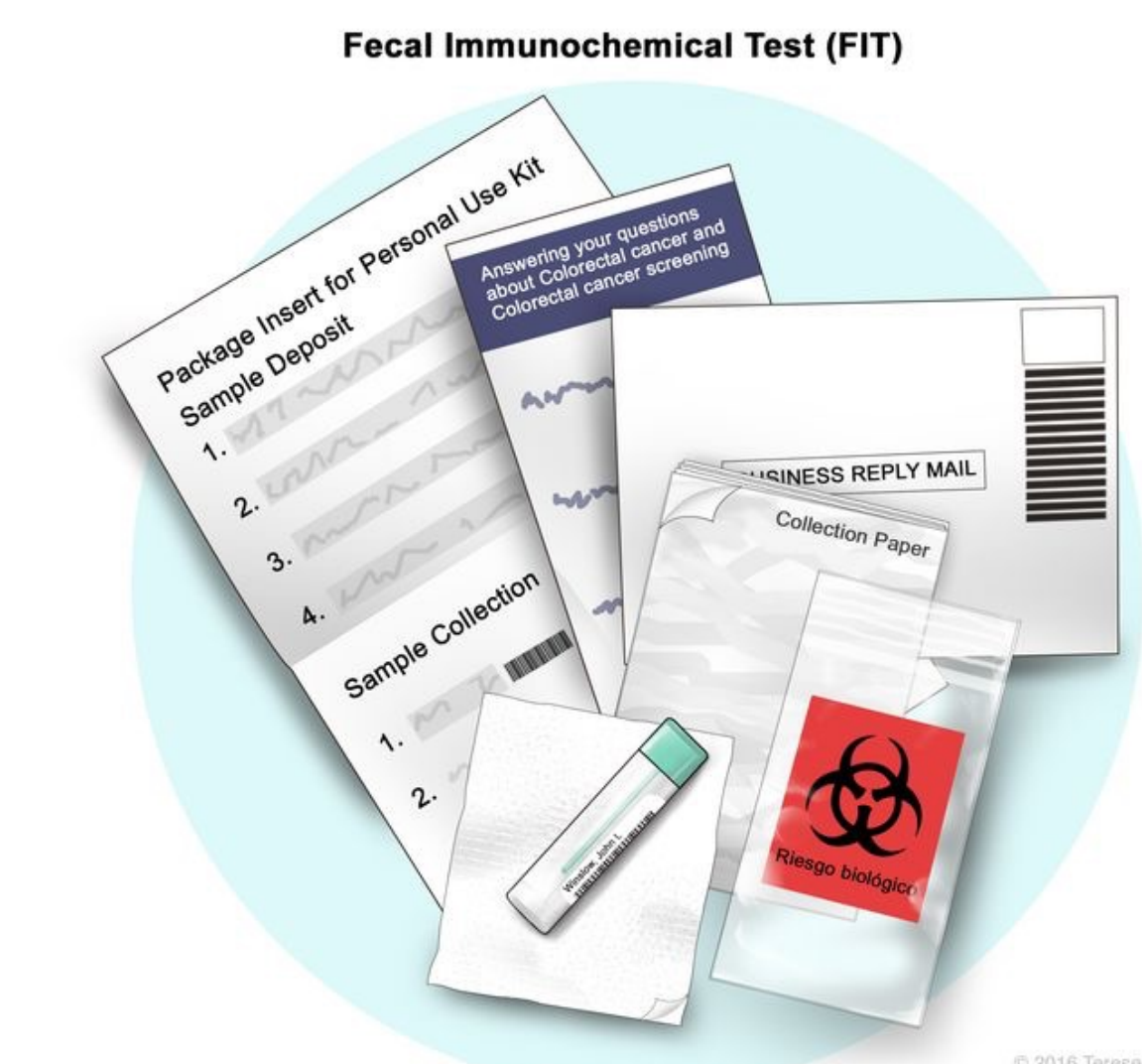


Patient Satisfaction



GetFIT for CRC Program

- Enhanced provider recommendation
- FIT kit given in office
- Key points for collection by nurse
- Plain language instructions
- Patient education handout
- Reduced steps for completion of FIT
- Reminder texts/calls



Results

- FIT completion rates increased from 45.8% to 65.4% 6 months post-implementation of the program
- Patient satisfaction with the program was high
- Phone call and text reminders were not effective in prompting completion of FIT within 3 days of receiving reminder

Conclusions

- The *GetFIT for CRC* program demonstrates that a multi-component intervention targeted at reducing steps to completion, education, simplified instructions, and enhanced provider recommendation are effective for improving FIT completion rates