

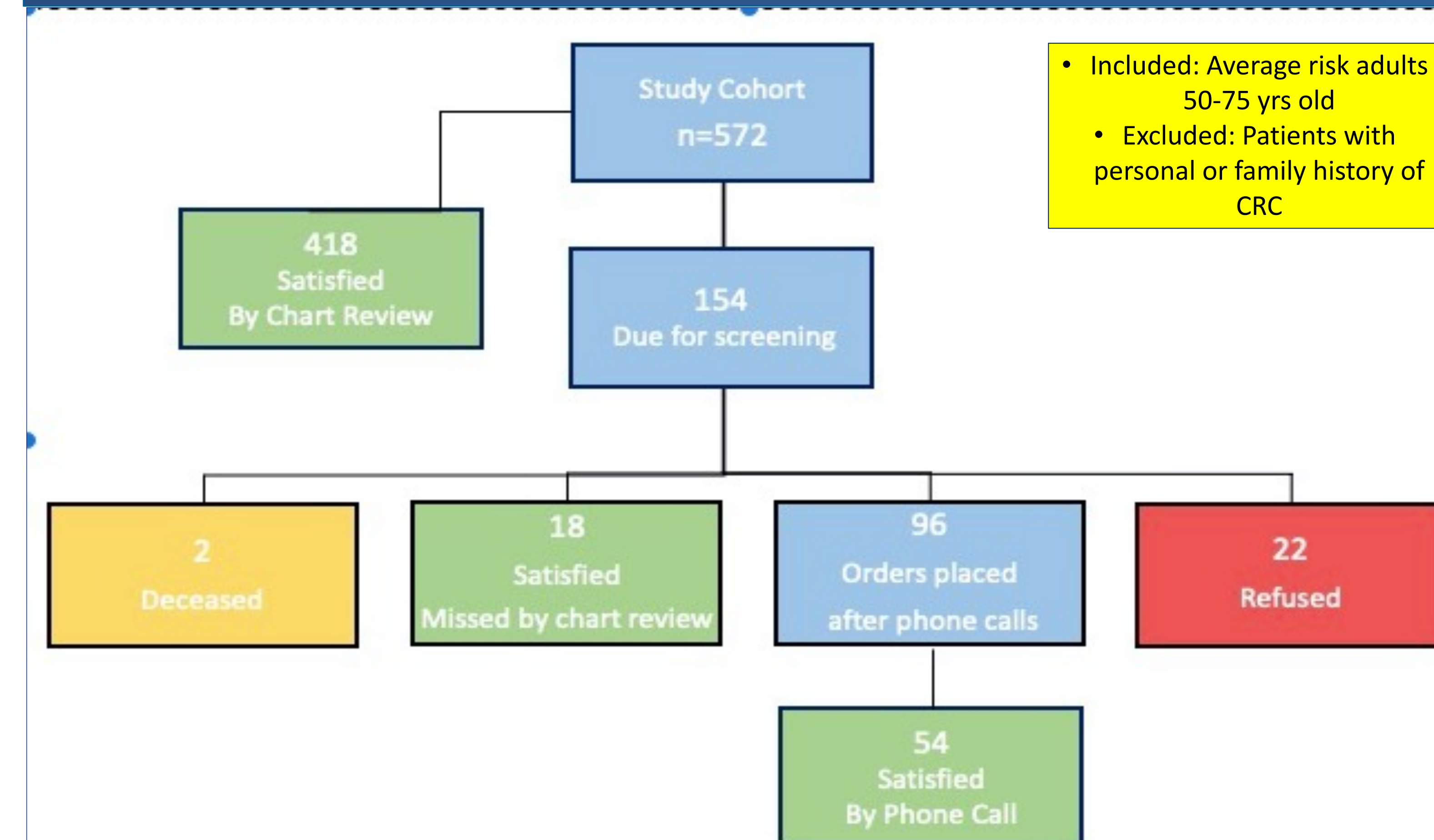
# Increasing Colon Cancer Screening Compliance in a Residency Clinic by means of Personalized Patient Phone Calls

Aimen Farooq, MD<sup>1</sup>, Bani Fawwaz BA, MD<sup>1</sup>, Rima Shobar, MD<sup>1</sup>, Bayarma Mandhzeiva, MD<sup>1</sup>, Anum Jalil, MD<sup>1</sup>, Arooj Mian, MD<sup>1</sup>, Rafael Itzkowitz, MD<sup>1</sup>, Jian Guan, MD<sup>1</sup>, Manoucher Manoucheri, MD, FACP<sup>1</sup>  
Internal Medicine Residency Program at AdventHealth, Orlando, USA

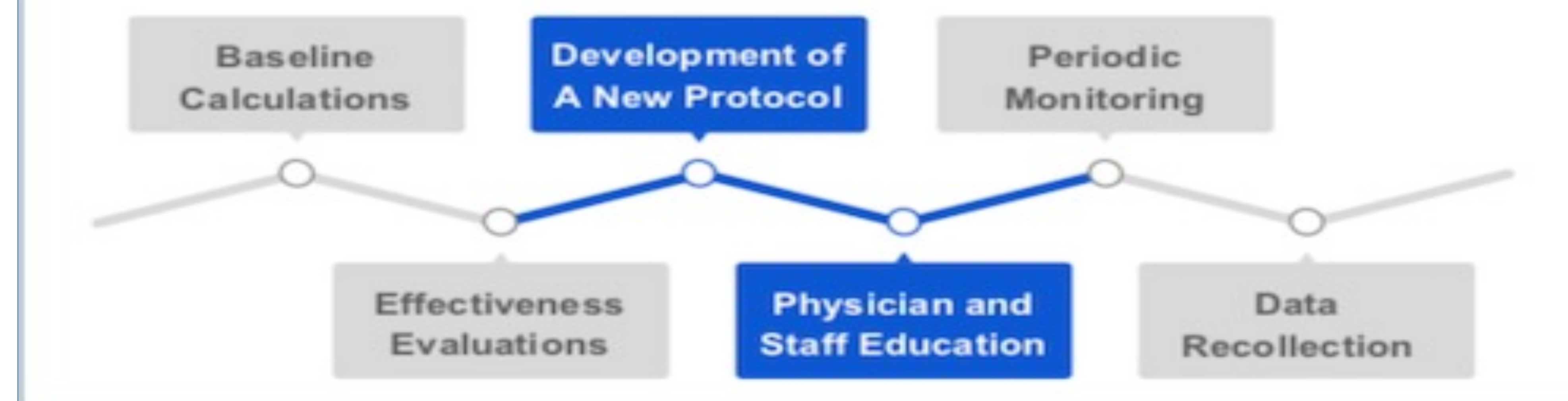
## Introduction

- ❖ Colorectal Cancer (CRC): 3rd most prevalent cancer in U.S. and 2nd most common cause of cancer mortality.
- ❖ USPSTF recommends that average-risk adults; 45 years and older undergo regular screening with either a high-sensitivity stool-based test or a visual exam (Colonoscopy) . (Grade B, 2021)
- ❖ National screening rate: 65.7% in U.S. adults aged 50-75 in 2016 with a goal to reach 80% by 2018. Most recent screening rate 69.4% per CDC (2020)
- ❖ Objective: Increase CRC screening rates in our primary care clinic.

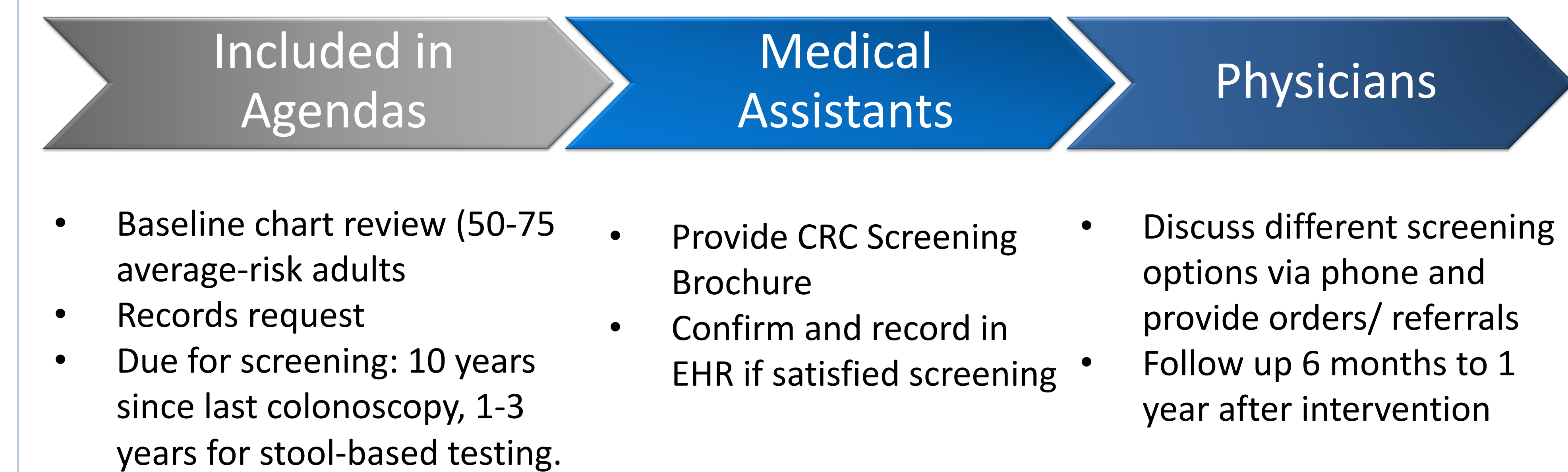
## Results



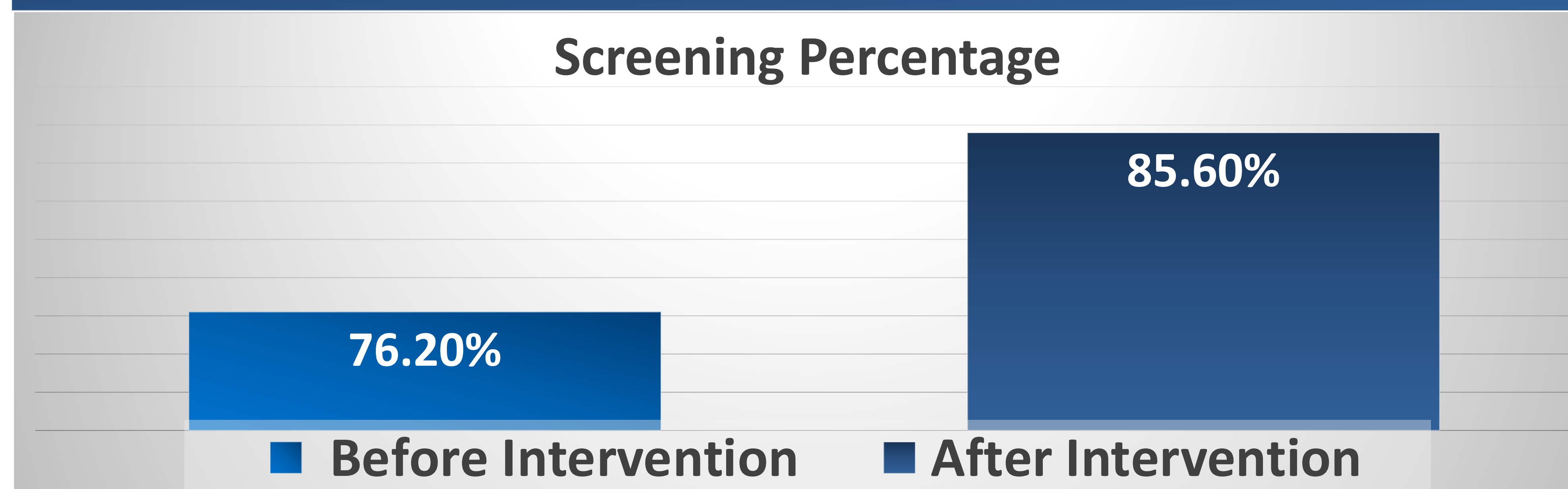
## Quality Improvement Process/ Methods



## New Colorectal Screening Protocol



## Colorectal Cancer Screening Rates in our Clinic



## Results

- ❖ Phone call interventions significantly increased the colorectal cancer screening compliance in our clinic by 9.4%
- ❖ The baseline CRC screening compliance before interventions was 76% and post-intervention compliance rates were 85% which is above the national screening rate and goal at the time of intervention.
- ❖ Phone calls generated a 45.7% response rate.

## Conclusions

- ❖ Propagation of our interventions to other similar primary care and gastroenterology practices can potentially increase the national screening rate.
- ❖ Considering relatively large workload on physicians, face-to-face opportunities esp. annual wellness visits, letters/automated calls should be considered to encourage screening.

## Reference

Montminy EM, Karlitz JJ, Landreneau SW. Progress of colorectal cancer screening in United States: Past achievements and future challenges. *Prev Med.* 2019;120:78-84. doi:10.1016/j.ypmed.2018.12.004

## Contact Information

[Aimen.Farooq.MD@adventhealth.com](mailto:Aimen.Farooq.MD@adventhealth.com)  
@AimenKhanMD